

# A Life of Gratitude

## Dr. Chung Sik Yong, July 13, 2022

(Response to prayer) Let's pray for (former) Prime Minister (Shinto) Abe. He contributed so much. Not just his couple; his grandparents also suffered... so much. It is a kind of offering for the mother nation. We really appreciate his family and our entire Japanese movement so much.

I think before Seonghwa Ceremony... (there are) some things we need to overcome. Then we can reach a different spiritual dimension. Let's unite and support our True Mother more. Also, let's pray for the Japan providence.◆

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

*The blessed members of the Unification Church are pure water within this fallen world. As more pure water appears on earth, the rivers and oceans become cleaner—people who are not pure can become pure. You do not realize how valuable each person is. Every day I say this: I am the True Parent, the True Parent of 7.3 billion people. All 7.3 billion people need to know True Parents. Our blessed members have to take responsibility for this mission. That is why I gave you the four Cheon Il Guk Holy Items, on the anniversary of True Parents' Holy Wedding. Regarding the place where Heavenly Parent resides, to go there you need to be certified of having lived a high noon life that cast no shadows. You need to know how indebted you are, as you receive the grace of this age. Whenever we think of our Heavenly Parent we should say thank you. "Thank you for True Parents who have opened the way for Heaven to embrace me. Thank you that I have become someone who can go in front of Heavenly Parent." We should begin every day by saying thank you. (2016.06.06, East Garden)*

True Mother said, "That is why I gave you the four Cheon Il Guk Holy Items, including holy wine, on the anniversary of True Parents' Holy Wedding. Regarding the place where Heavenly Parent resides, to go there you need to be certified of having lived a high noon life that cast no shadows. You need to know how indebted you are, as you receive the grace of this age."

Dear brothers and sisters, do you know what the authority of the Messiah is? And do you know what the unique authority of the Messiah is that no one else has?

The Messiah has the power to forgive sins. In particular, he has the power to remove original sin. No one but the Messiah has the right and authority to forgive

the sins of fallen man.

That is why Jesus said that no one can go to the kingdom of heaven except through him. The Messiah has been given the right and authority to forgive sins from God, Satan, and the whole spirit world.

Luke 5:20-21 says, "When Jesus saw their faith, he said, 'Friend, your sins are forgiven.' The Pharisees and the teachers of the law began thinking to themselves, 'Who is this fellow who speaks blasphemy? Who can forgive sins but God alone?'"

Luke 5:24 says very clearly, "But I want you to know that the Son of Man has authority on earth to forgive sins."

Oh my God!

Only the son of man, only the messiah, only the True Parents, have the authority on earth to forgive sin – not the other... saints or sages, no one else. This is the messiah's authority and power. Only the messiah has the authority to forgive sins. Even Satan needs to recognize this (as well as) the entire spiritual world and our ancestors. Even God needs to recognize this. This is the messiah's power. The messiah has the power to forgive sins.

If (we were to) say, "Dr. Yong, do you have the power to forgive sins?" if Satan and God and the entire spiritual world do not allow this, (this) does not make any sense. Satan will accuse. Even though you may say that you can forgive sins, Satan would accuse (you, so) it does not make any sense.

When the messiah says, "I can forgive sins," Satan cannot say anything because (the messiah) has the authority and power to forgive sins. This is the power of the Messiah.

Luke 5:24 clearly says, "But I want you to know that the Son of Man, the messiah, has authority on earth to forgive sins."

Why should we thank True Parents? This is because our True Parents cleansed us from our original sin and made us born again from the lineage of sin to the true lineage.

I can forgive someone, but I have no authority to forgive sins. (Our) forgiveness does not completely remove sins. However, when True Parents, the Messiah, say that they forgive, that forgiveness completely removes sins. Nothing is left from the sin. (The forgiven people) are really pure.

Wow! This is really amazing, right?

If True Parents declare that you are without sin if you drink this Holy wine, (then) you are without sin. What an amazing right and authority this is!

Therefore, families with problems before or after receiving the blessing must receive the gift of forgiveness from True Parents. No matter what, we must give them a chance (to be forgiven).

The Blessing is incredible. The Blessing is forgiving your original sin. If True Father says, "You are forgiven," then you are completely forgiven. That's why anyone who receives the Blessing and goes to the spiritual world, Satan has no qualification to ask (about) our past sins because the messiah has forgiven our sins.

The problem is that after the Blessing (if) we commit sin and have some problem, Satan can accuse us. For any sin you committed before the Blessing, Father said, "I forgive (you)." That means there is no more sin. This is really incredible. This is the power of the messiah. We need to know that.

*The Pilgrim fathers crossed over to America because they wanted to get away from the man-made strictures that had come to be placed on the practice of religion in Europe, and be able to worship God freely as they wished. They arrived in America in the winter. Even though they suffered from the cold and hunger, they put the future first and planted the seeds they had. When they finally had their first harvest, they first offered gratitude to Heaven. This is truly precious. That is why God blessed the emigrants. The reason I celebrate Thanksgiving is because I really hope blessed families can inherit the Pilgrims' tradition of first offering gratitude to Heaven, desiring Heaven's compassion, and achieving Heaven's dream. (2016.11.24, Cheon Jeong Gung)*

It is important to celebrate Thanksgiving, but we must live a life of faith that gives thanks for every moment of every day. That is why I emphasize that a life of appreciation is very important.

How amazing is the faith of gratitude, that a grateful heart can even kill cancer cells! Those who are always grateful can always keep their health, both spiritually and physically.

Fallen man's responsibility is to be grateful in all circumstances. The Apostle Paul called this the very will of God. Appreciation is God's will in any situation or circumstances.

Satan's attributes are dissatisfactions and complaints, and are always negative. He always has preconceptions: "You are a bad guy. You have something wrong." He always has negative concepts,

preconceptions and complaints and dissatisfaction.

When can we graduate from this kind of this kind of dissatisfaction and complaint and negative thinking? Satan's attributes are like that. Fallen man is always conquered by negative thoughts and complaints and dissatisfaction and jealousy.

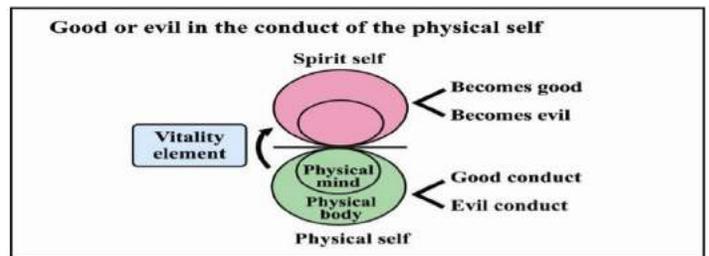
However, God's attributes are always gratitude, always absolute positivity, and absolute faith so there is nothing impossible in the name of God.

When you believe that God is my father and I am a son of God, when you realize a parent-child relationship with God, your thinking is always very positive, grateful and powerful. Nothing is impossible in the name of God, of Jesus and of True Parents.

### **LIVING DIVINE PRINCIPLE: The Principle of Creation 58 - The Reciprocal Relationship Between the Physical Self and the Spirit Self**

#### **The Structure and Function of the Physical Self**

- *The physical self consists of the dual characteristics of the physical mind (subject partner) and the physical body (object partner).*
- *The physical mind directs the physical body to maintain the functions necessary for its survival, protection and reproduction.*



• *For the physical self to grow in good health, it must absorb air and sunlight, which are intangible, yang types of nourishment, and eat and drink food and water, which are tangible, yin types of nourishment. The body has give and take with this nourishment through its digestive and circulatory systems.*

• *Good or evil in the conduct of the physical self is the main determinant of whether the spirit self becomes good or evil.*

• *This is because the physical self provides a certain element, which we call the vitality element, to the spirit self.*

• *In our everyday experience, our mind rejoices when our physical self performs good deeds but feels anxiety after evil conduct. This is because vitality elements, which can be good or evil according to the deeds of the physical self, are infused into our spirit self.*

Let's study Father's words:

## **A World of Resonance**

<171-102> *When the spirit self and physical self harmonize with each other and with God's love, spiritual and physical cells engage in perfect motion together. Perfect motion. You must understand this. They engage in perfect motion. Therefore, when our eyes are operating, they can see everything in heaven and on earth. This is because they are engaged in perfect motion. Is it not the same with a microphone? If it is working properly, it will resonate one hundred percent. Similarly, once our physical and spirit selves become one and attain a vitalized state through the force of love, heaven and earth, the power of that force will allow everything to resonate with the God of Heaven and Earth.*

True Father said that when body and mind become one, and body and spirit become one, they resonate with each other centering on God's love.

When we go into a cave and shout, or when we go up a high mountain and shout, the sound becomes an echo and comes back to me.

True Father said that when the spirit body and the physical body become one, all of my cells work together with the universe, then when I open my eyes, I can see all the heavens and the earth.

Then, to what extent do our bodies and minds resonate with each other? To what extent are we resonating with each other as a couple? To what extent do I resonate with my children and with my parents? True Father said that anyone can communicate heartistically if we experience the world in which we resonate.

Therefore, it is so important that the body and mind become one. According to True Father's words, if we really unite our body and mind, we will live a life in which miracles happen every moment. From that point of view, we realize how far away our spiritual dimension is.

Father said where there is unity between mind and body, we can see miracles all the time in every moment every day. Why can't we feel miracles? Because there is no unity between mind and body. To what extent do our body and mind really resonate with each other? This is a real issue, right?

What does the fall mean? It means the relationship between God and myself is very distant.

### **We Cannot Conquer Satan Without a Physical Body**

<65-294> *Mastering my body is the same thing as rooting out and conquering Satan. You can only go to*

*heaven after conquering Satan. You cannot conquer Satan without a physical body. This is because the physical Fall occurred on earth and consequently must be remedied on earth. If you cannot finish your earthly tasks, you will eternally go to hell. Therefore, when you triumph on earth and stand on the heavenly side of goodness, you can go to the eternal Kingdom of Heaven*

Who can enter heaven? True Father said that only those who conquer Satan can enter the kingdom of heaven. So where does Satan dwell? The important fact is that Satan uses my body as a base to move.

The fallen man's body is a shelter for Satan to stay. Therefore, if you do not conquer your body, you cannot overcome Satan. Therefore, we must completely expel Satan from our bodies in which he resides.

Therefore, in order to reach the position where my body is completely victorious, it is necessary to establish the standard of completely eradicating and conquering Satan (who) enters through my body. However, man can never overcome Satan after leaving his physical body. This is True Father's amazing proclamation.

How important the physical body is! No human being can overcome Satan after leavening his physical body. Once you have left and gone to the spiritual world, there is no chance to overcome Satan. Therefore, while I am living on the earth, I need to overcome my physical body's limitations. I need to fight with my physical body. I need to win while on earth. That is why Father speaks about how important the physical body is.

True Father said, "This is because the physical Fall occurred on earth and consequently must be remedied on earth. If you cannot finish your earthly tasks, you will eternally go to hell. Hell is a gathering place for broken people."

From this point of view, we realize once again how important it is to unify the body and mind.

### **Your Physical Life Determines Your Eternal Life**

<80-226> *What I'm saying is that your physical life is short. It isn't long. I'm telling you, when you realize this, you feel like you are wasting time eating and sleeping. I eat on the go. I sleep on the go, and play on the go. How miserable is that? The more you do that, the more blessings you can receive that no one else can receive. I'm telling you, you must all realize that this is a historical time*

How old are you now? Human beings live to 100 years old at the most. However, as humans pass 70, their vitality begins to decline. From this point of view, the period for a human to have a physical body and perfect

his spirit body is very short.

Now we really must live the rest of our lives with worth. We must not waste time. Moreover, we are spending a golden period with True Mother that cannot come again.

True Parents are telling us to find at least one person for the will of God until the day we die. The important thing is that the completion of the spirit body is proportional to how many people you have saved.

### **TODAY'S YOUTH MINISTRY: Formation Stage Faith and the Law of the Word**

*1. A fallen human is always in danger because the laws of his body and the laws of the mind conflict with each other and are not naturally harmonized. To have a healthy body and mind, we need to be in harmony with each other and always be consistent. In order to do that, we must absolutely obey and regard the law of the Word as life. You must thoroughly control yourself through the Word. If you believe that the law of your mind and the law of your body will harmonize well, and you become careless, problems will arise. Therefore, those who lead a life of faith must not be careless even for a moment. If the body is left alone, only animal instincts remain. Therefore, those who first enter the path of faith must work very hard to subdue their bodies. We need to be stimulated by the Word and improve our habitual life that has been centered on the physical body until now.*

Fallen human beings cannot be careless, even for a moment, because the laws of the body and the laws of the mind are always in conflict with each other and are fighting each other. The moment I neglect the law of the mind and lower my guard against Satan, Satan immediately invades through my body.

That is why we have to be tense. If we want to thoroughly (pursue?) our life of faith, we always need to be tense. If you lose(?) your heart and mind, Satan immediately attacks you.

Therefore, I must always regard the law of the Word as life, live centered on the Word, and obey the Word. You must thoroughly control yourself through the Word. You should not give the slightest chance for Satan to come in.

If a person who leads a life of faith neglects his spiritual life and leaves his body alone, he will start to move with an animal instinct. Therefore, those who first enter the path of faith must work very hard to subdue their bodies.

We, as humans, must completely improve ourselves by focusing on a more spiritual life beyond the habitual life that we have been living based on what we eat,

drink, and wear. We must realize for sure that the Word of God is our life. Those who do not value the Word are those who have given up the fight against Satan and have completely given up on spiritual growth.

### **The Way to Restore Spiritual Life**

*2. If a habit centered on fallen nature becomes a repeated life, there is no way to restore one's spiritual life. In the formation stage, you must live your life centered on the heart, not the flesh, while obeying the Word, principle, and the church system. I must let the principle enter my mind and heart and bring me peace and joy. And you must establish a good relationship with an Abel of faith who can manage your life of faith well. We must thoroughly discuss life with Abel, report to Abel, and receive Abel's permission. If you do well in your responsibilities and have a good relationship with Abel, you will receive approval from Abel and grow. Faith at the growth stage knows how to subdue one's own body and obeys the law of the Word to control oneself, thereby influencing the other person. If you keep the law of the Word and principle, you will receive life there, find your original mind, and take control of your body. And you will have a lot of new experiences that you did not have until today.*

In order to improve a life in which habits centered on fallen nature are repeated and to restore one's own spiritual life, you have to risk your life centered on the Word. You must be very serious. You should always be able to separate the life of the spiritual mind and the life of the physical mind.

That is why day and night I emphasize the importance of the Divine Principle, reading Father's word, reading the one-hour book 100 times, 200 times, on and on continuously reading on and on till it becomes a good habit. I am telling you, fallen man without God's word has no way to control our physical body. God's word always gives us stimulation and power to control our physical body. That is why we should go back to the Divine Principle, study and learn it again and read again and again until we(?) become the substance of God's word.

Therefore, in the formation stage, we have to live in strict obedience to the Word, principle, and the church system. I must let the principle enter my mind and heart and so that I have peace and joy.

The next most important thing is to find the Abel who can manage my life of faith well. And you must live receiving counseling all the time. We must live a thorough life discussing with Abel, reporting to Abel, and receiving Abel's permission. All the time we need to



Episode 261

# Morning Heart Devotion

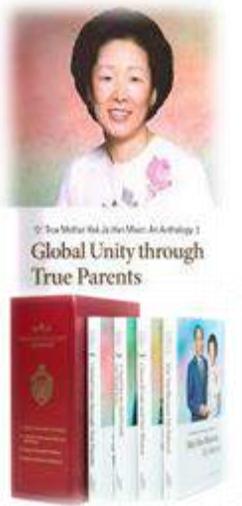
The 16<sup>th</sup> 40 day Jeongseong Condition (26<sup>th</sup> day)  
261 day (626)

**A life of gratitude**  
감사생활

July 13, 2022  
North America HQ

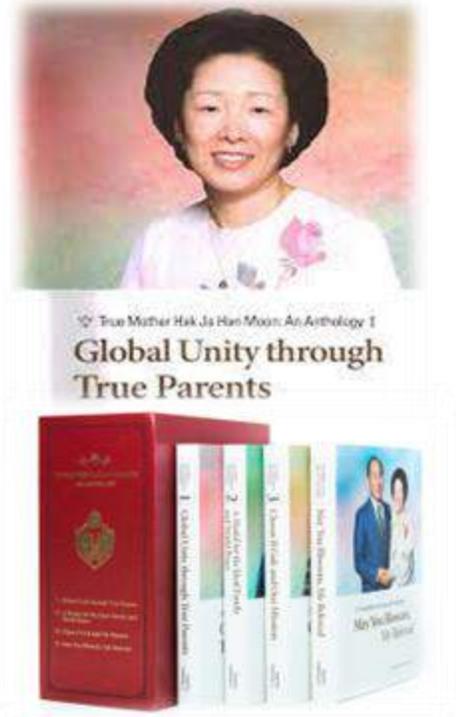
# A life of gratitude

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# A life of gratitude

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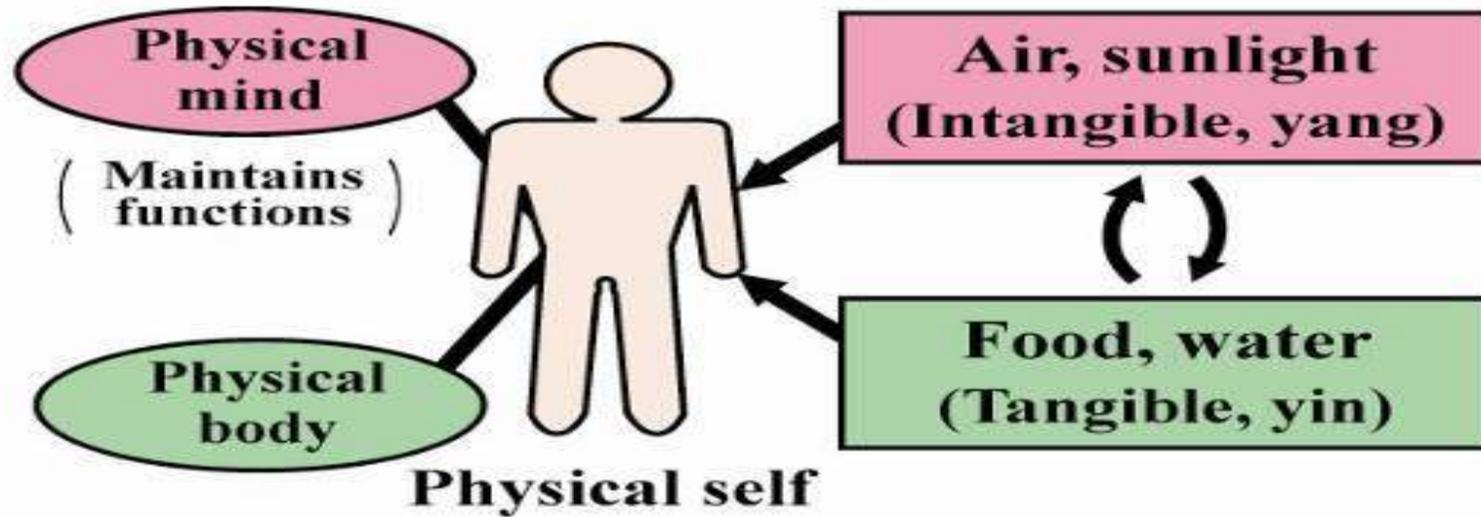
**Living Divine Principle**

# The Principle of Creation 58

-The Structure and Function  
of the Physical Self-

### III. The Reciprocal Relationship between the Physical Self and the Spirit Self

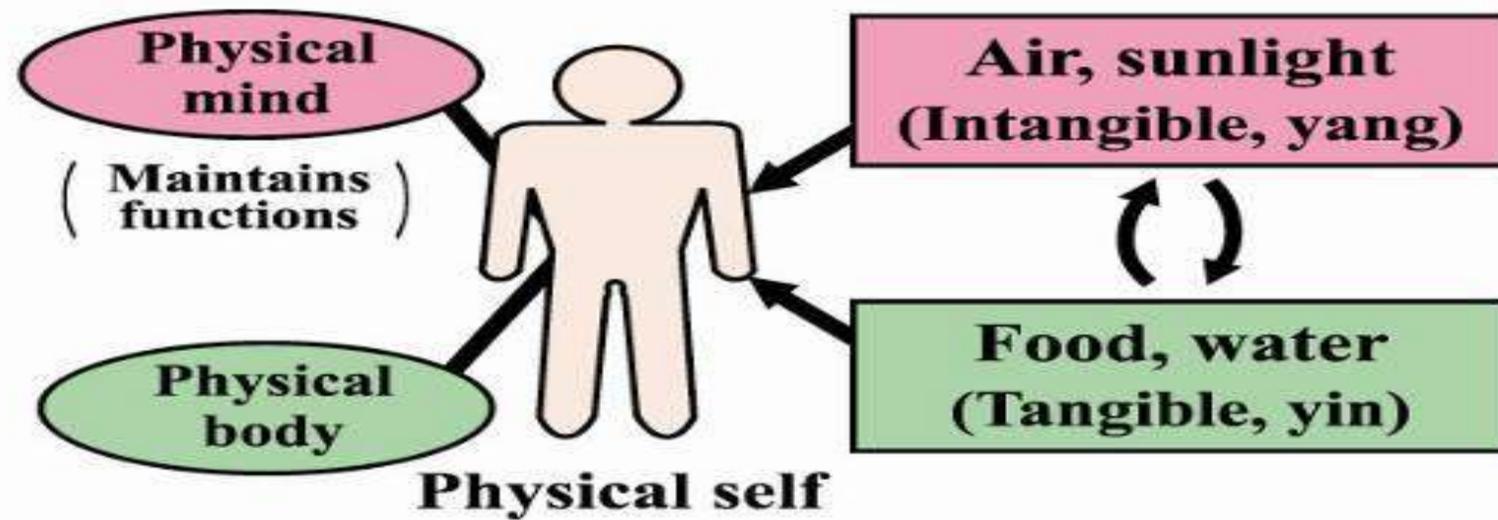
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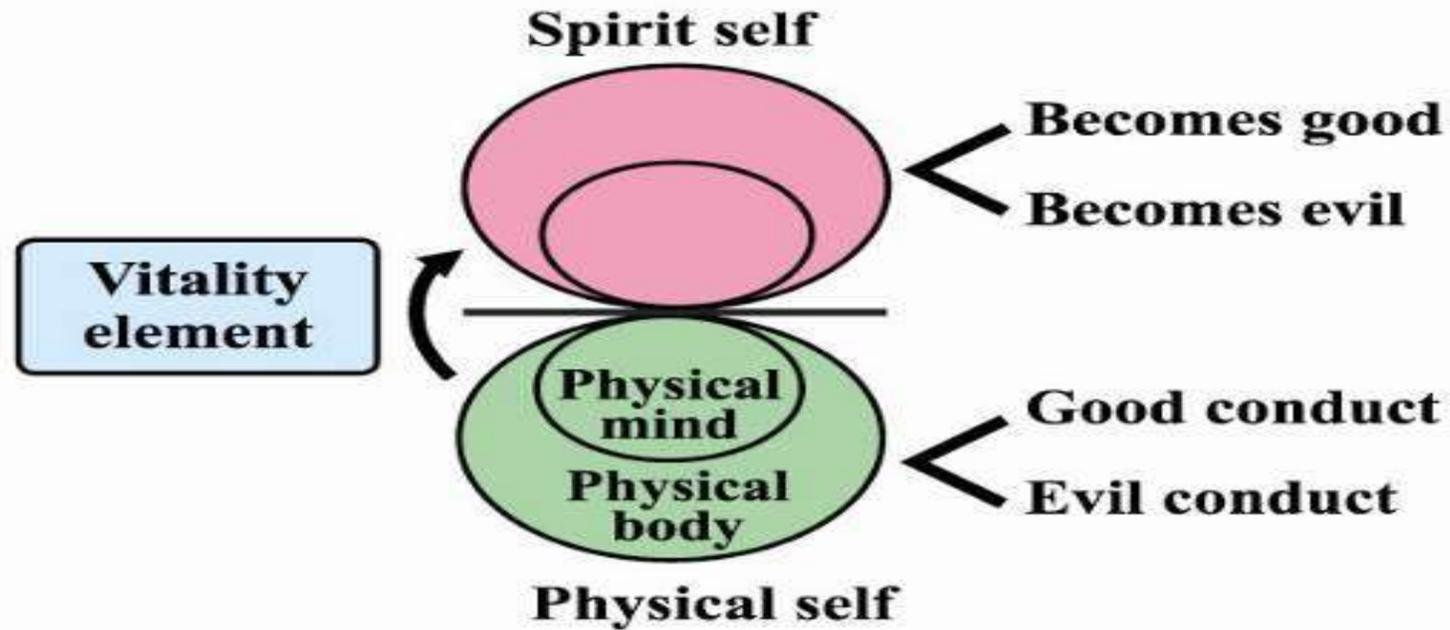
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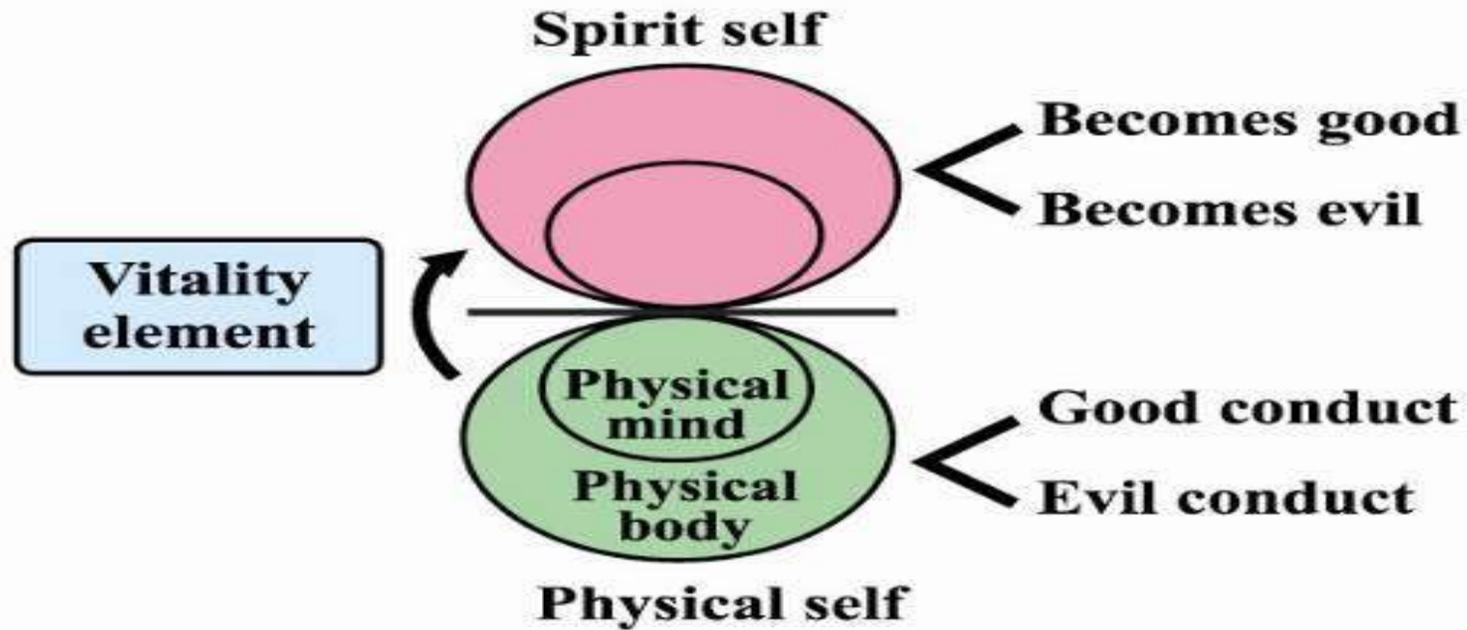
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# Today's Youth Ministry

**Formation stage faith  
and the law of the Word**

소생급 신앙과 말씀의 법



# Formation stage faith and the law of the Word

1. A fallen human is always in danger because the laws of his body and the laws of the mind conflict with each other and are not naturally harmonized. To have a healthy body and mind, we need to be in harmony with each other and always be consistent. In order to do that, we must absolutely obey and regard the law of the Word as life. You must thoroughly control yourself through the Word. If you believe that the law of your mind and the law of your body will harmonize well, and you become careless, problems will **arise**. Therefore, those who lead a life of faith must not be careless even for a moment. If the body is left alone, only animal instincts remain. Therefore, those who first enter the path of faith must work very hard to subdue their bodies. We need to be stimulated by the Word and improve our habitual life that has been centered on the physical body until now.

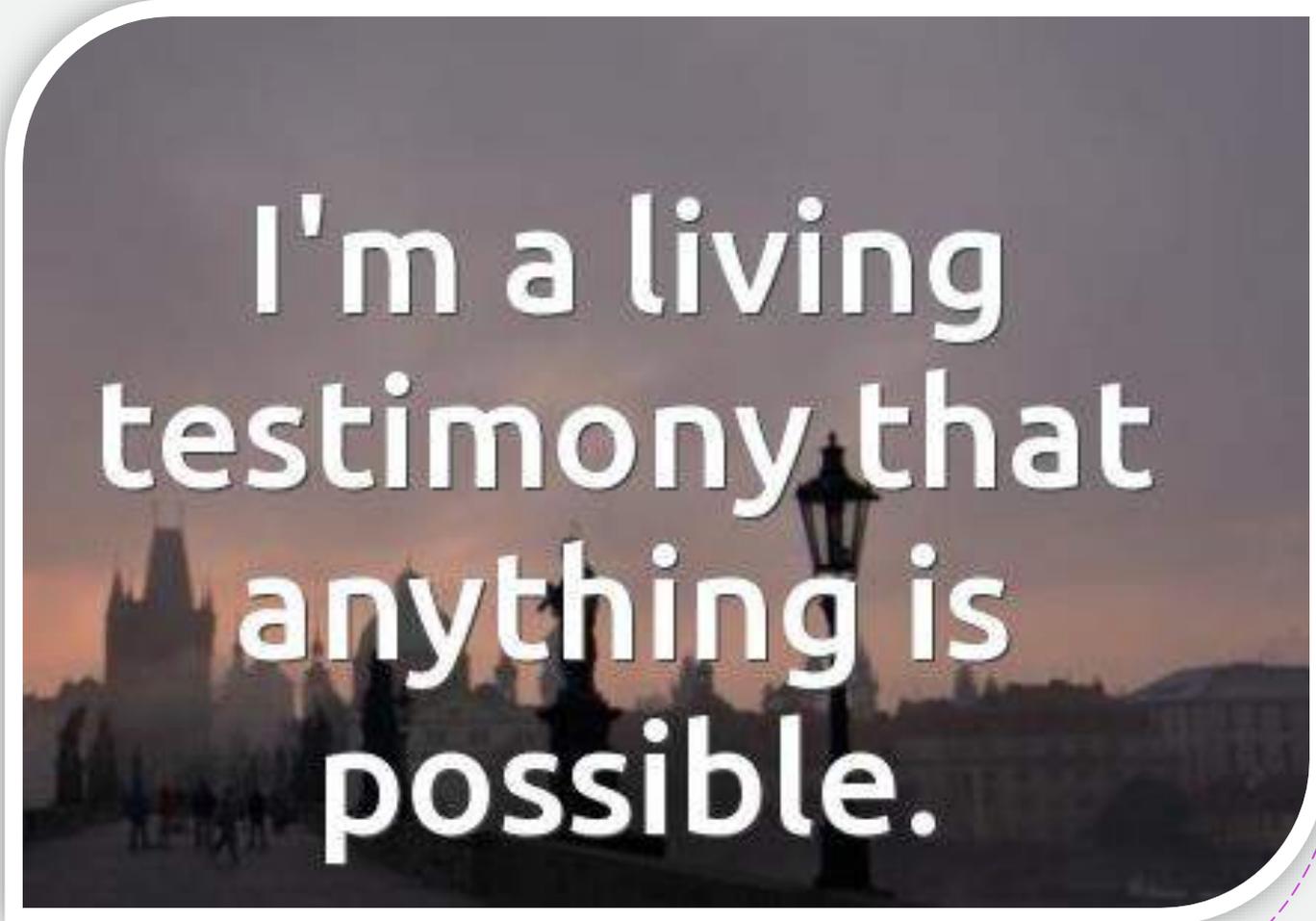
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**The way  
to  
restore  
spiritual  
life**

3. If you keep the law of the Word and principle with joy in formation stage faith, you will quickly recognize someone who puts the Word into practice more than yourself. And naturally you will respect them. That is why the Bible says that if a lamp is lit in your heart, you will recognize the bridegroom. A lamp is when the Word comes into you and becomes life, your inner person becomes brighter, and you can know the other person. If there is a life force in me, I immediately recognize someone with a higher spirit than me. In the world of learning, it's like knowing someone who is more talented than you. Therefore, **if you live your life of faith right, you will know people who have more vitality than you. If you have growth stage faith, your sense of responsibility will strengthen, and your skills will increase day by day as you gain vitality. A person with vitality has a living inner person, so that person's heart is always waiting and longing for the object. Also, they always try to serve others.**

Formation  
stage  
faith  
and  
Grow  
stage  
faith

# Living Testimony

A photograph of a snowy street at dusk. In the background, a church spire is visible against a dark, orange-tinted sky. A street lamp stands in the foreground on the right. The scene is dimly lit, with snow on the ground and rooftops.

I'm a living  
testimony that  
anything is  
possible.



Yeon Sun Tariq

# WHAT I GAINED FROM GPA





# Experience

# Why Did I Join GPA?

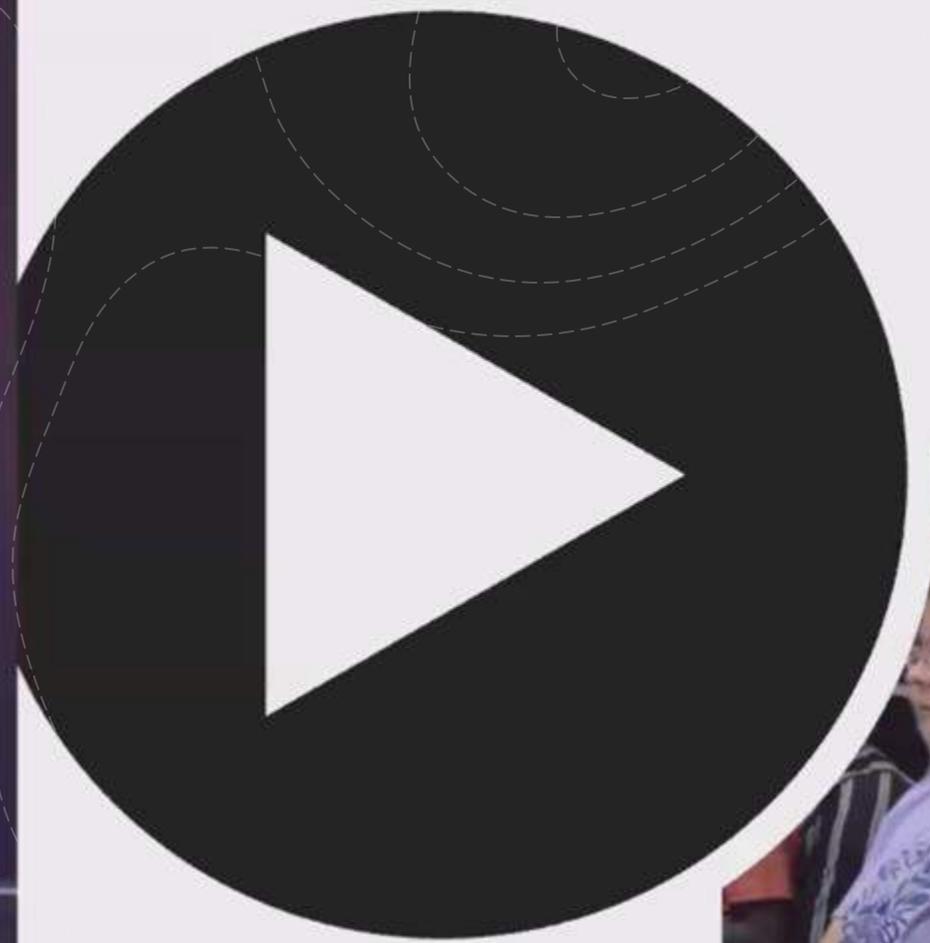


# Putting my Life of Faith on Pause





# Music & Dance Workshop



# Morning DEVOTION



before all the other first years and this was kind of just like all the training that happened with Christian



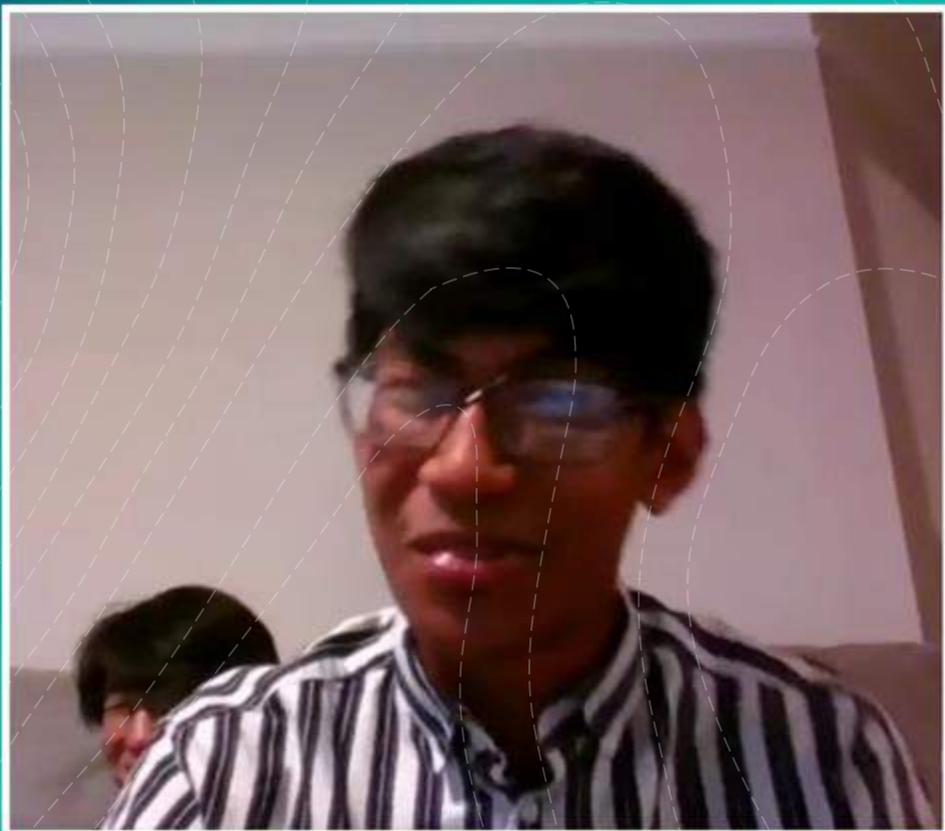
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# Morning DEVOTION



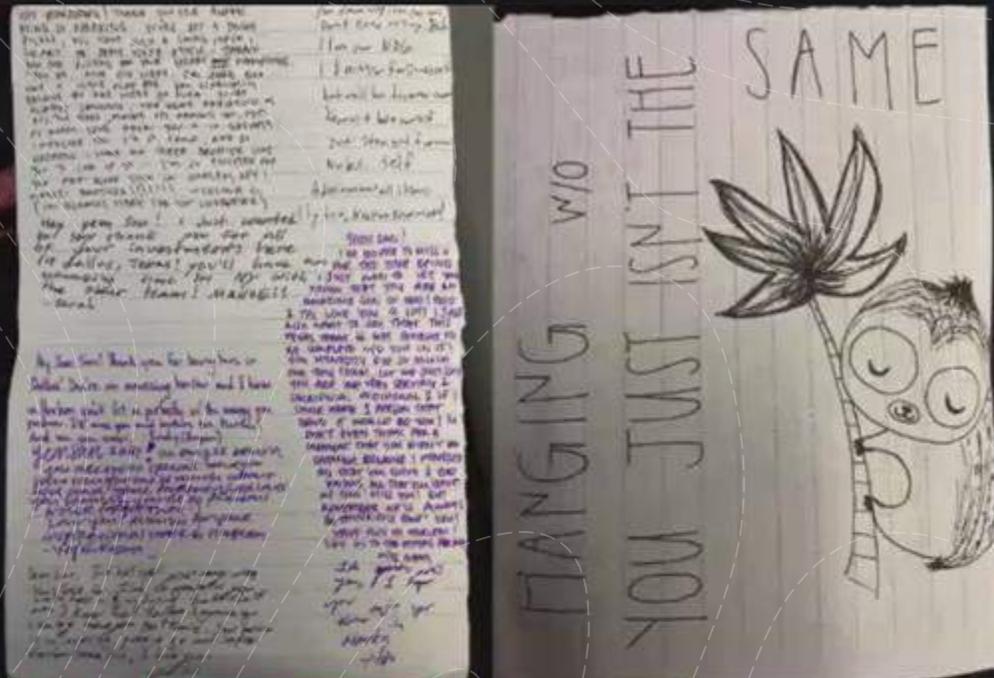
training that happened with Christianity kick off workshop with GPA.  
We had Covit and like every single sub region



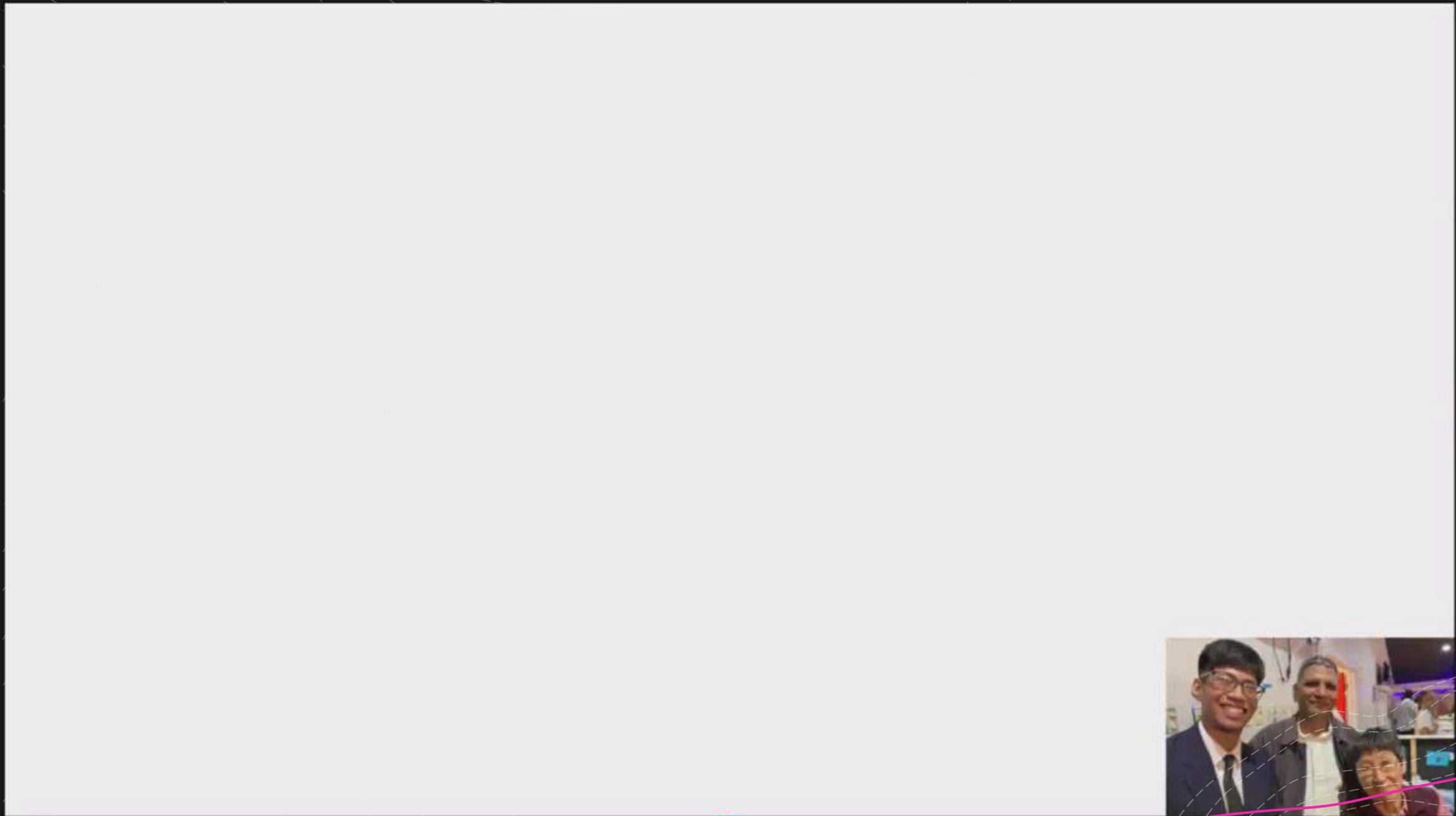
# WINTER COMPETITION







DALLAS/  
HARLEM



Yeon Sun Tariq









# Healing

Morning Devotion in Harlem

Apologizing/ Forgiving my Parents

Vulnerability



# Insight

1st Gen had this “My way or the Highway” mentality

2nd Gen Started dropping like flies

2nd Gen feel more love from each other/others outside the movement rather than any Parental Love

Listen empathically to the 2nd Gen; We’ve never really felt listened to

We need grow our relationship with each other; Vulnerability & Empathic Listening

Follow Dr. Yong’s Example of a Model Church for the sake of this community inside and outside the church



# THANK You

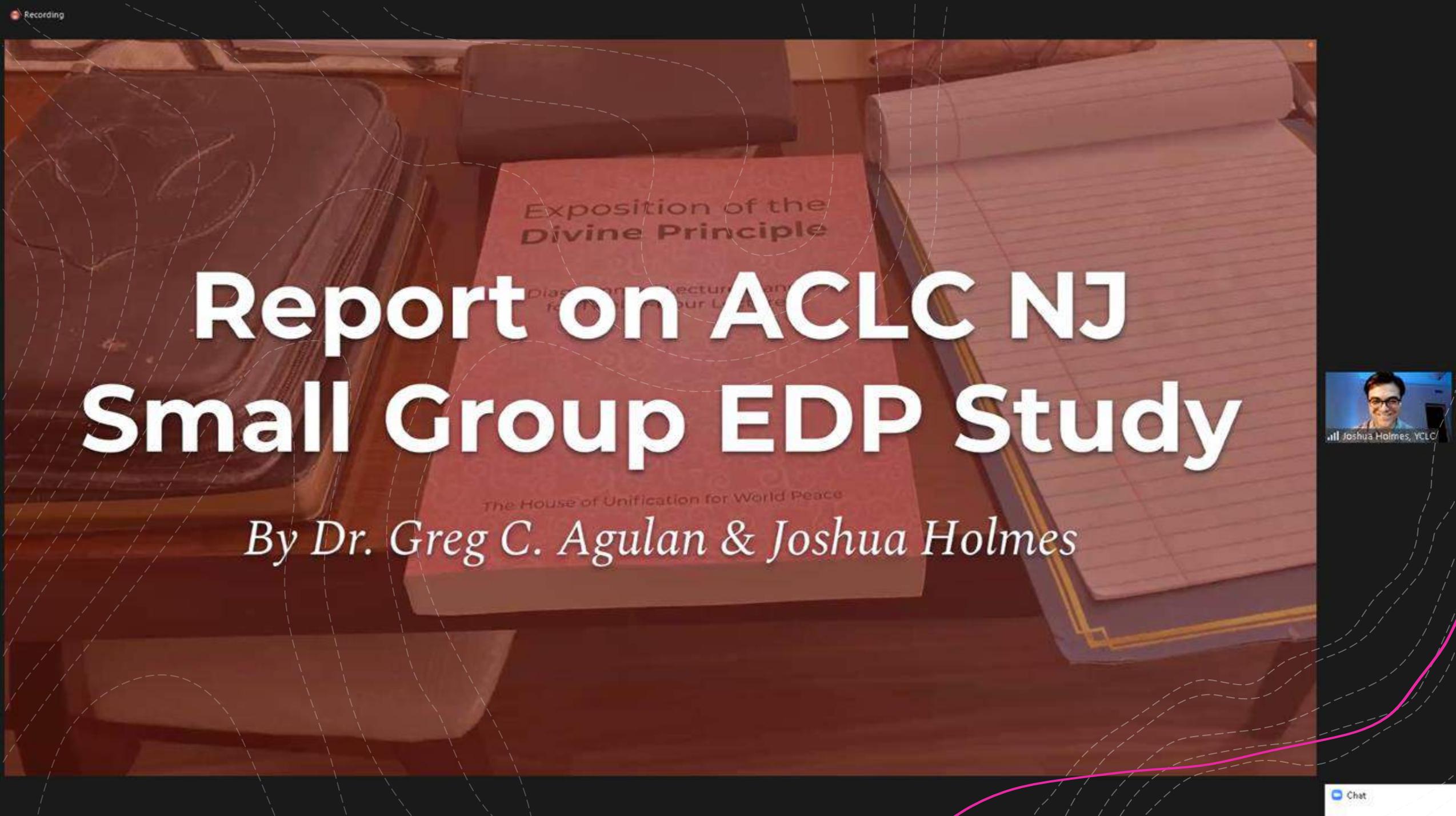


Yeon Sun Tariq

Report on ACLC NJ  
Small Group EDP Study



Bill Joshua Holmes, YCLC



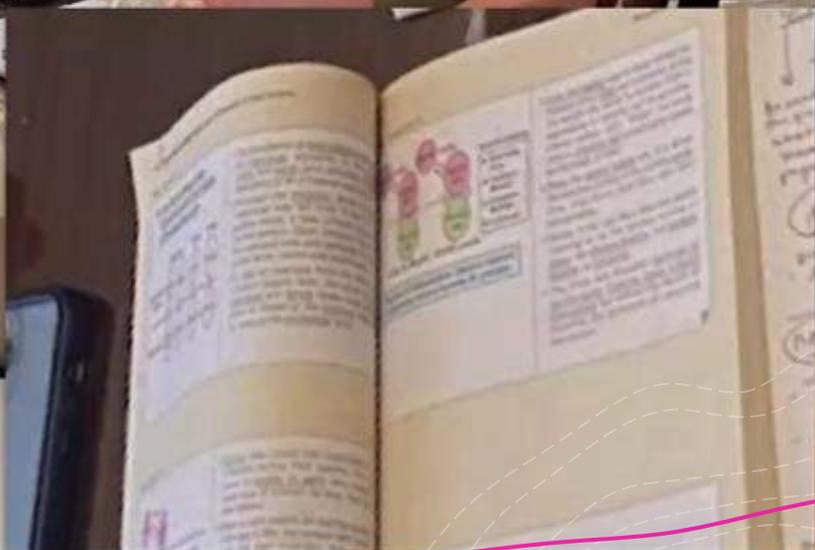
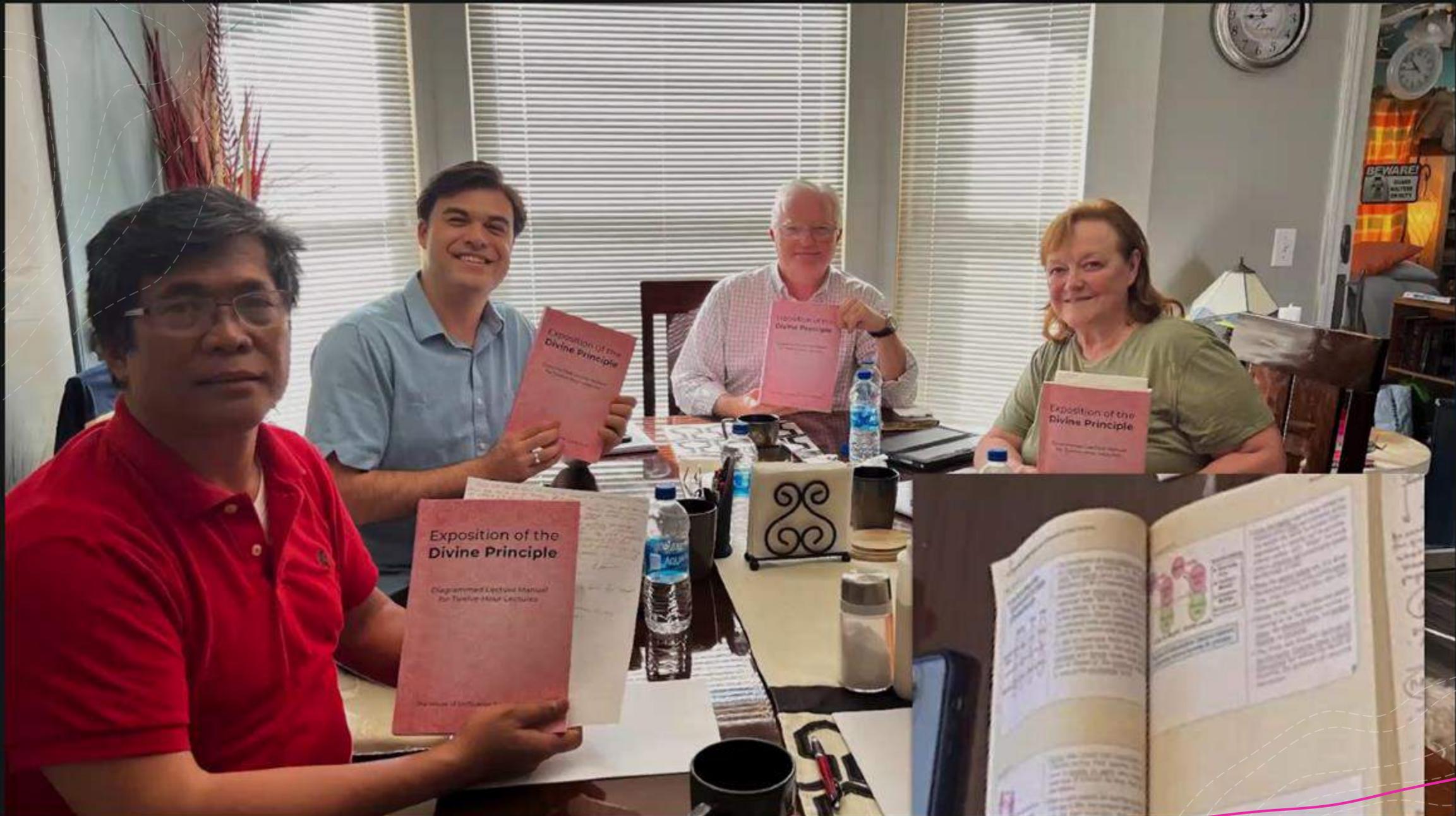
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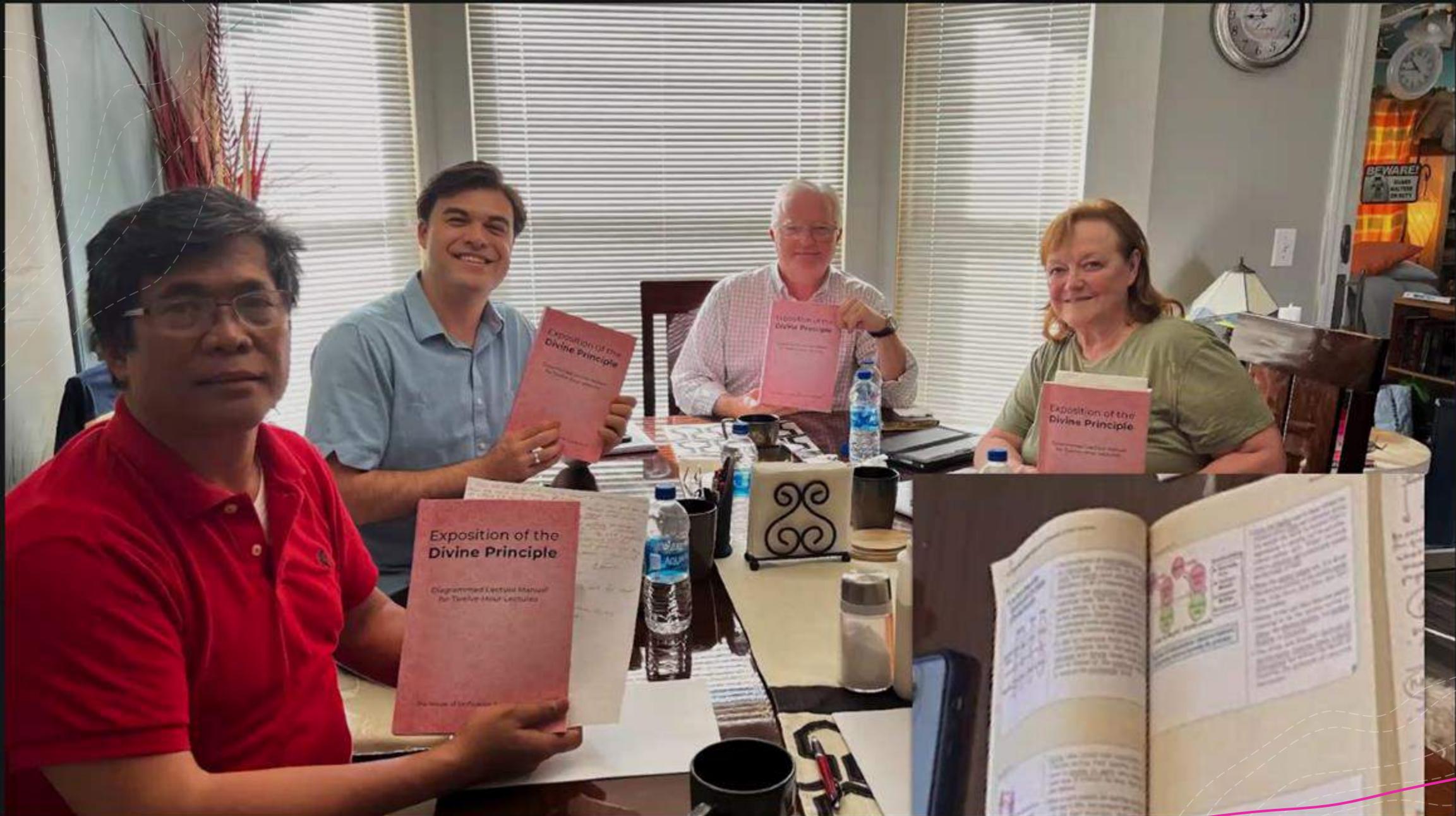
*By Dr. Greg C. Agulan & Joshua Holmes*





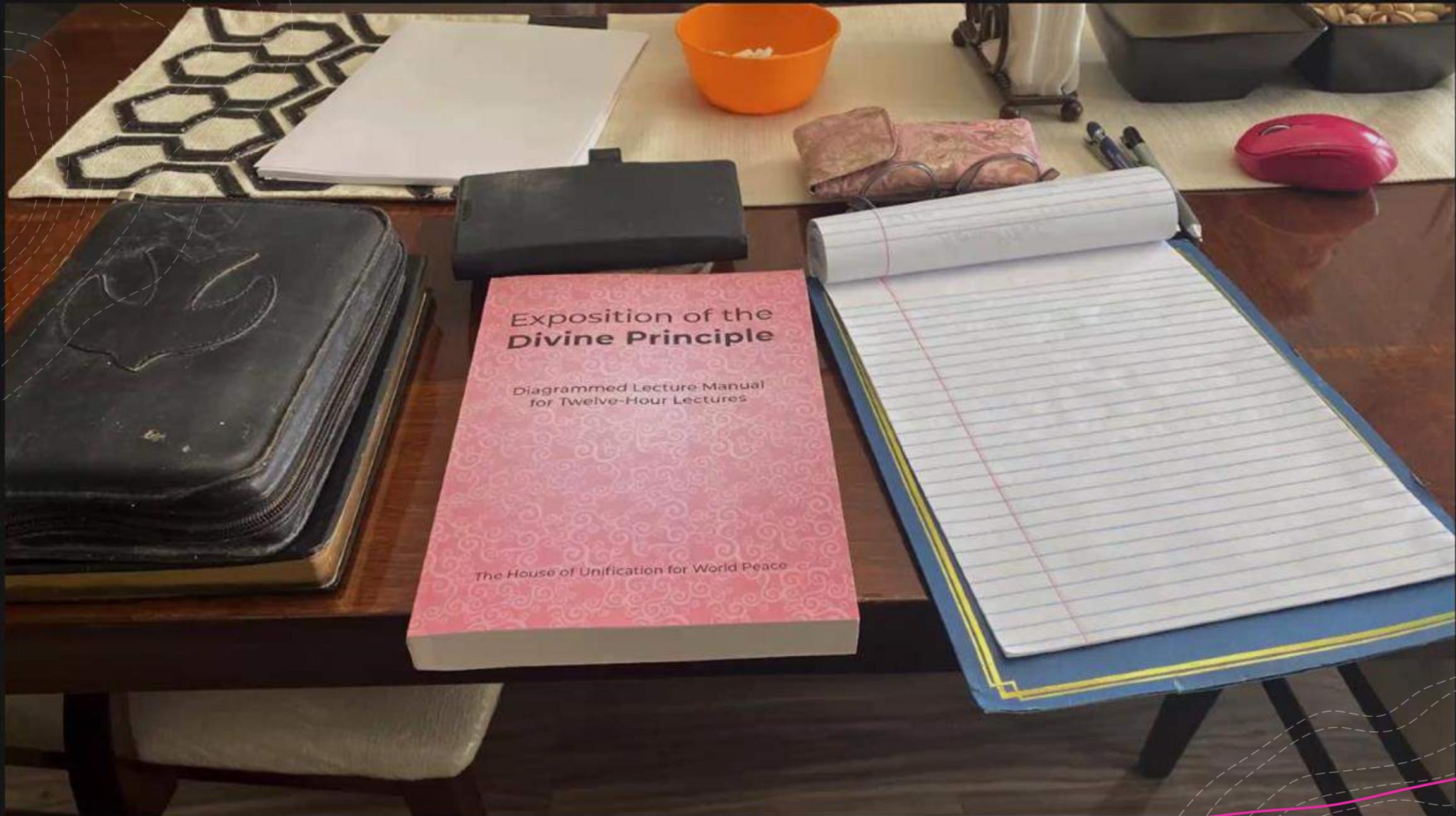


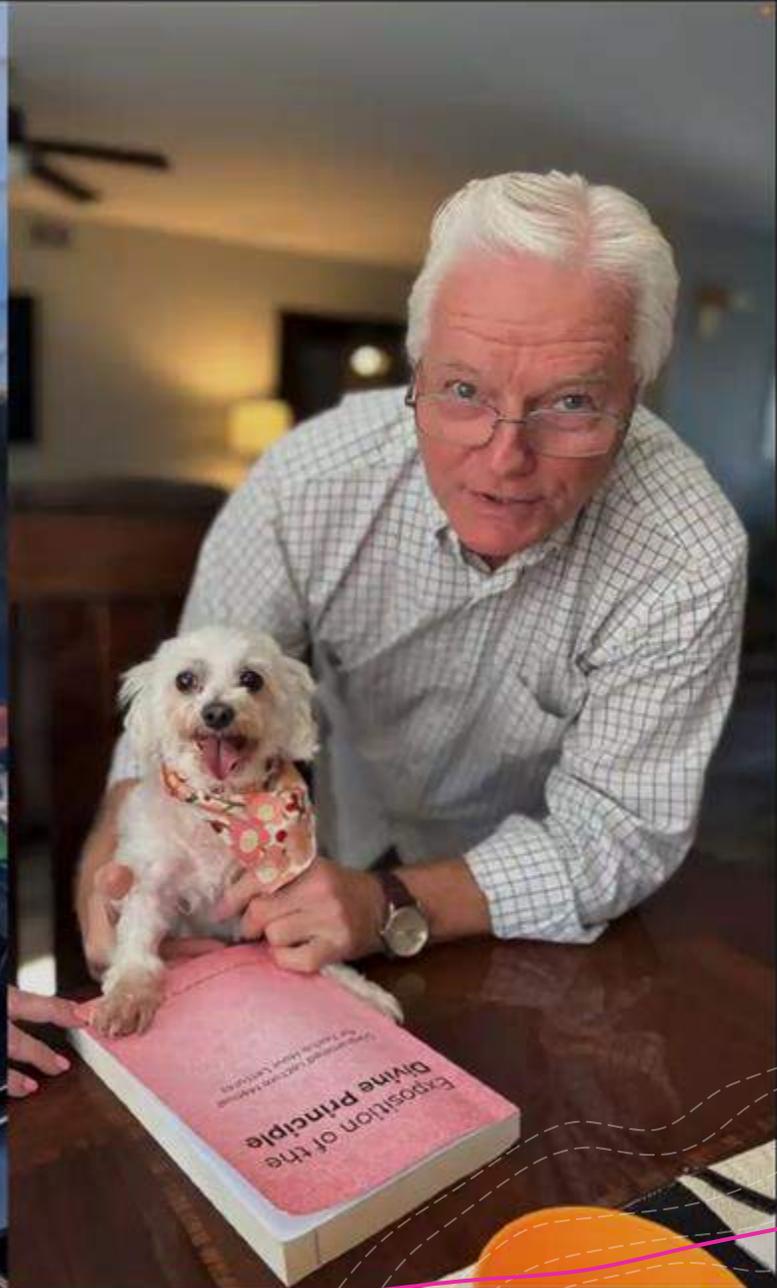


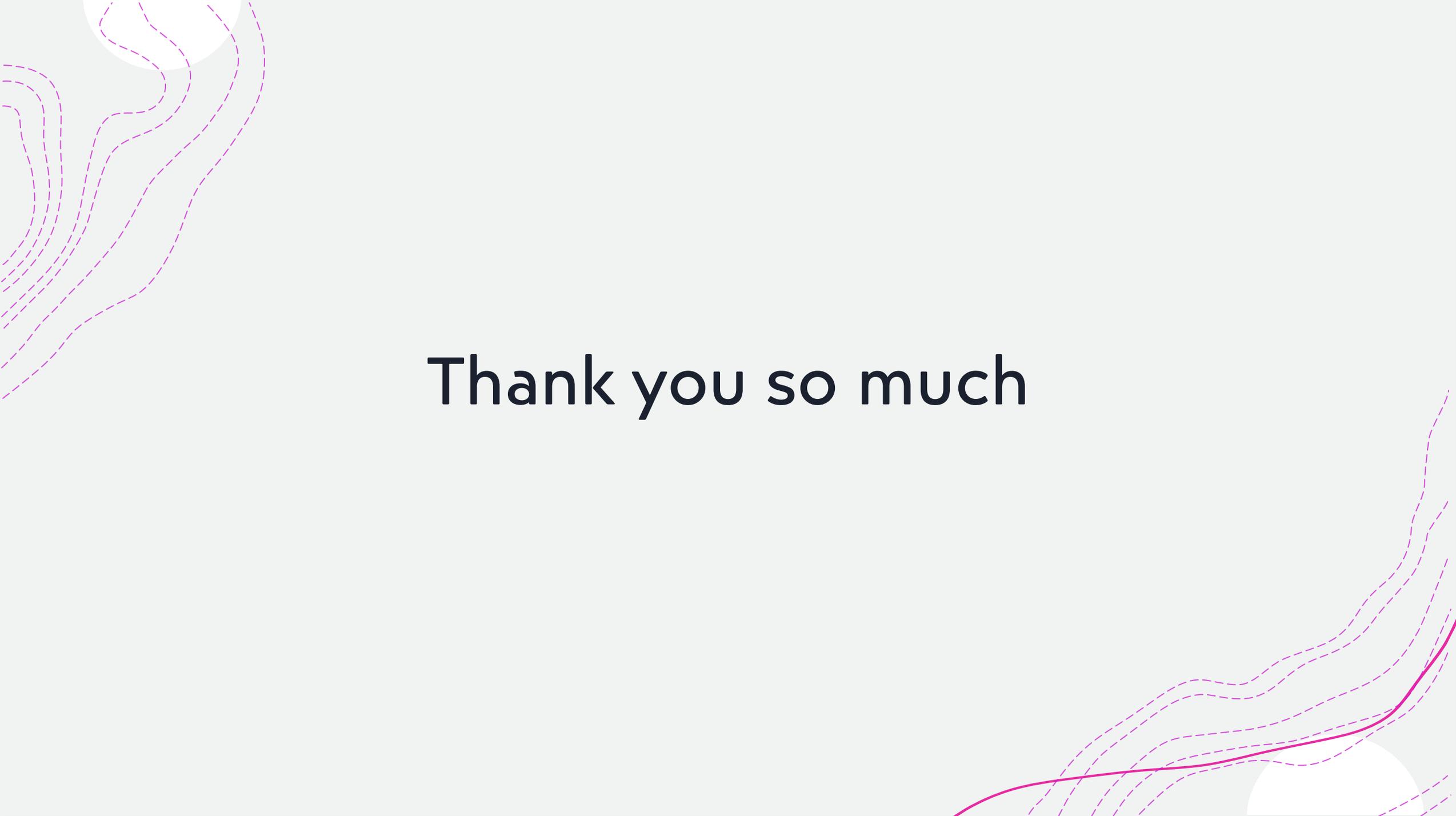










The background features decorative elements: purple dashed lines and white circles in the corners. In the top-left corner, there is a white circle partially cut off by the edge, with several purple dashed lines curving downwards and to the right. In the bottom-right corner, there is another white circle partially cut off, with several purple dashed lines curving upwards and to the left. The text "Thank you so much" is centered in the middle of the page.

**Thank you so much**