Hoondokhae Life 131-16-13-40

Dr. Chung Sik Yong, March 5, 2022

I am so excited to see each of you every morning. Wow! What a beautiful technology. I am really grateful for this era when we are using this modern technology. We can come together and share together, and we can spread God's word to the world every day.

Today I'd like to talk again about "Hoondokhae Life" from *True Mother's Anthology, Book 1*.

In the early days of the church, there was no environment prepared. It was as if the first members of the church were in a wilderness era. However, what are your circumstances today? Of course, there are people who have a hard life, but when we think of our future, it is hopeful. You should have confidence. You should be proud of True Parents. With just that, your descendants will have an easy path. You should work hard to fulfill your responsibility as tribal messiahs. You must also educate your children through a life of family hoondok so that not one of them falls behind. Believe that Heaven is with us. This way, our country will fulfill its responsibility to become God's homeland. You should become citizens who reciprocate Heaven's grace. Many people around us are still unaware. You are trailblazers. Please nurture your children so that there is not a single family in which anyone is left behind. (2015.04.26, Cheon Jeong Gung)

If you do hoondokhae every day, you will gain wisdom on how to live in your daily life. Now all the good ancestors in the spirit world are coming back and are working with us. God is with us and this is the era when He can exercise His authority. Therefore, you should read the Word day and night and you must be able to convey it fluently even as you fall asleep at night. You must gain wisdom through the Word and propagate it. It is the same for students. You should strive to become one in heart with God through doing hoondokhae in the morning before going to school. If you go out with the sincere heart to meet a student who can work even harder than you in realizing God's Will and restoring this nation, then naturally a prepared student will emerge and come to find you. (2006.06.18, Bishkek, Kyrgyzstan)

True Mother said that, "You must also educate your children through a life of family hoondok so that not one of them falls behind."

She said, "You should strive to become one in heart with God through doing hoondokhae in the morning before going to school."

And also, "Now all the good ancestors in the spirit world are coming back and are working with us. God is with us, and this is the era when He can exercise His authority."

Today, let's study about the importance of Hoon Dok Hae again

The Importance of Hoondokhae

1. All ancestors and helpers who have been supporting us in the Spirit World can feel the same happiness during Hoondok

We already know that so many ancestors, more than 20,000 or 30,000 ancestors, are helping each of our Unificationists. We are really leading 20,000 or 30,000 ancestors every day. That is why you are no longer (just) an individual; (rather) you are really a public figure leading your ancestor helpers in the spiritual world. When you do hoondokhae, they are participating at the same time.

2. The more you feel tired, lack of time, and stressed, the more you have to do Hoondok. Then, you can have the experience that your spiritual body is resurrected, growing and gaining more power. This is the power provided by Hoondok.

When you feel so tired and so exhausted with no more battery (power); you need to be charged. What is the best way to recharge your battery? That is hoondokhae. The more you feel tired, pressed for time and stressed, the more you need to do hoondokhae. Once you are stimulated by God's word, you can get strength and energy again.

3. Through daily Hoondok, our spirit self can grow up, be reborn and resurrected from the Formation Spirit to Life Spirit and from Life Spirit to Divine Spirit.

What kind of benefit! Through daily hoondokhae our spirit self can grow day by day, be reborn and resurrected from the form spirit to life spirit, and from the life spirit to the divine spirit, day by day.

4. There are two ways that our spirit body can grow. First, our souls eat the Word of God. The second is to live for others. That is, to save the souls of people.

What is the best way to live for others? That is saving the souls of people. Our spirit body can only grow in two ways. One is that you need to eat the word of God because God's word is God's love. Without receiving, without eating God's word, how can our spiritual body grow? Hoondokhae time is the best time to eat God's word, eat God's love.

The other is through helping and serving others and living for the sake of others; (in that way) our spirit can gain strength and energy. Then our spirit body can grow.

There are only 2 ways (to grow): One is to get God's word. If you do not do hoondokhae, you do not love hoondokhae, you do not want to hear God's word, you do not read and practice God's word, how can your spirit body grow? That is why Father and Mother emphasize again and again the importance of hoondokhae.

Secondly, how much True Parents emphasize saving human beings. What is the best way to live for the sake of others? Saving people's eternal soul. That is witnessing.

5. Hoondok is the source of multiple vitamins in the form of Life Element which comes directly from God to our body. Hoondok is a time to receive God's love directly from God.

Hoondokhae is the source of multivitamins; when you read hoondokhae, you can get heavenly spiritual multivitamins. Not just (Vitamin) A or B, but multiple vitamins. You can solve any problem, any issues through God's word. That's why God's word is so powerful!

6. A person's original mind repels evil desires and strives to follow goodness. Even at the cost of one's life, a human seeks for the joy that can enrapture the original mind. Because the word of God is the love of God. God's love is the most powerful weapon and strength.

That is why when your original mind reads God's word, it is very powerful, (enough) to overcome anything! Without God's word, just the original mind by itself, is not enough because our physical mind is stronger than other things. In order to win over our physical mind, physical desires, you need to borrow power from heaven which is God's word. With your original mind plus God's word, nobody can defeat you. This is incredible power. That is why any human being without God's word cannot get strength and energy.

LIVING DIVINE PRINCIPLE: Principle of Creation 23 - Individual Perfection is the Perfection of Filial Piety

Let's read EDP content again.

God's First Blessing: Individual Perfection

- The key to God's first blessing is the perfection of individual character.
- An individual's mind and body are discrete projections and object partners of God's dual characteristics. In order for an individual to perfect his character, he must form a four position foundation within himself whereby his mind and body become one through give and take action with God as their center.

- Such individuals become the temples of God (1 Cor. 3:16), achieve complete oneness with Him (John 14:20), and acquire a divine nature. They experience the Heart of God as if it were their own. Hence, they understand His Will and live fully attuned to it.
- When a person abides in the state of individual perfection, he lives as the substantial object partner to his mind. Because the center of his mind is God, he also lives as the substantial object partner to God.
- Both the mind and God feel joy as they experience their internal nature and external form through the stimulation which their object partners give them.
- Accordingly, when a person realizes God's first blessing, he becomes God's good object partner to inspire Him with joy. Sharing all the feelings of God as his own, he would never commit any sinful acts that would cause God grief. This means he would never fall.

Individual Perfection is the Perfection of Filial Piety

It is clearly stated in the ten commandments: "Honor your father and your mother, so that you may live long in the land the Lord your God is giving you. (Exodus 20:12)

The teachings recorded in the Old Testament are once again confirmed in the New Testament: "Honor your father and mother — which is the first commandment with a promise — that it may go well with you and that you may enjoy a long life on the earth." (Ephesians 6:2-3)

Even the Ten Commandments of the Bible, also mention honoring your parents.

What does honoring your parents mean? Respect your parents. Honoring your parents means you need to do your filial duty toward God. Even though the Bible does not mention filial heart or filial piety, it speaks very clearly about honoring God and honoring parents. This is filial heart and filial piety.

Children who are filial to their parents are said to be blessed with a long life by God.

A filial son always lives with a heart of gratitude to his parents. Whenever I think of my parents with a rich and warm heart, biological functions are activated and endorphins, a fountain of emotions, are produced. Filial heart, filial piety increases immune function over time and increases resistance to disease or stress.

Health is highly contagious. Therefore, the health of the parents is passed on to their children, and the filial son has no choice but to live a long life.

When you make your parents happy, your endorphins work very well. One who fully attends their

own parents with gratitude is very happy. Then our internal constitution, our spirit, does very well. Then you can live a long life. They serve and attend their own parents very well. Then I am sure your spirit is very healthy. That is why your life becomes longer. The Bible mentions that the lord is giving you a long life.

True Filial Sons and Daughters

<9-206> What should you do to become a true filial child. You must understand and experience the Father's heart. You have to know everything about the past circumstances that the Father experienced. What kind of person is our Father? When His beloved children are brought to the execution grounds, He is the Father that would shed tears in front of the gallows. Though He is not a sinner, He would be the first to shed tears before any sinner. He is an extremely good Father; but you should know that there was never a time that He has not been together on the path of the unfortunate people on this earth.

God is an extremely good father. There was never a time that he has not been on the path of unfortunate people of the earth.

Why? God is the parent of parents. Where there are children suffering, God is suffering as well. That is why God is an incredible God. He is an extremely good father. Wherever I go, he is always encouraging me. When I face difficulties, he is always beside me, encouraging me and talking to me: "Hey my son, my daughter, it is ok. You can overcome it." That is why Father said God is an extremely good God and father, good parent. How many people realize this?

The reason the Father seeks such places is because of the connection with human beings under the bond between a parent and child. When you pray, if you are praying in a comfortable environment, you will not be able to receive grace. You should reminisce about Father's image, and walk an actual course on His behalf.

In order to become a filial son and daughter before God, one must experience God's past heart and circumstances.

We must know the circumstances of God as to what path He has walked in order to love His children, human beings.

God is not a sinner, but God, as the parent, shed more tears than any sinner to save his fallen children.

Knowing that He is the heavenly parent who never did not participate in where the unfortunate people on this earth go, we have no choice but to show filial piety before such a God.

Because God is the parent of human parents, it is a fact that He must participate in the most unhappy, unfortunate places where children stay and where unhappy, unfortunate people stay.

So don't think I'm alone suffering when I'm having a hard time and I'm really suffering -- "Nobody helps me"; do not complain like that -- a filial son who knows the circumstances and feelings of such parents cannot help but shed tears for God.

That is why God is really participating with each human being when he suffers. When they have difficulties, God is there all the time. Do not think you are alone. That is faith, and that is reality.

That is why we cannot deny God is the father and parent of human beings. If I am suffering and God is not there, then he has no qualification to become human beings' father. Where there are children suffering, parents are there suffering more than the children. That is the heart of the parent.

Who is God? Father said that he is an extremely good God, an extremely good parent.

That is why when we know his past circumstances, we have no choice but to be filial sons and daughters.

TODAY'S YOUTH MINISTRY: God-Centered Human Relationships

When I realize this again and again, I feel Jesus is my great teacher. Of course, I really (came to) understand Jesus' value through the Divine Principle, through Father's word. Jesus' guidance and teaching are really amazing.

First of all, let's read (some) biblical content.

Matthew 25:35-46: 35 For I was hungry, and you fed me. I was thirsty, and you gave me a drink. I was a stranger, and you invited me into your home.

36 I was naked, and you gave me clothing. I was sick, and you cared for me. I was in prison, and you visited me.'

37 "Then these righteous ones will reply, 'Lord, when did we ever see you hungry and feed you? Or thirsty and give you something to drink?

38 Or a stranger and show you hospitality? Or naked and give you clothing?

39 When did we ever see you sick or in prison and visit you?'

40 "And the King will say, 'I tell you the truth, when you did it to one of the least of these my brothers and sisters, you were doing it to me!'

This bible verse really impacts me. Why? To be good to men is to be good to God and to Lord Jesus. Heaven is man, and man is heaven. Do not distinguish

between heaven and man.

This verse means that God is man, and man is God. It means you are I, and I am you. In other words, this means that God and man are completely one. God and man are in a parent-child relationship. It is an inseparable relationship of dual characteristics between parent and child.

We cannot separate parents and children, human beings and God. It is an inseparable relationship. You treat me as God, and God treats each human being as more valuable than himself.

"And the King will say, 'I tell you the truth, when you did it to one of the least of these, my brothers and sisters, you were doing it to me!""

You were doing it to God, True Parents and Jesus. Do not distinguish between heaven and man, different colors, nationalities and standards. This guidance is so powerful! Treat each human being as God, as the Lord Jesus. What guidance is more incredible than this?

- 41 "Then the King will turn to those on the left and say, 'Away with you, you cursed ones, into the eternal fire prepared for the devil and his demons.
- 42 For I was hungry, and you didn't feed me. I was thirsty, and you didn't give me a drink.
- 43 I was a stranger, and you didn't invite me into your home. I was naked, and you didn't give me clothing. I was sick and in prison, and you didn't visit me.'
- 44 "Then they will reply, 'Lord, when did we ever see you hungry or thirsty or a stranger or naked or sick or in prison, and not help you?'
- 45 "And he will answer, 'I tell you the truth, when you refused to help the least of these my brothers and sisters, you were refusing to help me.'
- 46 "And they will go away into eternal punishment, but the righteous will go into eternal life."

This verse means that what is not good for man is not good for God. To ignore people means to ignore God.

God hates to discriminate against people. God hates discrimination based on race, class, religion, poverty and wealth, gender, and nationality. All human beings are God's most beloved children.

Why do you discriminate against people? Because of different color? Black, white, yellow? Different nationalities? (Whether) you have power or not? (Whether) you are a poor guy, or a very wealthy guy? (Whether of a) different religion or class? Each human being is a child of God. Why use power to kill people? If you treat each person as a child of God, how can you

make war? Why are you killing people?

Therefore, do not think of God and man separately. This is Jesus' incredible guidance. Each human being is the embodiment of God, God's son or daughter. Do not separate God's sons and daughters.

In Korea, there is Innaecheon Thought. It means that human beings are Heaven.

Treat each of us as God's. That is why Christian doctrine and thought is really high level. Why? Because (it advocates) treating each human being as God's belonging. Which philosophy is higher than this? That is why God is working through Christianity. Jesus made this foundation. For Jesus it does not matter if you are a sinner or not. He treats you as God's belonging. Human beings have that kind of value! Amazing!

1. Relationships are more important than anything else in human life. Jesus said that having good relationships with people is having good relationships with the Lord. That's why Jesus said, "Move the hearts of the little ones," "Rejoice with those who rejoice; mourn with those who mourn," "Clothe the naked," "When you did it to one of the least of these my brothers and sisters, you were doing it to me!" (Matthew 25:40) In this way, Jesus said that those who improve human relationships will also improve their relationship with the Lord. It's not about helping people beyond what I can do, it's about finding people whom I can help with my abilities and build good relationships. This verse means that building a good relationship with others means you are building a good relationship with God.

Of course, God is man's eternal parent, and man is God's eternal child, but what Jesus is teaching us is that we should treat the people we relate with like God.

Do not think that what you do to God is different from what you do to man. Heaven is man, and man is Heaven. Total unity. To respect God and disregard humans is hypocrisy.

You are a hypocrite if you discriminate (against people). If you respect God, then why do you disregard human beings? We call this hypocrisy.

That's why Jesus said, "When you did it to one of the least of these my brothers and sisters, you were doing it to me."

It is said that while we worship God, if we ignore the brothers (and sisters) around us, it is the same as ignoring God.

Jesus gave us some really great lessons. Therefore, those who truly love God are bound to love all human beings as well.

And those who truly love humans have no choice

but to love God. It is the same thing, same manner, same attitude.

2. We often think of our relationship to God and our relationship to humans as separate. Of course, God is the vertical parent, and the people we deal with are horizontal brothers and sisters. But what Jesus teaches us is not to see people as just people. We should treat people with the heart of treating God and the Lord. He said that we should not think of people as just horizontal and human, but serve them like they are God and the Lord. That is why Jesus said that whatever you did to one of the least, you did it for the Lord. The lesson Jesus teaches us is to think of people as the Lord. In other words, humans should respect and treat each other as God. Leaving an unforgettable impression on people is the same as leaving an impression on God's heart.

Therefore, giving an unforgettable impression to humans is the same as giving an unforgettable impression to God.

To (inflict) an unforgettable wound on a person is to (inflict) an unforgettable wound on God. Therefore, do not hurt people.

Forgiving and reconciling each other means being reconciled to God. If you cannot forgive others, that condition becomes a condition that God cannot forgive you.

I again realized how Jesus treated each (one of us) human beings, even though we are a sinner, as God's sons and daughters. God loves each human being as of his own value. Thank God, Jesus! I really love you!

3. Parents, when raising their children, should not raise them as their own children, but rather as children of God and the Lord. On the other hand, children should not think of their parents as their own physical parents, but treat them as God and the Lord. Husbands should treat their wives and wives should treat their husbands as God and the Lord. The reason we have trouble, conflicts, and cannot have peace in our homes today is that we treat each other as flesh-centered blood relations. If your partner is really God, how will you treat them? If you really take the children of True Parents and raise them, how will you raise them? The important thing here is that the way to succeed in human relationships is not to treat anyone horizontally, but to treat them vertically regardless of their position.

The great thing about Daemo Nim, True Mother's mother, is that she did not raise True Mother as her own child, but as a daughter of God as a nanny.

As we raise our children, we should not think of them as our own children, but think of God as temporarily entrusting us with His children to raise them.

In other words, think of my children as God's belongings. If I raise my children as if they belonged to me, (then) I want to raise them humanistically and carelessly.

Most of the mistakes we make in our life of faith are because we are dealing with people horizontally or humanistically.

Therefore, the way to be successful in relationships is to treat and serve (people) in the name of God and the Lord, no matter what you deal with.

4. In human relationships, respect arises when we treat each other vertically. A heart to serve comes out. We become humble. We treat the other person respectfully. We are always careful in all our actions. The reason we make a lot of mistakes in human relationships is that we treat others centered on the body in horizontal relationships. Therefore, if we serve and respect people with the belief that humans are God in our life of faith, we can become holy like God and not make mistakes in human relationships.

That is why Father says Communist and democratic theory do not work. In democratic theory we treat each other as brothers and sisters. We treat each other very horizontally.

That is why True Parents' thought needs to appear. We need to teach very clearly that there is a vertical relationship and a horizontal relationship. Why does God ask us to love God as a top priority? As long as you love God as a top priority, this becomes the standard. Then you can treat your own brothers and sisters in a vertical way just as you treat God in a vertical way. When we have horizontal, humanistic relationships with human beings, that does not help anything. That is why the final thought is what? True Parents' thought, which is Godism centering on parents. As long as we raise up filial piety toward God, anyone who truly loves God, truly loves their brothers and sisters as God.

Today we talked about filial piety and human relationships. We learned many things from the Bible and (from) our True Parents.◆

NOTE: This lightly edited transcription may contain errors and omissions. Indecipherable or uncertain words and guesses are tagged with a "(?)" and indecipherable phrases, with an ellipsis "...". First, second and third person pronouns have been left as spoken if the meaning is clear, and other apparently Korean English expressions have been preserved. Some repeated phrases have been eliminated. This text and the powerpoint slides from this speech are available as pdf files at the top of this text and at text.morndev.com & yong.hoondok.com. Audio only is available at anchor.morndev.com, spotify.morndev.com & audio.morndev.com.

Morning Heart Devotion

The 13th 40 day Jeongseong Condition (16th day)

131**day** (496)

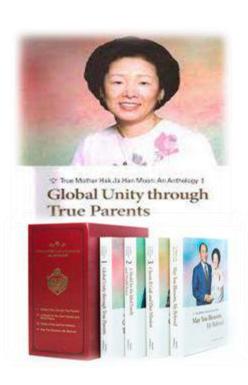
Hoondokhae life

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Mar 5, 2022 North America HQ

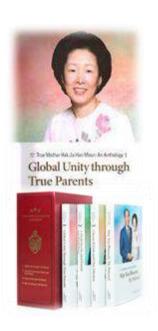
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The importance of Hoondok 훈독의 중요성

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- 2) The more you feel tired, lack of time, stressful, the more you have to do Hoondok. Then, you can have the experience that your spiritual body is resurrected, grown and gain more power. This is the power provided by Hoondok
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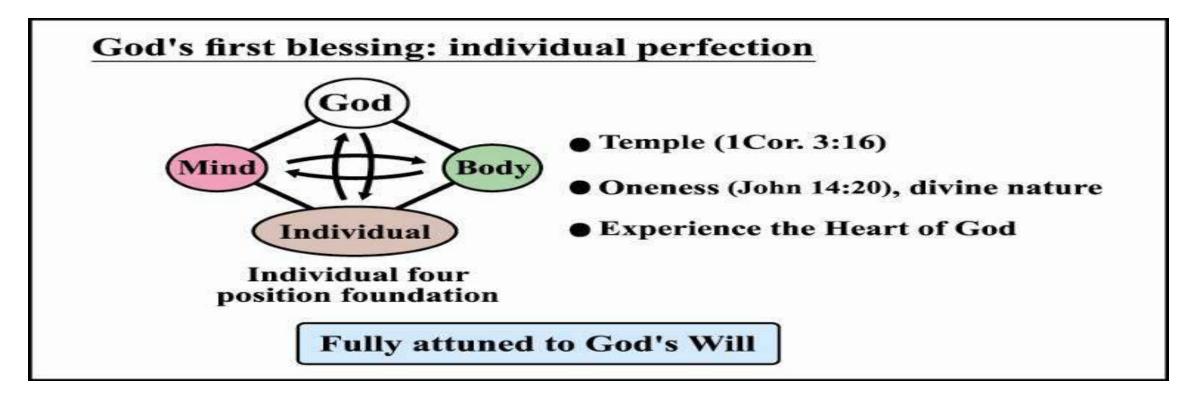


- 4) There are two ways that our spirit body can grow. First, our souls eat the Word of God. The second is to live for others. That is, to save the souls of people.
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- 6) A **person's** original mind repels evil desires and strives to follow goodness. Even at the cost of **one's** life, human seeks for the joy that can enrapture the original mind. Because the word of God is the love of God. God's love is the most powerful weapon and strength.

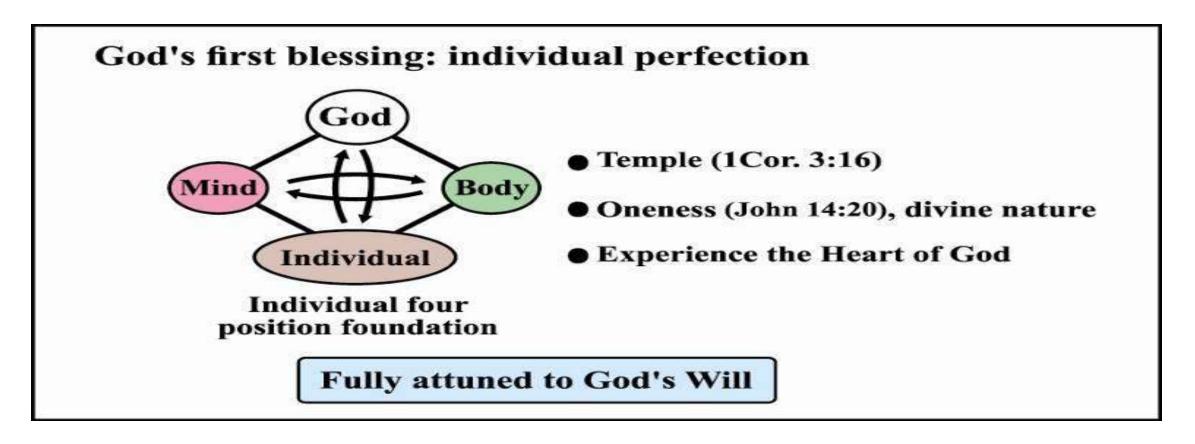
Living Divine Principle

Principle of Creation 23

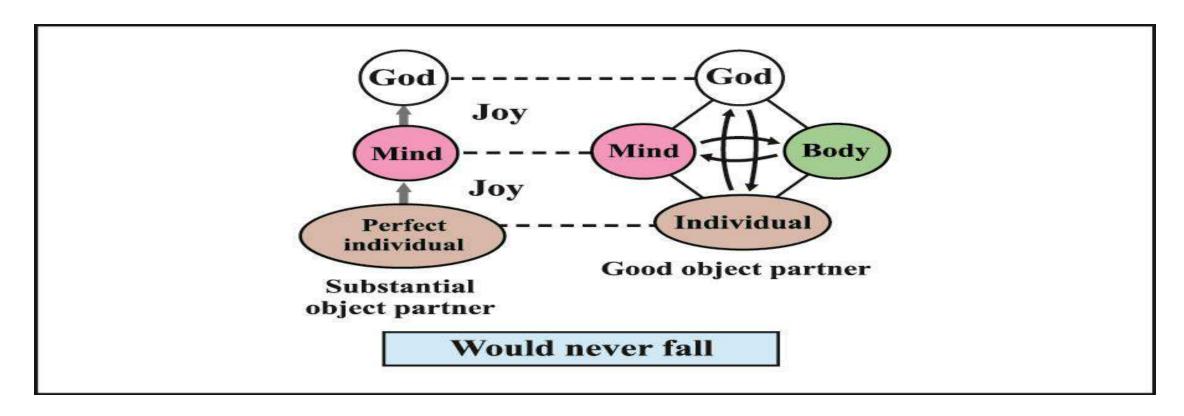
-Individual Perfection is the Perfection of Filial Piety-



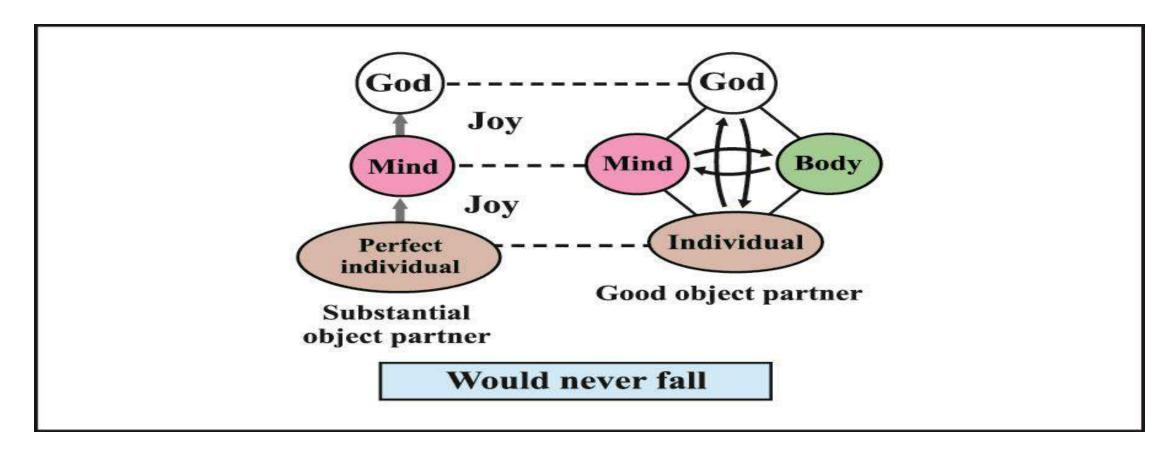
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- When a person abides in the state of <u>individual perfection</u>, he lives as the substantial object partner to his <u>mind</u>. Because the center of his mind is <u>God</u>, he also lives as the substantial object partner to God.
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• Accordingly, when a person realizes God's first blessing, he becomes God's good object partner to inspire Him with joy. Sharing all the feelings of God as his own, he would never commit any sinful acts that would cause God grief. This means he would never fall.

Individual Perfection is the Perfection of filial piety



- 1) It is clearly stated in the ten commandments: "Honor your father and your mother, so that you may live long in the land the Lord your God is giving you. (Exodus 20:12)
- 2) The teaching recorded in the Old Testament is once again confirmed in the New Testament: "Honor your father and mother—which is the first commandment with a promise—that it may go well with you and that you may enjoy long life on the earth." (Ephesians 6:2-3)

True filial Sons and Daughters



<9-206> What should you do to become a true filial child. You must understand and experience the Father's heart. You have to know everything about the past circumstances that the Father experienced. What kind of person is our Father? When His beloved children are brought to the execution grounds, He is the Father that would shed tears in front of the gallows. Though He is not a sinner, He would be the first to shed tears before any sinner. He is an extremely good Father; but you should know that there was never a time that He has not been together on the path of the unfortunate people on this earth.

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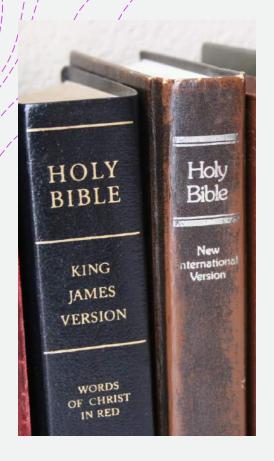


Today's Youth Ministry

God-Centered Human Relationships

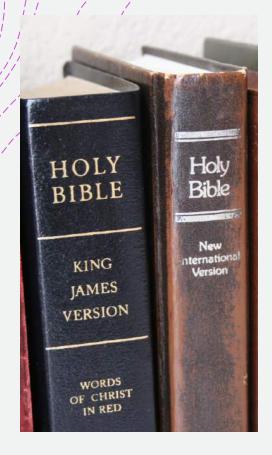
하나님을 중심한 인간관계

Matthew 25:35-46



- For I was hungry, and you fed me. I was thirsty, and you gave me a drink. I was a stranger, and you invited me into your home.
- I was naked, and you gave me clothing. I was sick, and you cared for me. I was in prison, and you visited me.'
- 37 "Then these righteous ones will reply, 'Lord, when did we ever see you hungry and feed you? Or thirsty and give you something to drink?
- 38 Or a stranger and show you hospitality? Or naked and give you clothing?
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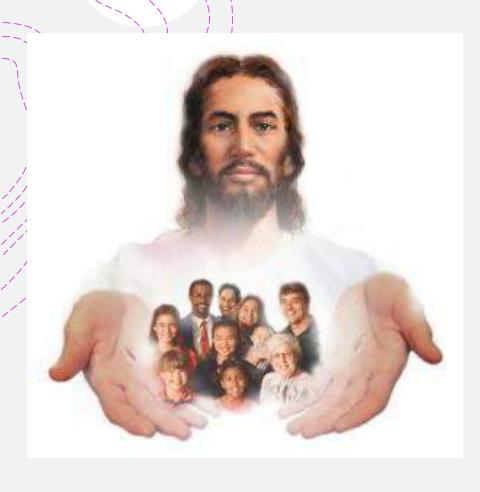


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- I was a stranger, and you didn't invite me into your home. I was naked, and you didn't give me clothing. I was sick and in prison, and you didn't visit me.'
- "Then they will reply, 'Lord, when did we ever see you hungry or thirsty or a stranger or naked or sick or in prison, and not help you?"
- 45 "And he will answer, 'I tell you the truth, when you refused to help the least of these my brothers and sisters, you were refusing to help me.'
- 46 "And they will go away into eternal punishment, but the righteous will go into eternal life."

God-Centered Human Relationships

(1) Relationships are more important than anything else in human life. Jesus said that having good relationships with people is having good relationships with the Lord. That's why Jesus said, "Move the hearts of the little ones," "Rejoice with those who rejoice; mourn with those who mourn," "Clothe the naked," "When you did it to one of the least of these my brothers and sisters, you were doing it to me!" (Matthew 25:40) In this way, Jesus said that those who improve human relationships will also improve their relationship with the Lord. It's not about helping people beyond what I can do, it's about finding people who I can help with my abilities and build good relationships. This verse means that building a good relationship with others means you are building a good relationship with God.





(2) We often think of our relationship to God and our relationship to humans as separate. Of course, God is the vertical parent, and the people we deal with are horizontal brothers and sisters. But what Jesus teaches us is not to see people as just people. We should treat people with the heart of treating God and the Lord. He said that we should not think of people as just horizontal and human, but serve them like they are God and the Lord. That is why Jesus said that whatever you did to one of the least, you did it for the Lord. The lesson Jesus teaches us is to think of people as the Lord. In other words, humans should respect and treat each other as God. Leaving an unforgettable impression on people is the same // as leaving an impression on God's heart.

(3) Parents, when raising their children, should not raise them as their own children, but rather as children of God and the Lord. On the other hand, children should not think of their parents as their own physical parents, but treat them as God and the Lord. Husbands should treat their wives and wives should treat their husbands as God and the Lord. The reason we have trouble, conflicts, and cannot have peace in our homes today is that we treat each other as flesh-centered blood relations. If your partner is really God, how will you treat them? If you really take the children of True Parents and raise them, how will you raise them? The important thing here is that the way to succeed in human relationships is not to treat anyone horizontally, but to treat them vertically regardless of their position.



(4) In human relationships, respect arises when we treat each other vertically. A heart to serve comes out. We become humble. We treat the other person respectfully. We are always be careful in all our actions. The reason we make a lot of mistakes in human relationships is that we treat others centered on the body in horizontal relationships. Therefore, if we serve and respect people with the belief that humans are God in our life of faith, we can become holy like God and not make mistakes in human relationships.



Thank you so much