



THE SCHOOL OF LOVE

Family HDH Series

*Hoon Duk Hwe session packet for parents and youth to do together
(Recommended age for teens 14+).*

Hello National Family!

This year the National Youth Ministry Team is working on a series of Hoon Duk Hwe (HDH) sessions specifically created for parents and teens to do together. Over the years, we've heard time and again how vital HDH is to our lives and how important it is for families to do HDH together. And we've all likely experienced the challenges that happen when we do try to do HDH as a family; from being sleepy because it was 5AM, to having difficulty finding a time that worked for everyone, to having difficulty generating a meaningful discussion about the HDH reading.

HDH is an extremely meaningful and important part of our spiritual lives, and it becomes even more powerful when it catalyzes meaningful conversation and connection in our family, especially between parents and children. With this in mind, the National Youth Ministry Team would like to offer monthly HDH packets for parents and teens to do together. These HDH were carefully selected, and discussion questions related to the material were prayerfully conceived in order to support sincere, spiritual sharing between parents and children. These sessions were created for parents to do with youth in high school or above.

Each session comes with lighter "warm up" questions for before the HDH, a selected reading from True Parents words, and discussion questions that apply to that reading. Although there is a recommended format for each reading, please feel free to adapt it to your family's needs. These sessions were created with the hope of facilitating meaningful conversations between parents and teens, but it is important to understand that vulnerability can be challenging for us all (especially teenagers). In order to gain the most from these sessions, it is important to let go of any expectations of "instant vulnerability." The parent and child relationship is a process and will have ups and downs as do all of our relationships. Some teens may share deeply, and some may offer one or two word answers. Either way, this time together is a valuable spiritual and practical foundation for the future. The most important thing is to approach this time with sincerity and openness and to understand and celebrate what each person chooses to share.

I hope that you and your family find these resources meaningful and valuable!

Sincerely,

Hannah Hunter

Assistant to the National Youth Coordinator

FAMILY DISCUSSION SERIES

January HDH Packet for Parents and Youth

Before implementing this session, please decide as a family how much time you would like to devote to this (30 minutes, 1 hour, 1 hour and 30 minutes, etc.).

I did a run through of the whole session with my parents. It took our trio roughly 90 minutes to complete the whole session. Our family is on the more talkative side so this time frame wasn't completely unexpected. Depending on your family's style this session may take less time, equal time, or more time (gasp!). We have arranged certain checkpoints, so that if need be, this packet can be broken down into three separate, smaller sessions.

Recommended Format

- **Opening Prayer**
one member of the group gives a representative prayer
- **Warm-Up Questions**
one member of the group reads the question aloud and everyone answers it
- **Reading**
each person reads 1 or 2 paragraphs and passes the book around
- **Discussion Questions**
one person reads the question aloud and everyone has a chance to answer it
- **Closing prayer**

Note: *You may either do the entire reading and then begin the discussion questions (we did this format and because we were all on the more talkative side it took roughly 90 minutes to do it this way) or you can use the checkpoints format.*

The Checkpoint Format: The discussion questions reference specific paragraphs from the reading, once you have finished reading the paragraph simply do the discussion question that applies to it. Then, if you still have time and wish to continue, read until you reach the next checkpoints and do that discussion question. For this reading, the discussion checkpoints are paragraphs 7, 10, and 13.

January HDH Reading

The Word of Heart, Love, and Law from the Cheon Seong Gyeong
(Book 1, chapter 1, section 3, verses 7-13 pages 43-44)

Warm-Up Questions

- Describe your week in three words (ex. exciting, school, stress)
- Describe a favorite childhood memory
- Describe a recent growing experience (moment of spiritual growth/realization)

Discussion Questions

First Checkpoint: Paragraph 7

- Which of these statements resonates most with you? Give one or two reasons why.
 - » "The purpose of our life is to connect to God's love."
 - » "Depending on the depth and breadth of our preparation, our capacity to experience God's heart grows."
 - » "Thus, you must never keep God's Word to yourself; you need to gain the ability to activate God's heart within you."

Going back to the quote, "Depending on the depth and breadth of our preparation, our capacity to experience God's heart grows."

- Which methods/experiences have helped you experience/understand God's heart? Give one or two specific examples.

Going back to the quote, "The purpose of our lives is to connect to God's love."

- What are one or two ways you experience God's love?

Second Checkpoint: Paragraph 10

"Words of truth are those that stir a feeling of repentance in your heart, that move you so deeply that you become completely immersed in them, and that remain in your mind no matter how much you try to forget them."

- Give one or two specific examples of words that have been like this in your life.

Third Checkpoint: Paragraph 13

If you have not already done so, please re-read paragraph 13.

- In light of what has been said in paragraph 13, and in light of this whole reading, what is one specific way we can distinguish between Heavenly Truths and human truths? And what is one way we can reconcile them with each other?

Thanks for reading, we'll see you next month!