

Living an Intentional Life

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World Peace and Unification Sanctuary - USA

Be Transformed by Renewing Your Mind



Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Romans 12:2

Therefore, you must stand in the position of zero, a void, with no conscious content, like soil, water, or air. If you do not do that, there is no way to return. *SMM, Sermon Anthology Vol. 203, 1990.06.27.*

Hello,

Tennessee Sanctuary pastor Regis Hanna started by showing photos of God's creation. The 2nd King says that meditation is "mind body unity training" which is to fulfill the First Blessing to Be Fruitful.

Romans 12:2 calls for each of us to be transformed by the renewal of you mind:

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.



[Sanctuary Service 3/26/2026](#)

As described in psalm 143:5, biblical meditation means reflecting the works of God as revealed in scripture:

*I remember the days of old;
I meditate on all that you have done;*

I ponder the work of your hands.

As Hyung Jin Nim showed us: breathe in, saying I AM ALIVE. Breathe out, saying THANK YOU, FATHER,

[True God's Day Midnight Prayer w/ English Translation](#)

The www.TRUEFATHER.WEB.APP gives us the chance to ask what True Father taught about important issues. Here are two statements found by the App:

Rev. Sun Myung Moon's Sermon Anthology Vol. 203, (1990.06.27), (USA), (The Grand Subject Thought)] : "Therefore, you must stand in the position of zero, a void, with no conscious content, like soil, water, or air. If you do not do that, there is no way to return."

Rev. Sun Myung Moon's Sermon Anthology Vol. 517, (2006.02.12), (Korea), (A Major Declaration for the Final Decision)] : "It is a life of living for others. I am teaching you with sincerity, spending two hours instead of one hour to teach you well. Testing you on the spot, if the leaders of the existing churches, elders, and pastors were to come by appointment, I would do ten hours instead of five hours."



[China's UNDERGROUND WAR against AMERICA](#)

Regis grew up in a development that had been built on a former farm. There were several trees he liked to climb. At age 9 he took a mental photo of that moment. It was a perfect moment.

Father lived intentionally. The 2nd King teaches brothers the value of spending time together, such as having tea with your wife.

He then spoke about Xi Jinping. 400 Chinese experts were in Iran when the war began on Feb. 28. Pray for the liberation of China.



[MKR- Getting the Most from Your Financial Plan](#)

[Greg Stenstrom's Relentless Quest to Expose Election Fraud!](#)

May God bless you and your families!

Sincerely,

Richard

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"Sanctuary Church" is short-hand for "World Peace and Unification Sanctuary" which is from calligraphy on a scroll presented to Hyung Jin Moon by his father, Rev. Sun Myung Moon. The purpose of the "World Peace and Unification Sanctuary, Inc." is to "preserve and propagate the Biblically-based teachings of Reverend Sun Myung Moon."

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