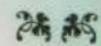




"My way of praying is very simple: let me sacrifice (offer) myself for these people, and let these people sacrifice (offer) themselves for the rest of the world. That is the content of my prayer to God. Since my prayer is that way, and very ardent, I know that God will answer my prayer."

—Rev. Sun Myung Moon  
*The Way of Tradition, vol. III pp. 91-92*



"... First we must know what is going on in God's timetable, and then we have to pray according to God's plan. Otherwise our prayer will be insignificant. . . . Every prayer I have ever dedicated to Heavenly Father has been according to His plan, that I might do what He wants me to do and be what He wants me to be. I have never prayed for anything else. When God told me, 'This is the way I want it,' I always carried it out. You must do exactly the same thing. You know the standard of my lifestyle, so you must pray to follow me."

—Rev. Sun Myung Moon  
*Lifestyle of Prayer, p. 8*



# Prayer

Training for Opening Up to God

SEVEN SESSIONS



**REV. IN HOI LEE**

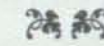


WASHINGTON FAMILY CHURCH  
HSA-UWC



HOON DOK SERIES FOR SMALL GROUPS

Group Directory



# Prayer

Training for Opening Up to God

Seven Sessions



Rev. In Hoi Lee  
Washington Family Church



## Group Directory

*Pass this directory around and have your group members fill in their names and phone numbers.*

Name	Phone
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1. The first step in the process of writing a research paper is to choose a topic. This is often the most difficult part, as you need to find a topic that is both interesting and relevant to your field of study. Once you have chosen a topic, the next step is to conduct research. This involves finding and reading books, articles, and other sources of information. The third step is to organize your research. This means creating a outline or a flowchart that shows how your ideas are related. The fourth step is to write the paper. This involves putting your ideas into words and making sure that they are clear and logical. The final step is to revise the paper. This means checking for errors and making sure that the paper is well-written and easy to read.



## Foreword

More than you may realize, the booklet you now hold in your hands can unlock the door to a rich and rewarding relationship with our Heavenly Father. The God who created you and designed the universe knows who you are, where you are going and what you need. When you don't know what to do or where to turn in a situation; when your own ingenuity and resources are not enough; or when you cannot find the answer—this doesn't mean there is no answer. But communicating with the Creator is no routine or matter-of-fact activity. The principles are simple, but the process is not easy, and there are barriers to connecting to God within us and around us.

Our True Father, Reverend Sun Myung Moon, lives his life in total communion with God. The tradition of prayer that he has taught us is not so unique in form, but profoundly different in its heartistic content. While forceful and self-assured as a leader, in prayer our Father often weeps in total gratitude and awe toward God. When making decisions, his absolute reliance upon God, and his trust in His presence and guidance is overwhelming. In his most painful and devastating personal moments, Father has humbly and unflinchingly offered everything to God, claiming victory and marching forward. What a model of faith and devotion we have!

I am grateful to Reverend In Hoi Lee and the leaders of the Washington Family Church for the time and sincerity they have invested in preparing this handbook for prayer and relationship with God. It is firmly built upon the truths of The Principle, and in it one can find the footprints of our True Parents' path of faith for us to follow. It also contains valuable information about prayer for our specific providential time. Perhaps its greatest value is that it is well designed for group study, to enrich the lives of our own community, and to share our rich faith tradition with others in the comfortable environment of small group study.

Father said that we should be as urgent and hungry for the spiritual communication of prayer as a baby is for its mother's milk—May you be nourished by the truth in this book and brought ever closer to Heavenly Father's heart and situation. And by sharing this wisdom with others, may you build true and lasting bonds with your community as well.

*Dr. Chang Shik Yang  
Continental Director, North America  
Family Federation for World Peace  
and Unification*



## Preface

A substantial amount of excellent material on prayer has been published over the years in our movement. Despite their depth and scope, it is not so easy to study them, whether on one's own or with others in a group.

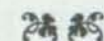
Therefore, this book is designed not to present new material but to provide True Parents' published words in seven discussion-oriented Hoon Dok Hae sessions focused on prayer. Centering on True Parents' words (italicized throughout the book), this series could be an effective tool for members' spiritual growth and our church growth.

I am hoping that this series will empower a small group ministry in the community. Therefore, I designed this book especially to help you create and develop small groups. Small group ministry is one way to develop a healthy church and a growing church by gathering, reading and sharing together our experiences in prayer.

In order for you to understand prayer deeply, I recommend that you read, along with this series, Father's speeches on prayer, as well as other books published by our church elders. To assist you, I have included at the end of this book a collection of resources relating to prayer.

I cannot but take this opportunity to gratefully thank Kook Jin Nim for supporting this pioneering and experimental effort, both spiritually and financially through the Young Jin Moon Charitable Foundation.

This book is the result of one year's work and research. Therefore, I anxiously await any comments and critiques that you may give me for the future development of this material.





# How to Use This Book

## SUGGESTIONS FOR INDIVIDUAL STUDY

1. **Pray** asking God to help you understand True Father's words.
2. **Read** and reread the passage.
3. **Write** any questions that come to your mind in the space provided.
4. **Answer** the discussion questions in the series clearly.
5. **Apply** what you learn to your daily life.



## SUGGESTIONS FOR SMALL GROUP STUDY

1. Study the words of the session with prayer and prepare to grow.
2. Be willing to join in the discussion but be careful not to dominate it.
3. Stick to the topic and base your answer on what you have learned.
4. Respect other members of the group by encouraging the more hesitant members to participate.
5. Keep anything said in the group completely and totally confidential.

*Note: See the Group Leader's Notes in the back of the book for additional suggestions and ideas.*



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## Pray and Grow

We have been discussing for several months how to create a healthy church and a growing community of faith, develop small groups, and fulfill the Great Commission and Great Commandment centered on True Parents' vision and the Providence. National headquarters moved to Washington, D.C., showing us True Parents' great expectation for this community. It gave us some hint that DC was going to be a very busy place.

I was excited to be in the Rome of the 21st century; but even though many good things were happening, I saw that our movement would get in trouble without spiritual support. Furthermore, I knew that personal growth and church growth would not happen without a spiritual foundation.

**Prayer is the spiritual backbone of our life of faith.** Of all the spiritual disciplines, prayer is the most central because it ushers us into perpetual communion with God. On September 14th, 1999, Father allowed us to conclude prayer in our own names. Prior to this, many of us may have misunderstood, thinking that we did not need a prayer life any more; but with this unique historical event, it makes us think again about the necessity of a prayer life.

*Newsweek* published in 1997 an article on "The Mystery of Prayer." It reported the results of a poll on American prayer life. The point that impressed me most is that 87% of the American people say God answers prayers. The poll says 29% pray to God more than once a day and 25% pray once a day. Altogether that is 54%. This

means over half of Americans pray to God at least once a day. 54% say that when God doesn't answer their prayer, it means it was not God's will to answer. Finally, 82% don't turn away from God when prayers go unanswered. Through this poll, we can realize that Americans are a praying people, and that prayer is needed.

Personally, I think that prayer is like making a phone call. If I want to make a phone call, I must know where the phone is located. Sometimes the line is busy, so I should find the right time and place that works best to reach God. Most important, I should have the correct number. Honestly, we need practical training on **how to pray**. Nonetheless, do not be afraid of prayer, because God has been waiting for us to come back to Him. When we finally reach Him, He is happy and listens to us. Don't worry about the phone bill! He will pay the price because for Him, our spiritual growth in prayer and action is more important than anything else in the world. The longer and the more frequent our phone calls, the better for us. Let us make phone calls as often as possible, and let us put the results into action.

I am looking forward with joy and expectation to helping each of you discover, through these seven sessions, that prayer has a way of releasing God's suffering, of comforting His heart, of deepening our relationship with True Parents and of activating us further along our path of spiritual growth.

*Rev. In Hoi Lee*  
Regional Director, Mid-Atlantic Region  
Family Federation for World Peace  
and Unification

### "The Mystery of Prayer"

(*Newsweek*, 1997)

82% say they ask for health or success for a child or family member when they pray.

75% ask for strength to overcome personal weaknesses.

87% say that God answers prayers.

51% think God does not answer prayers to win sporting events.

36% never pray for financial or career success.

29% say they pray to God more than once a day.

25% pray once a day.

82% say they believe God does not play favorites in answering prayers.

79% say God answers prayer for healing someone with an incurable disease.

73% think prayers for help in finding a job are answered.

54% say that when God doesn't answer their prayer, it means it wasn't God's will to answer.

82% don't turn away from God when prayers go unanswered.



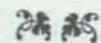
# What is Prayer?

## READING

*"Prayer is like the air of our spiritual life."*

*"Prayer is like breathing."*

When you breathe, are you consciously aware of breathing? No, it is natural and unconscious. So to pray to God should be natural and unconscious. That is about it! Prayer is spiritual breathing.



*"Prayer is like a deep water urn."*

When water drops in this urn, you cannot hear it hitting the bottom. Prayer is that much deeper than meditation. Father said, *"Your prayer is not made in meditation, but with sweat, with all your energy."*



*"Prayer is the concentration of our sincerest heart."*

*"Prayer life consists of reporting to God honestly."*

*"Prayer is a conversation between God, the wounded parent, and myself, the sinful child."*

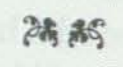
Prayer has been the most necessary part of bridging the gap between God and humanity. Given that praying to God should be natural and unconscious, we can say that the time may come when we don't have to pray. Until that moment, don't be afraid to pray. Instead, be afraid not to report to God, because then we will be better tuned to recognize what He is doing in our life.

Carl Sagan, a scientist and author, didn't search for prayers; he searched for proof. In 1997, he died of cancer, probably still waiting for evidence on prayer. One day he appealed to his friend, "You are so smart, why do you believe in God?" She thought this was a surprising question coming from someone who had no trouble accepting the existence of black holes, which no one has ever observed. "You are so smart, why **don't** you believe in God?" she answered. However, in his final book, *The Demon-Haunted World: Science as a Candle in the Dark*, Sagan lumped prayer with astrology, spoon bending, witches and spiritualism. The conclusion is that if you believe in prayer, no proof is necessary; if you don't, no proof is sufficient.



1. Why do we need to pray in our daily life?
2. Why did Father say that we do not need to pray?
3. If we lapsed from a habit of prayer, how can we renew our prayer life at a level deeper than when we stopped?

4. What is one need you are sharing with God in prayer at this time in your life?



# The Importance of Prayer

Prayer is a vital part of our spiritual life. It is a time when we can communicate with God and express our needs, desires, and gratitude. Prayer helps us to grow closer to God and to live more fully in His love. It is a powerful tool for transformation and healing. In our busy lives, it is easy to forget the importance of prayer, but when we take the time to pray, we can experience the peace and strength that only God can provide. Prayer is not just a duty, but a privilege and a joy. It is the foundation of our faith and the key to our spiritual growth. Let us make prayer a habit and a part of our daily lives, for it is the way we connect with God and receive His grace.



# The Importance of Prayer

## READING

*"The time will come when we pray in our own names. That day is the day of hope."*

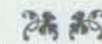
*"If you pray unconsciously in everyday life then undoubtedly you are becoming sons and daughters of prayer. If you give your last ounce of energy but it is not enough, then ask God for assistance and your prayer will be answered. If that were not the case, how could we ever subjugate Satan? Satan has given unending anguish and heartbreak to God for 6,000 years and if there were no way we could finally subjugate him then there would be no end to it."*

The importance of prayer is to fight to separate from Satan and to return to God. During the prayer, we must disconnect ourselves from Satan, **and** we must continue to restore and renew the Shim Jung relationship to God. This is a crucial step toward "seeking first His Kingdom and His righteousness." (Matthew 6:33)



*"When you talk about the nation and world, He (God) gets excited and starts looking for ways to help. This is training for how to love greater things. . . . In order to fulfill bigger things you need an adventurous mind and be willing to take risks. Then God will tell you not to worry, that He is right behind you."*

In prayer, we begin to think God's thoughts after Him: to desire the things He desires, to love the things He loves, to will the things He wills. Furthermore, we are taught to see things from His point of view. On the foundation of this kind of prayer our life should be a tool which God can work through. Ultimately, God's goal is to substantiate His ideal. **This is why prayer is closely related to practice.** In other words, prayer and practice are essential components of our life of faith. In this way, our personal spiritual growth, church growth and world transformation will be consummated.





1. How do you feel about Father's guidance on prayer?

2. Why were we used to praying in the name of True Parents?

3. How do we disconnect from Satan?

4. What is one joyful thing or need you are sharing with God right now?



# The External Aspects of Prayer

## READING

### 1. THE CONTENT OF PRAYER

*"There are two kinds of prayer. One is for a particular person, and the other for the realization of a public purpose."*

Praying for a particular person includes all our leadership, all tribal messiahs and all our members. Father said, *"You have to pray for family members three times a day. Pray for them, especially in the morning."* These particular persons also include yourself and your family centering upon God's Will. Sometimes we just ignore our family and ourselves in our prayer.

*"The other kind of prayer is for the realization of a public purpose. Your prayer for the public purpose will shorten the time of Judgment."*

Therefore, we need a prayer ministry that runs around-the-clock. It may include a prayer partner(s), a telephone prayer-request-line service, telephone chains for prayer, Holy Ground prayer, evening healing prayer services for the sick in body, mind and soul, etc. Moreover, a small group prayer team is needed for the public purpose in our community of faith as well as in the overall movement.

*"My way of praying is very simple: let me sacrifice (offer) myself for these people, and let these people sacrifice (offer) themselves for the rest of the world. That is the content of my prayer to God. Since my prayer is that way, and very ardent, I know that God will answer my prayer."*

Then how do we start praying? First of all, set up a goal for your prayer, and try to incorporate a prayer list. Start with yourself and move toward the world. Start by praying for the unification of your own heart, mind and body. The goal of your prayer then should be for the rest of the world and God. To feel and move God's heart is the final goal. However, when you pray, the content of the prayer should be **detailed, focused and specific**. Then God can grant a detailed answer.

### 2. HOW NOT TO PRAY

*"Whether or not your prayer is realized depends on whether it is in accordance with God's purpose."*

*"A selfish prayer is just a dirty prayer, a beggar's prayer. We ought to offer the prayers of comfort and inspiration and encouragement to God, not the prayers of beggars."*

There are three kinds of prayer that God cannot grant: (i) praying with sinful desire; (ii) praying for the detriment of others, for example, attacking someone by false revelation; and (iii) praying after fighting with brothers and sisters. These kinds of prayer treat God as a kind of divine vending machine, don't they? The Bible says, "When you ask, you do not receive, because you ask with wrong motives, that you may spend what



you get on your pleasures.” (James 4:3) Now we can understand why the poll reflects the figure of 82% for those who say that they accept God’s failure to grant their prayers.

### 3. WHEN, WHERE AND IN WHAT POSITION TO PRAY

*“When you pray early in the morning, you have to be able to hear the beating of your heart.”*

*“There are four types of men: east, west, north and south. Each person has a different time of prayer which gives blessing to him.”*

Father suggested we pray early in the morning. However, God is open to different times of prayer. I like to pray at nighttime. Others like to pray at other times. Everybody is different. You must focus on the time that works best for you.

Where to pray? Even while you are eating or walking, you can pray. However, the Holy Ground is much better than the church, and the church is better than a private prayer room.

*“What prayer position do you prefer? The best is to kneel and lower your head. You have to restrict your body’s freedom, as though it were bound. You will feel pain, but overcome it because you must be serious. Then God will know your attitude.”*



1. Do you have a place where you get away to pray? Describe the place and why it is important to you.

2. What time do you think God really meets you in your prayer?

3. How should I pray for my family and myself?

4. What is one prayer you asked that you know God answered by saying, “No”?

5. What is your prayer list, in order for God to grant and answer in detail?



# The Internal Attitude toward Prayer

## READING

### 1. WITH SERIOUSNESS AND EARNESTNESS

*"When you pray, your heart should be as earnest as a baby crying for mother's milk."*

*"When you pray to Heaven, it must be with the pure heart of a child asking his own Father."*

Have you ever seen a baby desperate for the mother's milk? Until they receive such nourishment they continue to cry out for their mother's milk. Why? Because for the baby it is a question of life and death. That is why the baby is so serious. Can we deny our babies when they ask for something? You must be just as serious as a baby in your prayer.

### 2. WITH HUMILITY

*"You should pray with repentance, not pride."*

*"You must pray before you act, but after having done something you must kneel down before God in prayer of thanks."*

*"Prayer should be rooted in true love and accompanied by tears."*

Father said, "You can cleanse your body with water. But how can you cleanse your mind? With tears." Without tears, our prayer is not always sincere. Prayer acknowledges that God is in charge. "When we work, we work; when we pray, God works," as John Maxwell says.

### 3. WITH FAITH

*"Grasp the victory during your prayer, cultivating determination."*

Once there was a faithful minister who lived in a small town. This town had no rain for a long time. So he decided to go up a mountain to pray for rain. He wanted to take along his little daughter. As they were about to leave, he saw his daughter bringing an umbrella. So, he asked her, "Why are you bringing your umbrella?" She replied, "I am preparing for the rain that will come after your prayer."

What a girl! When you pray, you should have faith; otherwise your prayer will not work. God is our father, and not a silent father, but an interested and active one! When we act on our own, we do small things. When we invite God to participate through prayer, we open ourselves up for miracles. "Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours." (Mark 11:24)



#### 4. WITH CONSISTENCY

*"Live a life of prayer, not only in the prayer room, but even while eating and walking. Pray 24 hours a day."*

The Bible says "... pray without ceasing" (1 Thessalonians 5:17) "and (you ought) not give up." (Luke 18:1) Even if you don't receive the benefit of your prayers now, your descendants will benefit in the future. So, don't worry about repayment. Keep going with your prayers. My suggestion is this: Do not stop praying until (a) God answers your prayer, (b) you feel confidence that the spiritual battle is over, or (c) God says "No!" to your request.

#### 5. WITH ACTION

*"A question that pops up in many people's mind is 'When will my prayer be realized?'"*

*"Prayers are only answered to those who try their best to fulfill that for which they prayed."*

*"Do not expect the answer just because you have prayed. But apply yourself physically to the fulfillment as much as possible. Then God will help you in the accomplishment."*

I include these action points here as a part of the internal guidance intentionally, because prayer should be accompanied by action. Someone said, "It is not prayer in addition to work but prayer simultaneous with work. We precede, enfold, and follow all our work with prayer. Prayer and action become wedded."

#### DISCUSSION QUESTIONS

1. What range of seriousness have you experienced in your prayer?

2. Have you ever felt the existence or hindrance of Satan during your prayer?

3. Why does prayer need to be connected with action?

4. Take time for silent prayer and for listening to God. Humbly invite True Parents to unveil anything that might be standing between you and God.



# The Benefits of Prayer

## READING

### 1. SPIRITUAL PEACE

*"If you pray, you will never feel lonely, even if you are alone."*

*"We can be moved to repentance of sin and be consoled."*

King David prayed, "Create in me a pure heart, O God, and renew a steadfast spirit within me." (Psalm 51:10) Moreover, Father said that in prayer "... *We can touch God's Shim Jung and relate to God and the spiritual world.*"

For example, it is said that a man prayed, and at first he thought that prayer is talking. He became more and more peaceful until in the end he realized that prayer is both listening and talking.

In addition to spiritual peace, there are also physical benefits from prayer. Our physical body feels better and some physical problems can be healed through prayer. Generally speaking, those who pray live longer. So, if you want to live longer you should give a generous amount of time to prayer and put your prayer into action.

### 2. SPIRITUAL GROWTH

*"We can mobilize the whole spiritual world and physical world."*

*"We can gain the ability to discern good and evil and gain future vision."*

*"We can find the wisdom and the power to resolve difficult and impossible problems."*

Prayer brings about change through renewal so that we can become "... completely humble and gentle; ... patient (and) bearing with one another in love." (Ephesians 4:2) Prayer is the central avenue God uses to transform us. If we are unwilling to change, we will abandon prayer as a noticeable characteristic of our spiritual lives. Real prayer is life creating and life changing.

### 3. CHURCH HEALTH AND GROWTH

*"The more you pray and lecture, the bigger your membership will become."*

Church growth facts, figures, formulas and strategies are great, but candidly they are worthless without spiritual power and the anointing of God. A leader knows that he cannot lead beyond his or her own ability. We cannot take our church further than we have traveled with God. "When God saw it necessary, and the church prayed and fasted much, they did miraculous things." (Irenaeus) George Barna found in his study of some rapidly growing churches in America that prayer was the foundational ministry of the church.

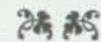


#### 4. WORLD TRANSFORMATION

*"Do you pray for the sake of the Unification Church? You don't have to pray for the Unification Church; pray for the big things: the nation, the world, and the liberation of God."*

*"Most Unification Church members know that the restoration of the world is the ultimate objective of prayer."*

Moses prayed boldly because he believed his prayers could change things, even God's mind. This comes as a revelation of genuine liberation to many of us, but it also sets tremendous responsibility before us. We are working with God to determine the future! Certain things will happen in history if we pray in the right way. We are to change the world through prayer.



1. How have you met God in your prayer?

2. Have you had an experience of being supported by others in prayer?

3. Do you try to fulfill what you heard and felt from your prayer?

4. What is one area for which you need to pray for protection?

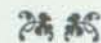


# The Power of Prayer

## READING

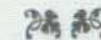
*"If you receive in your prayer that you will meet a person at such and such a time, when you go there then that person will come. If you are dead serious then these things will happen. Hypnosis can transfer a person into another state of consciousness, but how much more can prayer change lives. There is no distance or limit to its influence because the power of thought travels everywhere. You can mobilize the entire spirit world by the power of prayer. You have experienced that I will work through your prayers and tell you certain things. There is no limit to the power of prayer."*

I want to give you one example. When I was in Korea I heard a wonderful testimony from one elder Korean sister. When she went witnessing, her straight hair terribly distracted her and therefore disturbed her while talking with people. She tried to fix it, but invariably it seemed to fall down at just the wrong moment. It frustrated her so much, she decided to pray to God to make her hair curly. She really prayed earnestly to God, "God, I want to work for you, so you have to make my straight hair curly." She prayed and prayed a lot. After two years, her hair totally changed and her straight hair became curly.



*"Test your own power of prayer: take one person and pray for him fervently, constantly, without telling him. Pray tearfully for his well-being and then that person will feel a magnetic attraction to you. He won't know why he feels drawn to you."*

If we experience the right prayer, God will give us that power. When we have the right attitude in prayer, miracle after miracle will happen.





1. How has your life of prayer improved since you began this study?

2. Have you experienced or heard of "power" through prayer?

3. What is one prayer for which you are still waiting for an answer?

4. Can you spend time telling someone else about the privileges and power of prayer?

5. What is the next step toward developing your prayer life?



# Father's Prayer

## READING

### PLEASE LET US BECOME TRUE FILIAL CHILDREN AND FULFILL OUR RESPONSIBILITY

Father!

We did not know that you are our father  
who for billions and billions of years  
could not stay apart from us even if we  
wanted to stay apart from you.

What was your sorrow, Father?

We did not know that it was your sorrow  
to have lost your children and to have lost  
history.

But now following the ardent wish of your  
sorrowful command,  
we have bowed down before you in this place  
and are sincerely grateful to you.

We earnestly hope and desire,  
Father,  
that you will let us become true filial sons and  
daughters  
who know that as long as historical grief  
remains,  
your grief remains as well, and  
as long as historical sorrow remains,  
your sorrow remains.

The time has come that your children must  
appear  
who can block this kind of flow of history,  
and who feel keenly that there remains  
the path of the world-level Golgotha  
where the building of an altar for you  
must be passed on to the people and the  
world.

Your children who have gathered here,  
for whom have they lived until today?  
And what are they looking to as they go  
forward?  
We have the mission of having to be  
responsible for  
the entire destiny of history left by heaven,  
and since we have walked forth  
having determined ourselves and having  
pledged to that mission,  
please do not let us hesitate or give up along  
the way.  
We earnestly hope and desire,  
Father,  
that you will not let us become a group  
which fights with the evil enemy and  
in the end is defeated and brought to its knees.

We earnestly hope that you will remember  
the lonely group which is bowing down at  
your altar  
representing many peoples today.  
And even more, we earnestly hope and desire,  
Father,  
that you will remember your children  
who are shedding tears and looking up to this  
place today also,



and who are struggling  
 saying that they will take on the lamentations  
 of the people  
 and are concerned about heaven and  
 humankind  
 even while on their lonely paths of being  
 driven out  
 in every corner of the peninsula,

We have come to know that all things  
 were destined relationships in your sorrowful  
 history.

As long as the sorrowful relationships and  
 sorrowful history  
 which remain before us are not cleared up,  
 please do not let us become ungrateful  
 children

who flee from this path and avoid this path.

We earnestly hope and desire that  
 you will let us become your true sons and  
 daughters

who are able to learn the duties of filial  
 children and

to learn the fidelity of loyal subjects.

We have prayed all these things in the name of  
 the Lord. Amen.

*(March 13, 1966)*



1. What struck you as most  
 significant in this prayer?

2. What concepts did you have  
 about prayer before reading Father's  
 prayer?

3. How is the content of Father's  
 prayer different from other prayers  
 you have heard? What about the  
 similarities?

4. What part of this prayer does  
 Satan hinder you from saying?

5. How do you think God will  
 respond to such a prayer?

6. How could you put this prayer  
 into action?



# Group Leader's Notes

## A VISION FOR BUILDING A HEALTHY COMMUNITY OF FAITH

"They devoted themselves to the apostles' teaching and to the fellowship, to the breaking of bread and to prayer. Everyone was filled with awe, and many wonders and miraculous signs were done by the apostles. All the believers were together and had everything in common. Selling their possessions and goods, they gave to anyone as he had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved." (Acts 2:44-47)

The early Christians built a healthy community of faith through small groups, meeting in homes for the first two hundred years or so of their movement. I believe that Father's idea is to use the small group as a tool to build the Kingdom of God. In Father's words, the goal of **Tong Ban outreach (building a community)** can be done most effectively through **Hoon Dok Hae (gathering for reading and learning)** in **small groups** centering on **Tribal Messiahs (the Kingdom builders)**.

People join small groups for all sorts of reasons—to know a few people well, to be cared for, to learn, to grow spiritually, to become true parents, to put truth into practice and to multiply our community. Experiencing community through

small groups can lay a foundation of solid relationships upon which we can build a bright future for our movement. By the end of these seven sessions, you will have developed a sense of community and a sense of self according to your original nature. You will be ready to apply what you have learned.

## GUIDELINES FOR GROUP LEADERS

Each session consists of Reading and Discussion Questions. You can complete the session in 60 to 90 minutes.

**Reading:** This portion of each session includes True Parents' words and some explanations that help group members see how the topic of the session is based on True Parents' life and teachings. Here are three different ways you can approach the Reading:

a. As the group leader, read the Reading aloud for the whole group and then move to the Discussion Questions.

b. Ask a group member to volunteer to read the Reading for the group. It is best to ask someone in advance to give them time to read over the material before the group starts. After someone has read it out loud, move to the Discussion Questions.



c. Allow time at the beginning of the session for each person to read the Reading silently. If you use this option, be sure to give everyone enough time to finish the Reading.

**Discussion Questions:** The first question is designed to help group members begin discussing the topic in an open and honest manner. Most of the discussion questions are to help group members apply True Parents' teachings to their daily lives. The last discussion question at the end of each session is very practical and action-oriented. Through this question, please review the action goals and challenge group members to work on one or more of them in the coming week.

## PREPARING TO LEAD YOUR GROUP

1. As you study each session ahead of time, ask God to help you understand and apply it in your own life. Unless this happens, you will not be prepared to lead others.

2. Carefully work through each discussion question in the session. Spend time in meditation and reflection on both the reading and discussion questions as you formulate your answers.

3. Familiarize yourself with the Group Leader's Notes for the session. You may want to read the Group Leader's Notes to your group when you think it would be helpful.

4. Pray for the various members of your group.

5. Consider what the session means for your life, what changes you may need to make in your lifestyle and/or what actions you can take in the church or with people you know.

## LEADING THE GROUP DISCUSSION

1. Begin the session with prayer and on time.

2. Guide group members to understand the Reading clearly before moving to the Discussion Questions.

3. Don't be afraid of silence.

4. Avoid answering your own questions. Be a facilitator.

5. Don't expect an exact answer. Expect their opinion. Never reject an answer.

6. Encourage more than one answer to each question.

7. Avoid going off track.

8. Conclude your time together with prayer.

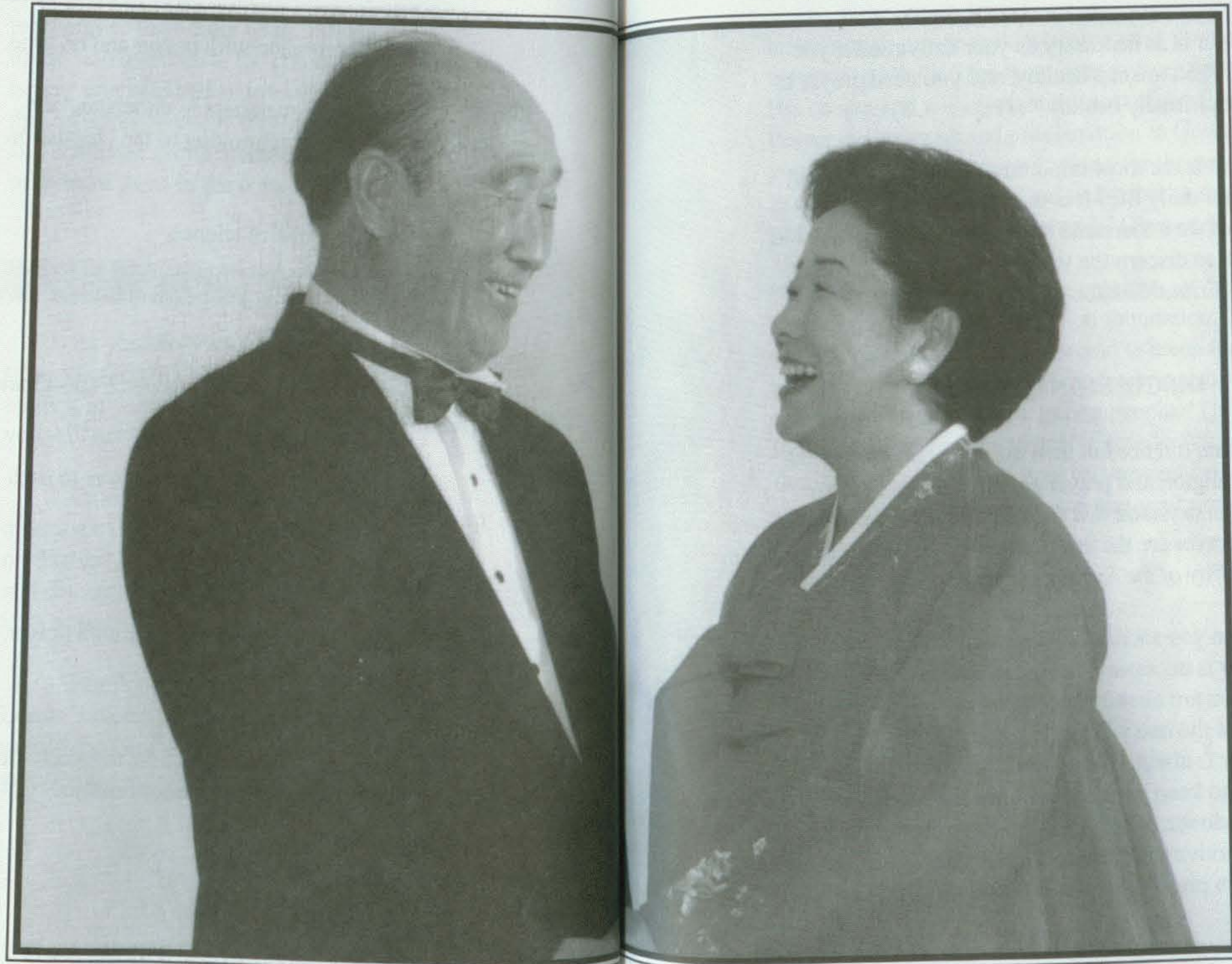
9. End on time.

10. Encourage fellowship time together after the session is over, with or without snacks.



## Answer Sheets

*Caution: It is better not to read the following answer sheets until you or your group has completed the discussion questions from your session.*





## SESSION 1

# What is Prayer?

DISCUSSION QUESTIONS on page 17

### DISCUSSION QUESTION ONE

"Prayer is as necessary as your daily meals; you need food to keep healthy, and you need prayer to stay spiritually healthy." (*Prayer*, p. 8)

"What is the most important and necessary thing in your daily life? It is the prayer life. Through prayer we understand the enemy that is not visible and also discern the visible enemy." (*The Way of the Spiritual Leader*, p. 81)

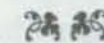
### DISCUSSION QUESTION TWO

"If man did not fall then the savior is not needed, and religion and prayer are also not needed. We must understand that the need for a savior, religion and prayer are the unfortunate gift of the Fall." (*The Way of the Spiritual Leader*, p. 79)

"When you sacrifice and endure then no more prayer is necessary, for when you are living that life you are already in contact with God. God has to love the one who suffers and endures most.... Prayer is about asking for the power and the lively mind to keep going, even if we have to fast and kneel down. When we don't have the confidence and motive to continue pursuing the goal, then we have to pray to ask for that motive. If we don't

have enough power to do what we must do, then we pray to ask God for the power to hang on to His course and will, even at the cost of our lives. Prayer is a promise and proclamation to God that you are going this way, and asking for the power to complete it. Certainly God will listen to that prayer, and urge you to go ahead." (*Prayer*, p. 5)

"We are going to repair all the precious relationships of the four position foundation. Then we will go out to the satanic world to teach the people and urge them to follow. Every one of us must go all over America, telling people, 'This is it, this is what we have to do!' If you do this, you don't have to go off and pray by yourself because you are enacting your prayer, living your prayer." (*Lifestyle of Prayer*, p. 9)





## SESSION 2

# The Importance of Prayer

### DISCUSSION QUESTIONS on page 20

#### DISCUSSION QUESTION ONE

"... First we must know what is going on in God's timetable, and then we have to pray according to God's plan. Otherwise our prayer will be insignificant... Every prayer I have ever dedicated to Heavenly Father has been according to His plan, that I might do what He wants me to do and be what He wants me to be. I have never prayed for anything else. When God told me, 'This is the way I want it,' I always carried it out. You must do exactly the same thing. You know the standard of my lifestyle, so you must pray to follow me." (*Lifestyle of Prayer*, p. 8)

#### DISCUSSION QUESTION TWO

"The Unification Church does not pray in the name of Jesus. The person who recently joined would think, 'What is True Parents? Why pray in the name of True Parents?' Do you know the meaning of True Parents? True Parents are our ancestors who did not fall in the Garden of Eden and whom we can be proud of for eternity in the midst of God's glory. However, because the first ancestor of humanity fell, there had to be a new ancestor, and because God also works His

providence centering on the new ancestor, we pray in the name of this new ancestor. It is very logical. In other words, since Jesus is the god of father and the Holy Spirit is the god of mother, fallen humankind cannot go to the Kingdom of Heaven without going through the relationship of such parents." (*The Way of the Spiritual Leader*, pp. 88-89)

"When you pray, you pray in the name of True Parents. What is True Parent Love or True Parents? Do not think of that word just with Father and Mother. Think about the standard of True Parents from the standpoint of a father and a mother who can love all humanity and embrace the world transcending the national feelings from an even higher level. Therefore, even Father prays in the name of True Parents." (*The Way of the Spiritual Leader*, p. 89)

"The time will come when we pray in our own names. That day is the day of hope." (Church members who will be living in God's family, September 27, 1959; *The Collected Sermons*, vol. 7)

Summary of Father's words on the changes of content for concluding prayers: "(i) It is a conclusion to the victorious contents of 9.9 Jeol and 3.10 Jeol which True Parents declared according to the progress of the providence. (ii) The meaning of praying in the name of individuals is recognizing one's responsibility as 'the substantial being having responsibility for the contents of the prayer.' (iii) From now on, a prayer must be a 'report' taking responsibility for results (of missions given) and for results of activities



undertaken before God, rather than an earnest request (such as requesting help for something). In other words, giving a daily report of the results of daily life. (iv) This is the conclusion of heavenly fortune that has followed from the celebrations of 9.9 Jeol and 3.10 Jeol. Through 3.10 Jeol, 4000 years of history have been indemnified. (v) True Father directed this to be proclaimed and implemented throughout the world, at 7:45 a.m. on September 14, 1999 (New York time).” (Official Letter from FFWPU International, September 16, 1999)

Since then when praying in public, “I pray in the name of 000 (position of person praying) 000 (name of person praying) who has inherited True Parents’ realm of victory through the blessing. Amen”

“Father said that in celebrating this 41st (40th anniversary) True Children’s Day, the age of the family king has begun. And He said that from now on when we pray in our families, we should close our prayers saying, ‘I pray in the name of 000, a central blessed family.’ Of course, in general when we offer representative prayers, we use the standard: ‘I pray in the name of 000, a blessed family who has inherited True Parents’ realm of victory through the blessing.’” (Official Letter from FFWPU International, October 31, 2000)



### SESSION 3

## The External Aspects of Prayer

READING on page 22

### REFERENCE ONE

Concerning “a particular person”—“When you sincerely pray, it is better to do so for one person than for many persons. There is a big difference between praying for one person and for many people.” (*The Way of the Spiritual Leader*, p. 87)

### REFERENCE TWO

Concerning “a small group prayer team”—“The basic organizational structure for the prayer group should be four wives make one team, and twelve people from three teams make one group. Men should organize themselves in the same number in conjunction with the women and if those 24 people pray hard, then a great result will come.” (*The Way of the Spiritual Leader*, p. 87)



## DISCUSSION QUESTION ONE

"I go out to nature because it gives me a better environment for prayer, and I love nature for that reason. I love the quiet of midnight. I don't say much about the visions I receive, but if you receive them then don't you think I do too? That kind of new world can only be reached through prayer. In that position you can taste love. This world is desert-like, but the world created through prayer has a climate where love can thrive." (*The Importance of Prayer*, p. 8)

## DISCUSSION QUESTION THREE

"The primary thing you have to understand is the relationship between God and yourself. You can pray for your own sake, but it must go through the proper sequence. You can pray, 'Heavenly Father, I know what You desire of me, but I find it so very difficult. Please help me and my family to do what You ask of us.' Don't just throw words away and hope they will be listened to. Not at all. Rather, you have to be consistent and go along with the order of all things." (*Lifestyle of Prayer*, p. 7)

"Small prayers are like leaves and twigs on a tree, whereas the other kind of prayer is like the trunk." (*Lifestyle of Prayer*, p. 6)



## SESSION 4

# The Internal Attitude toward Prayer

## DISCUSSION QUESTIONS on page 29

## DISCUSSION QUESTION ONE

"Father does not know how many times he prayed until his cotton pants became all wet – how many times he pledged in his mind, going over the valley of death." (*The Way of the Spiritual Leader*, p. 85)

"... Father prayed for seventeen hours, twenty hours a day..." (*The Way of the Spiritual Leader*, p. 84)



### DISCUSSION QUESTION THREE

"This morning I have been talking to you from the perspective of mission and prayer. Wherever you go, if you find yourself alone, concentrate your thoughts and prayer. Then if your senses point someone out to you, witness to him or her, no matter what the circumstance. Don't let consideration of the circumstances keep you from witnessing. Don't postpone witnessing until later. After you try this for a few times, you will learn that your senses never make a mistake, and you will find witnessing very fruitful." (*Mission and Prayer*, p. 12)

"If you pray but don't act, however, you and God will become farther and farther apart." (*Prayer*, p. 6)



## SESSION 5

# The Benefits of Prayer

DISCUSSION QUESTIONS on page 33

### DISCUSSION QUESTION ONE

"While you work, sleep, walk, talk, or eat you should develop the habit of prayer. That way you can experience God's abiding presence with you." (*Mission and Prayer*, p. 11)

### DISCUSSION QUESTION THREE

"To gain God's companionship, you should always think about your lifetime vocation, your mission, and your prayer. Twenty-four hours a day you should be centered on these things. If you are good at prayer and make it a habit, you won't have to wonder what to do. Your mind will automatically direct you properly. You can be confident of your direction and never have to waste time wondering if you are right. Sometimes you may choose what you think is the right way and start heading there and suddenly find your feet swinging around the other way, responding to the automatic direction that your mind developed through prayer. When such things happen, you will realize that God is right beside you." (*Mission and Prayer*, p. 12)



## SESSION 6

# The Power of Prayer

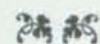
DISCUSSION QUESTIONS on page 36

### DISCUSSION QUESTION ONE

"I'm not talking about setting aside a little bit of time each day to pray, but the type of continuous prayer which you do while conducting your daily affairs. I'm talking about one consistent prayer, a lifestyle of prayer. In such case, your mind is focused on your prayer even while you are eating; while you are walking or talking with other people, your ultimate desire is your prayer." (*Lifestyle of Prayer*, p. 6)

### DISCUSSION QUESTION TWO

"Those who develop the practice of praying don't make big mistakes, while others who don't pray enough will make many mistakes and have to spend a lot of time correcting them. You can take my word for it! Once you develop the habit and taste of prayer, you will find it more valuable than eating, listening to good music, or watching a nice movie. After you have experienced deep prayer, you will automatically find solutions to your problems. You won't have to struggle so much to accomplish things. Prayer has tremendous mystic meaning." (*Mission and Prayer*, p. 11)



## SESSION 7

# Father's Prayer

DISCUSSION QUESTIONS on page 41

### DISCUSSION QUESTION ONE

"God is the center of our prayer; therefore, we have to understand His formula so we can pray in accordance with His desire. First, we need to establish a firm understanding of the relationship between God and man." (*Lifestyle of Prayer*, p. 7)

### DISCUSSION QUESTION THREE

A question from Dr. Sontag: "I would like to know about the prayer life of Rev. Moon. I think the prayer life of the Unification Church is unique and many believers say that they can do their method of prayer only in the church."

Father answered, "I believe prayer is the most powerful thing. It makes possible what seems impossible. In the Unification Church we emphasize prayer; however, we do not pray with (a) special method. Only the content is different. My teaching is 'Do not pray for yourself.' I teach people to pray for the fulfillment of mission, for others, and to offer their prayer as the words of comfort to God." (*The Way of the Spiritual Leader*, p. 92)





# Additional Resources

## TRUE FATHER'S PRAYERS

*Prayers*, HSA-UWC, NY, 2000

## TRUE FATHER'S SERMONS

*The Importance of Prayer*, (Belvedere, April 15, 1979)

*Prayer*, (Belvedere, March 29, 1981)

*Mission and Prayer*, (World Mission Center, June 12, 1983)

*Lifestyle of Prayer*, (Belvedere, January 18, 1987)

## TRUE FATHER'S SPEECHES

*A Life of Prayer*, HSA-UWC, NY, 1991

*The Way of the Spiritual Leader*, 3-1, FFWPU International, NY, 1998, pp. 79-100

*The Way of God's Will*, HSA-UWC, NY, 1983, pp. 359-368

*The Way of Tradition, Vol. III*, HSA-UWC, NY, 1980, pp. 87-107

*The Tradition, Book One*, HSA-UWC, NY, 1985, pp. 7-8

*The Fountain of Life*, ed. By Zin Moon Kim, HSA-UWC, NY, 1993, pp. 267-8

*Father's Prayer—Filial Piety, in The Completed Testament Age and the Ideal Kingdom*, FFWPU, NY, 1999, pp. 462-530

## OTHERS

*The Power of Prayer*, Paul Werner, HSA-UWC, Toronto, 1986

*The All-Time 10 Best Tips on Prayer*, Jim Stephens, Washington, D.C., 1999

*21 Days Divine Principle Lecture*, World CARP



## Your Prayer List

[illegible]