

BETA VERSION 1

STARTING POINT YOUR GPS 4 LIFE

WORKBOOK



SERIES INTRODUCTION

Welcome to the 100 series, your Starting Point to a heart for God.



What is a Heart for God?

A heart for God is the heart of a child. A heart for God is like that of a child who identifies with, depends upon and is consumed by love for his or her parents. A heart for God feels this way toward our Heavenly Parent. It is not childish or immature, but resembles the wonderful traits of children: openness, curiosity, innocence, willingness to trust and eagerness to explore and grow.

How can you develop a Heart for God?

Our ten weekly sessions will support your spiritual growth by introducing spiritual practices such as:

- having your eyes and ears open to God
- owning personal sacred time and space
- the ability to empower through focused study
- the experience of joy and growth in Sunday service
- a lifestyle of purity and service
- having friends of faith
- making a priority shift

Here's what happens each week

LOOKING BACK

will review what happened during the previous week.

YOU ARE HERE

will be a chance to gauge where you're at, your starting point.

DESTINATION

will be an explanation of how the Principle works and a spiritual practice.

GPS 4 LIFE

will discuss how God, Principle and Spiritual Practices get you to that destination. Your GPS means you think about **God**, you live a **Principled life** and utilize **Spiritual Practice** in a meaningful way, and you do these things because you want to. You enjoy it, it feels right, and you are growing spiritually.

STEPS FORWARD

implements a spiritual practice that week, or a purpose or value.

FOR NEXT WEEK

includes "Put into Practice" and provides supplementary readings "To Learn More."

SESSION ONE: **PRIORITY SHIFT**

What are your priorities?



Seeing my life



What you've just done on your plate gives you a visual sense of what your priorities look like right now. Is your plate balanced? Is it over-crowded? Would anyone like to share how they feel about their priorities?

- Is one section more full than others?
- Is your plate balanced?
- Where does God fit in?
- Is there even room for God in my life or am I too busy?
- Do I need to make a priority shift?



The Bible is a great resource for experiences of real people and their priorities. We'll look at the story of two sisters, Mary and Martha.

Mary and Martha

“As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord’s feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, ‘Lord, don’t you care that my sister has left me to do the work by myself? Tell her to help me!’ ‘Martha, Martha,’ the Lord answered, ‘you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.’” (Luke 10: 38-42 NIV)



What were the contrasting priorities for the two sisters?

What was Martha’s state of mind?

What does her response to Mary tell us about her priorities?

What was Mary’s state of mind?

How did Jesus respond to both Mary and Martha?

Are there times when I am more like Mary or like Martha?

Which priority did Jesus recommend?

Do my priorities get me upset or distracted sometimes?



Before you busy yourself with external duties and functions, make sure you're leaving time in your life for God.



Study passage:

In this passage from a book by the Unification Church International President, Rev. Hyung Jin Moon, we consider the question of integrating God as your first priority with all your other priorities. (Answer: having God as your first priority turns each area into a way to offer yourself to others. This adds meaning and value to all the areas of your life.)

“It is my belief that the seemingly incompatible sides of life, namely the path of a monk and that of a family man / woman, must be integrated.

“The key to doing so is in expanding the definition of ‘religious’ life and ‘spiritual practices.’

“Many of us may do ‘religious’ church work or do ‘spiritual practice,’ but view time with our families or with our spouse as ‘worldly’ or ‘mundane.’ THIS IS THE PROBLEM! We have effectively taken ‘the sacred’ and ‘the religious’ out of our homes and relegated it to only ‘church’ work.

“From a Unificationist perspective this is inconsistent, because forming healthy families and uniting our mind and body are the key to how we believe we can create a world of peace, harmony and unity. We must *not* divide the sacred from *any* aspect of our lives.”
(*Cheon Hwa Dang*, 8-9)



What would it mean to include God in all aspects of your daily life? Would that make you experience or see things differently?

How would you deal with that?

Here is a practical example of bringing God into your everyday life.

“When you work, you must love that business, love the products you work with, and, of course, love the people. Always give honor to other people. God created us, but we are also shaping ourselves and restoring our original value. Make your company a dwelling of God. Don’t just feel like a worker or supervisor. Invest your heart in your work. Determine to make it a business that serves all people. Then wherever your business goes, it becomes God’s ‘love extension.’” (*How to Gain Spiritual Help* 11/27/1978)

Your Priority Shift

Look at the variety of things you are doing arrayed on your paper plate. Write “God” in the circle at the middle of the plate, and draw an arrow from the middle into each of the eight areas.



What small steps might you take to shift your priority to God?

How would connecting God to each part of your life make a difference?

FOR NEXT WEEK

It is outside of this meeting time that you can really step forward in your personal journey with God.

To support your journey toward your destination, Your GPS 4 Life includes two weekly activities: “Put into Practice” and “To Learn More.”

Put into Practice

Look at your plate and consider what changes you might make based on today’s discoveries. Take a moment to write these down.

Now share with your accountability partner what you are going to challenge this week.

To Learn More

Recommended readings are provided to help you reflect and give you additional insight on making a Priority Shift in your life.

To Learn More

Why have a heart for God?

Being loved by God and knowing God's Love is the starting point of finding yourself.
(*A Prophet Speaks Today*)

Because of the human fall, we have not seen God in the true sense. We have not had the true God, in a way. We have not been living with the true God. If we as mankind could have been one with God, with God as our Father, abiding in Him, living with Him in the greatest love, how happy we would have been! And on God's part, how happy He would have been to live with His true children. He, being the Highest in every sense, could have been overjoyed, with unimaginable happiness. He would have lived with us in the ultimate love. Have you ever stopped to imagine how He would have smiled and danced and been delighted to see us? It is our great loss not to have been able to live with such a Father, from whom everything good and happy starts. But we have never experienced such a sensation to the fullest degree.

We experience the love of parents over us. Our parents kiss us on the cheek, embrace us and console us in times of sadness. We have experienced these things but not to the full extent, and not in the true sense, because every sensation can come in its fullest degree only from God. What we have experienced in the world apart from God is not from God, but tainted by Satan. (*Children of the Heavenly Father 1973*)

Then, what kind of relationship would you like to have with God? Would you be content to just be His servant? Or would you prefer to be His friend? Would you rather be His adopted son, or would you like to find a way to become God's own child? I know you will be satisfied with nothing short of the ultimate position as sons and daughters of God.

God's ultimate purpose in His creation of man is to give to him all His love, all His life, and all His ideal. You are to occupy the entire love of God, to the depth of His heart. By becoming His true sons and daughters, your desire will be fulfilled. That is your ultimate destiny. Then you will be saturated with the love of God. You will be filled with joy and feel overwhelmed by a total satisfaction in life.

Early in my life God called me for a mission as His instrument. I was called to reveal His truth for Him, as His prophet. I committed myself unyieldingly in pursuit of truth, searching the hills and valleys of the spiritual world. The time suddenly came to me

when heaven opened up, and I was privileged to communicate with Jesus Christ and the living God directly. Since then I have received many astonishing revelations. God Himself told me that the most basic and central truth of the universe is that God is our parent and we are His children. We are all created as children of God. And He said there is nothing closer, nothing deeper, nothing more ultimate than when parent and child are one: One in love, one in life, and one in ideal. (*God's Hope for Man* 10/20/1973)

The relationship which is primary is parent-child. But, sometimes you want to make God your friend; sometimes you must feel like having Him as your brother. In absolute love, He can be anything to you. (*A Prophet Speaks Today*)

God as our priority

“The people of God came [to America] to mold a new way of life. Their principal Partner was God. At home, in caring for their children, in farming or cooking or building, they let God share their work. He was the only security they had. A farmer might talk to his son working out in the field with him, ‘Let’s plow this field in the name of God.’ Their everyday life was lives in the name of God.

“After the first spring visited them, they cleared the fields, planted, cultivated, and harvested the crop. And they attributed all their precious harvest to the grace of God. The beautiful tradition of Thanksgiving thus originated. Following the next severe winter, the first thing they built was a church. The first road they built was the road to the church. At night, at dawn, in the morning and at noontime, they prayed to God. I am sure they prayed, ‘God, we want to build a place where You can dwell and be master... I can visualize early America as a beautiful America, because God was dwelling everywhere. In the school, in the church, in the kitchen, in the street--in any assembly or market place, God was dwelling.’” (*New Hope—Christianity in Crisis*, 55-56)

Bringing God into our everyday life

When you work, you must love that business, love the products you work with, and, of course, love the people. Always give honor to other people. God created us, but we are also shaping ourselves and restoring our original value. Make your company a dwelling of God. Don’t just feel like a worker or supervisor. Invest your heart in your work. Determine to make it a business that serves all people. Then wherever your business goes, it becomes God’s “love extension.” (*How to Gain Spiritual Help* 11/27/1978)

Transforming Our Lives

“What the Bible is actually saying is, ‘Get yourselves unstuck from the habitualized way of thinking, living, and expressing yourselves to each other – and be transformed.’ This speaks to all of us: me, you, everyone. We are not to wait for God to do the job for us, not to wait for a band of angels to sing good wishes to us. We need to be our own transformation by renewing our minds.

Transformation is a wonderful word meaning growth and movement in our lives from one state to another. How do we do that? Simply by changing the way we think – by renewing, renovating, and overhauling the way we think and the way we have gone about doing things.

Renewing our thinking means deciding that we are going to be healthy, independent children who love and honor God and want to do something great. We want to build something wonderful by changing and renovating our thinking and by being constantly on the lookout for different and new ways to transform, to create real beauty. And in doing so we will prove the will of God.”

(Rev. In Jin Moon, *LLM Sermon* July 3, 2011)

Developing A Heart for God

You should be able to cry out “Father!” even in your sleep and even when you are by yourself. When in your daily life you forget to eat or sleep, and exclaim “Father!” with a deep longing, you will be able to hold His hand. Magical things will happen. When you call out “Father!” He will embrace you.

You must know that in your life of faith, the most precious thing is how you tap into those feelings that bring you those deep experiences. The degree and amount of your experience and feeling can be the measure of your faith. If you have such a heart of love, when you determine, “I must accomplish this,” God will already be supporting you even before you ask, “Heavenly Father, please be with me.” Feeling His support, you will say, “Thank you, God!” (*Cheong Seong Gyeong Book 1* p 54)