

Small Groups materials - Life after death

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S2	Process	Learning Activity	Material	Time
intro	-Welcome guests	<ul style="list-style-type: none"> ▸ Begin with a prayer. -My name is _____, I will be giving the talk today. ▸ Today we're going to be talking about life and after death. We'll be discussing about the big questions we face like why we should live a principled life in this physical world and how it'll affect our spiritual lives. 		3:00
	-Introduction	<ul style="list-style-type: none"> ▸ watch video clip “What Dreams May Come” (0:00-1:00) - The principle teaches us that Heaven is a place overflowing with God's true love and the ideal place where we hope to reside eternally. ▸ Question - How is living principled life connected to life after death? 	-youtube	5:00
main prog ram	-Video	<ul style="list-style-type: none"> ▸ watch video clip “Seven Minutes In Hell” 9:56 	-youtube	
	-How to link to talk	- No one wants to end up in a place like Hell, whether they believe in it or not. God never intended His children, humankind, to abide in such a place eternally after death. In the 'Principle of Creation', God gave us the three blessings in order to reach perfection to live happily in the physical and spiritual world completely united with God in heart. -In order to nourish our spirits we need to feed it vitality elements by doing good actions while on the Earth and taking in God's word through HDH, workshops, prayer, service, etc. We need to try accomplish this whilst on the Earth before we pass into the spirit world. It takes a much greater period of time to reach perfection whilst in the spirit world compared to the physical world. Life on Earth therefore is very very precious.		10:00
	-Reading -Discussion	<ul style="list-style-type: none"> ▸ Session2. “So it's important that we eat spiritual food. Do you know what spiritual food is? When you are hungry and you have to choose between spiritual food and physical, you have to think that spiritual food is more delicious than physical food. In order to stand on the side of God, you have to train yourself that spiritual food is tastier than physical food, and that the taste of life centered on spiritual power is better than the taste of life centered on physical power... We have to eat spiritual food, enjoy spiritual life and revel in spiritual love, rather than just enjoying the taste of physical things like food, sleep and sex. The spiritual taste should be better than all external tastes combined.” 		10:00

		<p>“If someone regrets his past at the fateful moment he ends his life on earth, all the facts of his past life will pass through his mind as images. Even if no one explains to him what kind of person he is, he will know it by himself. The life he inherited from his ancestors, the circumstances he has been connected with, the situation he leaves behind, and all the past, will appear as images in his mind at the last moment of his life.”</p> <ul style="list-style-type: none"> ▸ Question for discussion - Have you had experiences where you felt like you were receiving spiritual food? How does feeding your spirit compare with feeding your physical body? - How can you train yourself to value your spiritual desires over your physical desires? - How can we live a life of no regrets? 		
Conclusion	-Conclusion	<ul style="list-style-type: none"> ▸ ending clip: Norman saves Aggie <p>In this clip, Norman is able to help Aggie's resentful spirit find peace with herself and let go of her past.</p> <ul style="list-style-type: none"> - Finish with Prayer ▸ Thank you for coming 		5:00