



40 days Joy Giving campaign Booklet 2 - Hoon Dok Hae
Matthew Huish - January 9, 2018

Booklet 2



PREFACE

Everyone is struggling to attain happiness. It sounds quite obvious, but it's true. What if a group of people dedicated an amount of time to make that struggle a little less struggling? Imagine if a group of campaigners exerted themselves on a daily basis to help another individual experience joy, what kind of impact would that have? I think it would be quite infectious. As a campaign, it would be quite simple to do; a campaign to give joy to another person every day.

It could involve small, random acts of kindness: Like connecting with a stranger with a smile and a greeting as you walk past each other on the street. It could be more ambitious: Like babysitting your friend's children one evening so that he or she can go out on a date with his or her spouse for the first time in forever.

It could be life-changing: Like teaching resurrecting guidance to someone with a hunger for spiritual truth.

But every campaigner would do it every day, for 40 days.

Great things happen when a large number of people work together with a clear common goal and a shared strategy. Like many cogs and gears rotating in relation to one another within a working machine, a small input of power can be multiplied to release a great effect. Whenever people have created the right conditions, God has delivered miraculous results.

With that in mind, I want to invite you to join a Joy Giving Campaign. Starting on Sunday 7th January and ending on Thursday 15th February, I invite every single member of our FFWPU community in the UK to spend 40 days giving joy to others. It's something we can all do, and we can tailor our activities to fit into our character and



circumstances. From a 7-year old child to a 70-year old retiree; from those attempting entry-level spirituality to kingdom-building zen-masters; from stay-at-home parents to back-packing travellers; this is something we can all commit to do, if we want to do it, in our own meaningful way.

What is the goal of this 40-day campaign? Simply to make others happy. If we can give a taste of happiness - or even a full course meal of happiness - to one person a day for forty days, we will spread a lot of joy. If we can find 1000 people to join this campaign, each of us giving joy to a different person every day, we will make a difference - whether great or small - to 40,000 people. And our joy will simply be in giving joy to others.

I will be sharing every day, through social media, my own experiences of the Joy Giving Campaign. I encourage you too to journal your daily experiences, documenting your inspirations and difficulties, as well as reporting your accomplishments. Of course, the humblest and sincerest form of Joy Giving would keep quiet about what we do - just give and forget and give again without thought - but by sharing about our daily experiences, my hope is that we will not only be able to encourage each other with great examples of acts we can emulate, but that we will even be able to inspire others to join the campaign as well. Who's to say that this campaign won't become a national phenomenon, where folks up and down the country are participating - with varying degrees of connection to the spiritual core - but are able to make an impact because it's a good thing to do.

Joyfully yours,
Matthew Huish
FFWPU UK National Director



HOW TO USE THIS BOOKLET

This booklet of daily scripture readings has been compiled so that every family and every individual can study and discuss the same content as all the other campaigners every day. This should provide the spiritual nourishment and inspiration for our efforts.

Each daily reading is around 4-6 pages long, and consists of the same structure:

- short excerpts of reading material
- suggested discussion questions
- a suggested activity for that day
- notes for personal reflection, note-taking or journaling

The readings are taken from a variety of sources, but primarily from the words of Sun Myung Moon and also the holy scriptures of a variety of different faith communities. Each reading is kept intentionally short. You might want to read a daily reading once through and then read it again, but pausing at certain point for reflection. There are a number of suggested discussion questions at the end of each reading, although you do not need to answer them. It is hoped that these readings will be studied in the company of others, so please spend time discussing in your families or in your home group or with a small group of friends. Nevertheless, reading it alone can also be meaningful.

The suggested activities (“Today, why not try...”) are simply suggestions; you do not have to try the suggested activity that day, or indeed any day during the 40-day campaign. But do feel welcome to consider each day’s suggestion as a challenge for that day or any other day.



Please make use of the space for written notes. If this is your own copy of the Joy Giving Campaign Booklet, then feel free to scribble anywhere you like, but ample space has been provided to allow you to write down questions, thoughts or other notes. You might wish to set a goal each day and make a written record of it, in order to hold yourself accountable to it, or simply just to remind yourself what it is. You could also spend time at the end of each day writing a diary of your experiences that day.

I would encourage folks to offer daily prayer as an exercise in reporting our intentions to our Heavenly Parent, and subsequently reporting our results. Ultimately, however, this campaign will be about action. It will be a challenge we all eagerly accept to do something every day that gives joy to others. This booklet has been designed to support you in that journey of activism. I hope it gives you significant inspiration.

LIVING FOR OTHERS

Reading

From As a Peace-Loving Global Citizen, pp. 339-342

Children are born from the flesh and blood of their parents. Without parents there would be no children. Yet people in this world shout out for individualism as though they came into this world on their own. Only a person who receives no help whatsoever from anyone at all would have the right to speak of individualism. There is nothing in this world that comes into being for its own sake alone. All created beings are created for one another. I exist for you, and you exist for me.

There is no one as foolish as the selfish person who lives only for his or her own sake. It may appear that a selfish life benefits the individual, but ultimately it is a life of self-destruction. The individual must live for the family, the family for the people, the people for the world, and the world for God.

All the schools I have founded have three mottos. The first is “Live a life that casts no shadows, as if you were under the sun at high noon.” A life without shadows is a life with a clear conscience.

When we finish our life here on earth and go to the spirit world, our entire life will unfold before us, as though it were being played back on videotape. Whether we go to heaven or to hell is determined by how we live. So we need to live spotlessly clean lives, casting not even the smallest shadow.

The second motto is “Live shedding sweat for earth, tears for humanity, and blood for heaven.” There are no lies in the blood, sweat, and tears that people shed. There is only truth. There is no meaning, however, in the blood, sweat, and tears that a person sheds for his own sake. This great investment must be shed for the sake of others.

The final motto is “One Family under God!” There is only one God, and all human beings are brothers and sisters. Differences of language, race, and culture account for only 0.1 percent. As human beings, we are 99.9 percent the same.

There are fourteen island countries in the South Pacific. When I visited the Marshall Islands, I asked its president, “This is a beautiful land, but it must still be difficult to lead this country, isn’t it?”

The president sighed and replied, “Our population is just sixty thousand, and the land is just two meters (78 inches) above sea level on average. So a wave just one meter (39 inches) high can flood much of the country. Our most serious problem, though, is education. Children of rich families go to America or Europe to be educated and do not return. Children of poor families have no schools from which to receive a good education, so even the



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brightest child cannot be trained properly for leadership. The concern for an island country such as ours is that we are unable to raise up leaders who will lead us in the future.”

After hearing his lament, I established the High School of the Pacific, in Kona, Hawaii, for the sake of the children of these island countries. This school provides secondary education to children from countries throughout the Pacific and helps them apply to college. We provide round-trip airfare to Hawaii, tuition, board, and even computers so that they can receive the best education. We attach just one condition to receive this education: Once they finish, they must return to their countries and work in the service of their nation and its people.

Living for the sake of others requires sacrifices from time to time. Some years ago one of our church missionaries was touring South America when the place he was visiting was hit by a major earthquake. His wife came running to me with her face as white as a sheet. “What should I do?” she asked with tears in her eyes. “I’m so worried, I don’t know what to do.”

You might be surprised by my response. Instead of patting her on the shoulder and comforting her, I shouted at her, “Are you worried about your husband, or are you worried about how many lives he may be able to save in that disaster area?”

It was natural for her to be concerned for her husband’s safety. But because she was the wife of a missionary, her concerns should have been of a higher order. Rather than pray for her husband’s safety, she should have prayed that her husband could save as many lives as possible.

Nothing exists for its own sake. That is not how God created the world. Man exists for the sake of woman, and woman exists for the sake of man. Nature exists for the sake of humanity, and humanity exists for the sake of nature. All created beings in this world exist for the sake of their counterparts. It is an axiom of Heaven that every being lives for the sake of its partner.

Happiness is possible only in a relationship with a partner. Imagine that some fellow who has lived his life as a singer goes to an uninhabited island and sings as loudly as possible. If there is no one there to hear him, he will not be happy.

To realise that we exist for the sake of others is the great achievement that changes our lives. When we realise that our life is not ours alone but is meant to be for the sake of the other, we begin to follow a path different from the one we were on.

Just as singing to yourself will not make you happy, there is no joy without a partner. Even the smallest and most trivial thing can bring you happiness when you do it for another.



————— *Questions for Discussion* —————

- *Did you ever experience the eureka moment of realising that we exist for the sake of others? Or is this an idea that you wrestle to comprehend?*
- *How does the joy experienced from investing blood, sweat and tears in others compare to the joy experienced from investing in oneself?*

————— *Today, why not try:* —————

Financially supporting the education of a child in a socially or economically deprived area of the world.

HOW TO GAIN SPIRITUAL HELP

Reading

Sun Myung Moon, 27th November 1978

What attitude do we need to nurture in order to move the spirit world? We need to change our concepts. Our attitude is an environment that must be prepared in order to receive spiritual help. We must use Father's words and make ourselves channels to receive spiritual power.

Actually, the spirit world wants to be part of everything we have and do. They want to be involved to such a great extent. So whatever we may look at, we must search for the nobility in it, and treat it as if it were owned directly by True Parents. Then everything becomes like an expensive antique, a God-given treasure. Each object is waiting for your touch, hoping to feel the vibration of God through you.

Consider all things holy. Why does a handkerchief owned by a holy man become so valuable? Because of the vibration of the holy man. So you, too, should give all things a holy value. When you touch something, feel that you are giving it glory.

The same holds true for the people we meet and live with. When you see another person, how much do you care for him or her? How do you feel towards that person? You must really love the people you meet, because they are the temples of God. When you touch another person, feel that through your touch, both of you will be blessed.

Each of us has two aspects, mind and body. Our true mind wants to touch our body with heart and give love to it. We should think of our mind as God's mind, because God loves it and that is where He dwells. Look at each man or woman as a holy person. Regard each person's body as sacred and their mind as hallowed.

If you live like this, soon you will hear inside of yourself a small voice, the sound of your mind. Wherever you walk no evil or darkness can remain. Only good spirits can touch you if you create such an atmosphere. If you place yourself in such a position, then spirit world will pour down upon you its abundant blessing and power.

You must attract this power from the spirit world and then weld yourself to it. Make it one with your body, so that even your arms and legs feel special. When you are in bed, even if it is a sleeping bag, your surroundings will become like a king's palace; your body will be resting in a king's bed.

You must name yourself as the dwelling place of God. Then all good spirits will touch you. When you go to bed, lie down with a beautiful mind. Remove all ugliness from it. In the morning when you wake, come before the deep bosom of God, and then,



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when you go out to your mission, you will embark from the throne of God.

The spirit world is always around you, listening and attentive. Always be aware that it is within your reach. If you keep thinking this way, then you will be able to control your circumstances. Make yourself a tuning fork, resonating with and vibrating along God's frequency. Resonate with God's unselfishness.

If you partake of this resonance with God, then when you see someone, you will automatically be able to sense what type of person he is. Sometimes you will be able to see your own spirit man with your own eyes. Train yourself and discipline yourself to develop this capacity. If you live this way, you will be always able to act in the right way when an emergency arises.

You are in competition with the spirit world, so you must be determined to surpass it. Adam's position is to control the spirit world, not the other way round. With prayer coming from deep within your mind, you can move a man from outside to inside. Become a magnet, a mover of people's spirits; become a spiritual magnet, drawing people with love. Maintain this condition or attitude, and then your prayer will become a reality.

Pray with all your heart, focusing your mind and soul on the object of your prayer, otherwise your mind will become restless and hasty. In the life of prayer, you must make the time to pray. Sit down even if it takes eight hours and pray; this time will never be wasted. Then you can go out and work eight hours for God. Therefore, be prayerful now and then go out, you and God together.

If you have to write a sermon, for instance, the spirit world will help you prepare it. If you go out, the spirit world will lead you. You will discover the feeling of breaking through; you will become selfless, feeling the power of your mind and body pulling together in harmony. So the key word for this kind of life is respect.

Respect all things as holy things.

Respect all men as holy men.

Respect yourself as a holy person.

Respect your mind as holy.

Respect your body as holy.

Pay deep respect to all people, no matter what kind of person they may be. As a child, be respectful towards an elderly man. Think over your words three times before uttering them and always have a humble attitude.



————— *Questions for Discussion* —————

- *What can I do to respect the holiness of:*
 - ⇒ *myself?*
 - ⇒ *other people?*
 - ⇒ *all things?*
- *Have you ever felt inspired to call or visit someone, and discovered that they actually really needed your presence at that moment? Or has someone ever been there for you in such a time?*

————— *Today, why not try:* —————

Spending time in prayer or meditation, focusing on one person only, and seeking guidance or intuition on how best to bring joy to that person.

SOCIAL RESPONSIBILITY

Reading

*From World Scripture II: World Scripture
and the Teachings of Sun Myung Moon, pp.1032-33*

Every kingdom divided against itself is laid waste, and no city or house divided against itself will stand.

Matthew 12:25 (Christianity)

We must, indeed, all hang together or, most assuredly, we shall all hang separately.

Benjamin Franklin (4 July 1776)

“A house divided against itself cannot stand.” I believe this government cannot endure permanently half slave and half free. I do not expect the Union to be dissolved - I do not expect the house to fall - but I do expect it will cease to be divided. It will become all one thing or all the other. Either the opponents of slavery will arrest the further spread of it and place it where the public mind shall rest in the belief that it is in course of ultimate extinction; or its advocates will push it forward till it become alike lawful in all the states, old as well as new, North as well as South.

Abraham Lincoln (16 June 1858)

First they came for the Socialists, and I did not speak out—
Because I was not a Socialist.

Then they came for the Trade Unionists, and I did not speak out
- Because I was not a Trade Unionist.

Then they came for the Jews, and I did not speak out -
Because I was not a Jew.

Then they came for me - and there was no one left to speak for
me.

Martin Niemöller (Christianity)

My children, war, fear, and disunity have brought you from your villages to this sacred council fire. Facing a common danger, and fearing for the lives of your families, you have yet drifted apart, each tribe thinking and acting only for itself. Remember how I took you from one small band and nursed you into many nations. You must reunite now and act as one. No tribe alone can withstand our savage enemies, who care nothing about the eternal law, who sweep upon us like the storms of winter, spreading death and destruction everywhere. My children, listen well. Remember that you are brothers, that the downfall of one means the downfall of all. You must have one fire, one pipe, one war club.

Tekanawita (Native American Religion)

Today, you and I stand together facing a common destiny... I know to my bones that people who advocate righteousness in this evil world can be eliminated easily if they lack a substantial foundation. Therefore, professors and students, together with



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Christians and believers of all religions, should stand together.

Sun Myung Moon(25 November 1983)

Why did God place Israel as a colony of the evil Roman Empire? It was so the Jews would unite internally around a movement for independence, so that they would make the foundation to stand against the Roman Empire. God often uses a providential strategy of raising a strong enemy to unite His people. If you visit the Catacombs in Rome and see the Christians' underground dwellings, you can witness how strongly united those Christians were in the face of terrible persecution from Rome. Like the Jews who faced Roman power, God put the Christians in the same situation in order to make them unite.

Sun Myung Moon (4 October 1979)

Questions for Discussion

- *Have you ever been helped by someone who didn't believe the same things as you (e.g. politically, theologically)?*
- *Are there any social issues today that you overlook because you don't identify yourself with the individual or group being persecuted?*
- *How difficult would it be for you to help someone who is very different from you? (e.g. someone with lots of tattoos, someone who hates foreigners, someone who supports same sex marriage etc.)*

Today, why not try:

Challenging yourself to show solidarity with someone who is being persecuted, not necessarily because you agree with their belief, but because you don't tolerate their persecution, and try contributing to their liberation.

CHARITY – PART 3

Reading

*From World Scripture II: World Scripture
and the Teachings of Sun Myung Moon, pp.697-8*

A kind word with forgiveness is better than charity followed by injury; God is Self-sufficient, Forbearing. O you who believe, do not make your charity worthless by reproach and injury, like him who spends his wealth to be seen by men.

Qur'an 2:263-64 (Islam)

Even a poor man who himself subsists on charity should give charity.

Talmud, Gittin 7b (Judaism)

He who has two coats, let him share with him who has none; and he who has food, let him do likewise.

Luke 3:11 (Christianity)

When you give alms, do not let your left hand know what your right hand is doing, so that your alms may be in secret; and your Father who sees in secret will reward you.

Matthew 6:3-4 (Christianity)



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Enlightening beings are magnanimous givers, bestowing whatever they have with equanimity, without regret, without hoping for reward, without seeking honour, without coveting material benefits, but only to rescue and safeguard all living beings.

Garland Sutra 21 (*Buddhism*)

One should give even from a scanty store to him who asks.

Dhammapada 224 (*Buddhism*)

O you who believe, give of the good things which you have earned, and of the fruits of the earth which We have produced for you, and do not aim at getting anything bad for the purpose of giving it away, when you would not take it for yourselves save with disdain... If you publish your almsgiving, it is well, but if you hide it and give it to the poor, it will be better for you, and will atone for some of your ill-deeds. God is Informed of what you do... [Alms are] for the poor who are straitened for the cause of God, who cannot travel in the land [for trade]. The unthinking man accounts them free from want because of their restraint. You shall know them by their mark: They do not beg of men with importunity. And whatever good things you give, surely God knows it.

Qur'an 2:267-73 (*Islam*)

And in their wealth and possessions they remembered the right of those [needy] who asked and those who [for some reason] were prevented from asking.

Qur'an 51:19 (*Islam*)

The highest degree of charity—above which there is no higher—is he who strengthens the hand of his poor fellow Jew and gives him a gift or [interest-free] loan or enters into a business partnership with the poor person. By this partnership the poor man is really being strengthened as the Torah commands in order to strengthen him till he is able to be independent and no longer dependent on the public purse. It is thus written, “Strengthen him [the poor person] so that he does not fall and become dependent on others” (Leviticus 25:35).

A lower standard of charity is one in which the benefactor has no knowledge of the recipient and the latter has no knowledge of the individual source of charity—“giving in secret.” This is practicing the mitzvah of charity for the sake of the mitzvah. Such charity is like the courtyard in the [ancient] Temple where the righteous used to place their donations secretly and the poor would benefit from them in secret. Similar to this secret courtyard is the act of one who puts his money into the charity box. Below this rank is the case where the recipient is known to the benefactor but the latter is unaware of the source of the charity. This is what the sages used to do when they would go in secret and place their gifts at the door of the poor. It is fitting to do this and meritorious in those cases where the officials in charge of the communal charity do not behave righteously. Where the recipient is aware of the source of the charity but the giver does not know to whom the money is being given, the degree is lower. Yet, there is merit since the poor are saved from direct shame.

Of less merit is charity where both are known to each other but



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the gift is made before the poor asks for it. Of lower degree is where one gives charity after being asked for it. Lower still is one who gives less than what is fitting but with good grace, and least of all is one who gives unwillingly.

Maimonides, *Mishneh Torah*:
The 8 Degrees of Charity (*Judaism*)

Questions for Discussion

- *Do you sometimes make excuses for refusing to offer charity to those in need? Are they ever justifiable?*
- *It's important not to hurt the feelings of those whom we help, especially when offering charity; have you ever been the recipient of hurtful charity, or have you ever hurt someone else's feelings when you were trying to be helpful?*

Today, why not try:

Going into a business partnership with someone, or offering them an apprenticeship, or offering them a loan, or offering them a gift that will help them help themselves.

CHARITY – PART 4

Reading

***From World Scripture II: World Scripture
and the Teachings of Sun Myung Moon, pp.697-8***

When you meet a poor person and give him alms out of sympathy, never say, “Hey, you are a young fellow who can work. What’s the matter with you?” I suggest you say to him, “Though it is but a small token, if you revere it highly you will receive many blessings in the future.” You can say this to everyone to whom you give alms. (5 May 1983)

When you offer your substance to build the Kingdom of Heaven, do not think that you are offering what belongs to you; think that your offering already belongs to Heaven. Likewise, when you give to others, do not think that you are giving to them out of your own pocket. Give with the mind that it comes from the treasury of Heaven. The person receiving it will know your mind; thus he will recognise that he is actually receiving from God. Then God will take note and return it to you ten times over. (27 November 1978)

The most excellent giving is to give generously to others although you yourself are in want. (*Way of God’s Will* 2.2)

Our mind urges our body to help the poor and sacrifice for others, even though we may be going through hardships of our own. (13 February 1971)

It is said, “Do not let your left hand know what your right hand is doing.” If you lend ten thousand dollars to someone and then remember it with added interest, you cannot be an owner of the Kingdom of God. You should forget about the money you lent. When parents raise children, do they remember how much money they spent for their care? Do they tally up a bill and present it to their grown children, demanding payment with interest? No, a parent’s heart is to forgive and forget it all. Moreover, after forgetting what they have given, parents are anxious that they could not have given something better. (15 November 1970)

When I was a student in Seoul, my home was outside the city, in Huk Suk Dong. For a nickel I could ride a streetcar to school. The ride took only a short time, while on foot the journey took over an hour. Every day I walked, in order to save that nickel to give to some needy person on the street. By the time I came home, the nickel was gone, not to the train conductor but to a needy person. (29 January 1993)

I observed the beggars closely; there were many on the street by the Noryangjin Station and the Hwasin Department Store. As I walked, I would quickly distinguish the old ones from the young ones. I would not give to the young ones; I only gave to those who were handicapped, blind or elderly. Likewise when you give alms, give to those who truly need it. (8 November 1971)



Questions for Discussion

- *The mind has the strength to urge ourselves towards charity in spite of our own hardships; how can you keep your mind sharp so that you don't resist its urges?*
- *How much money did your parents spend raising you? Try calculating an estimate on the back of an envelope. Do you think they would ever ask you to repay the debt?*
- *Would you ever withhold giving to beggars? If so, why?*

Today, why not try:

Keeping what you would normally spend on a cup of coffee or a daily newspaper and giving that money to someone who genuinely needs it.

THE COURAGE TO LIVE WITH UNCERTAINTY

Reading

This is a letter written by Rabbi Jonathan Sacks to young Jewish people. Since the Exposition of the Divine Principle identifies Abraham as our father of faith it is good for us to understand our Biblical roots more deeply. Sun Myung Moon identified the Jewish people as the 1st Israel, Christians as the 2nd Israel and the Unificationists as the 3rd Israel. As Father Moon emphasised at the Washington Monument in 1976 it is imperative that the 1st, 2nd and 3rd Israels should be united. The precondition for this is mutual understanding and learning from each other. So it is good to learn about and inherit the faith of Judaism.

SARA, DAVID, these are difficult times, times of risk and danger, recession and uncertainty. Don't think I am being naïve if I say: these are the times when we need faith. Not blind faith, naïve optimism, but the kind of faith that says, we are not helpless and we are not alone.

The Jewish people have been around for longer than almost any other. We have known our share of suffering. And still we are here, still young, still full of energy, still able to rejoice and

celebrate and sing. Jews have walked more often than most through the valley of the shadow of death, yet they lost neither their humour nor their hope.

Faith is not certainty; it is the courage to live with uncertainty. Faith does not mean seeing the world as you would like it to be; it means seeing the world exactly as it is, yet never giving up the hope that we can make it better by the way we live - by acts of graciousness and kindness, and by forgiveness and generosity of spirit.

In Judaism, faith does not mean “believing six impossible things before breakfast” as the White Queen in *Alice and Wonderland* was apt to do. No faith respects human intelligence more. Jews argue: we take nothing for granted. We say, “The Lord is my shepherd”, yet no Jew is a sheep. We are commanded to teach our children to ask questions.

Ours is a questioning religion. What then is faith? Faith is the knowledge that we are here for a reason, and that in our journey through life God is with us, lifting us when we fall, forgiving us when we fail, believing in us more than we believe in ourselves. This is not wishful thinking. It is a fact. But it is not a simple fact.

Just as we have to train ourselves to listen to great music or appreciate great art, so we have to train ourselves to sense the presence of God in our lives. That training comes in two forms.

One is Bible study, the other is practising good deeds. From the Bible we learn what God asks of us. Through good deeds, we



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practise doing God's will. That is how we open ourselves to God. Faith allows us to take risks and face the future without fear.

Sometimes we think that matters of the spirit are insubstantial compared to the battles of the real world. But consider this: the financial collapse came about because of a loss of confidence in institutions. Banks stopped lending because of a breakdown in trust in the ability of borrowers to repay. Trust and confidence are spiritual things, yet the market depends on them. The word confidence comes from the Latin and means 'with faith'. The word 'credit' comes from the Latin 'credo', which means, 'I believe'.

After an earlier great crash, Franklin D. Roosevelt famously said, "The only thing we have to fear is fear itself". Faith defeats fear, and gives us the confidence to survive every loss and begin again. Don't believe that faith is a small thing. It isn't. Whatever else you do in the coming year, practise your faith and renew it daily. The Jewish people kept faith alive. Faith kept the Jewish people alive.

So what do you do if, God forbid, you find yourself in the midst of crisis? You lose your job. You miss the promotion you were expecting. You find yourself with a medical condition that requires a major change of lifestyle. You make a bad investment decision that costs you dearly. You have a matching that doesn't work out. You find an important relationship in your life under stress. Any of the thousand natural shocks that flesh is heir to, can plunge you without warning into crisis. How do you survive the trauma and the pain?

There's one biblical passage that's deeply helpful. It's the famous, enigmatic story in Genesis 32 in which, at night, Jacob wrestles with an unknown, unnamed adversary: "Jacob was left alone, and a man wrestled with him till daybreak". It was this passage that gave the Jewish people their name, Israel, meaning, "One who struggles with God and with man and prevails". The key phrase is when Jacob says to the stranger, "I will not let you go until you bless me". Within every crisis lies the possibility of blessing. Events that at the time were the most painful, are also those that in retrospect we see most made us grow.

Crisis forces us to make difficult but necessary decisions. It makes us ask, "Who am I and what really matters to me?" It plunges us from the surface to the depths, where we discover strengths we didn't know we had, and a clarity of purpose we had hitherto lacked. So you have to say to every crisis, "I will not let you go until you bless me".

The struggle isn't easy. Though Jacob was undefeated, he "limped". Battles leave scars. Yet God is with us even when He seems to be against us. For if we refuse to let go of Him, He refuses to let go of us, giving us the strength to survive and emerge stronger, wiser, blessed.

The oldest question in religion is: "Why do bad things happen to good people?" But there are two ways of asking this question. The first is, "Why has God done this to me?" Never ask this question, because we will never know the answer. God cares for us, but He also cares for everyone and everything. We think



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of now; God thinks of eternity. We could never see the universe from God's point of view. So we will never find the answer to the question: "Why me?"

But there is another way of asking the question. "Given that this has happened, what does God want me to learn from it? How is He challenging me to grow? How is He calling on me to respond?" Asking it this way involves looking forward, not back. "Why did God do this?" is the wrong question. The right one is: "How shall I live my life differently because this has happened?"

That is how to deal with crisis. Wrestle with it, refusing to let it go until it blesses you, until you emerge stronger, better or wiser than you were before. To be a Jew is not to accept defeat. That is the meaning of faith.

Questions for Discussion

- *"Faith allows us to take risks and face the future without fear." What fears about the future might you need courage to overcome?*
- *When have you wrestled with a crisis and managed to find a blessing through it?*
- *Is there a struggle that you have surrendered recently? Is it possible to continue wrestling with it until you achieve the breakthrough you are visualising?*

Today, why not try:

Giving hope to someone who is hopeless by sharing about your experiences of overcoming a personal crisis.

FIND YOUR PURPOSE, CHANGE YOUR LIFE

Reading

From As a Peace-Loving Global Citizen, pp. 326-329

When we meet someone new, we are always curious about who he or she is. God has the same curiosity about each human being. He is especially curious about young people, and it brings Him great joy when He gets to know them intimately. Why is this? It is because our youth is the most important and most beautiful period of our lives. This period should be a time of tranquillity as one prepares for the future. The process of growing to maturity is a building block that opens the way to a new era.

It is difficult to find young people today who are passionate about their lives. We find so many young people who, with no goal or purpose for their life, are just wandering around. All great leaders in history had a definite sense of purpose in life from the time they were children. From childhood they nurtured that purpose held within their hearts and exerted great energy to achieve it. Whether they were sleeping or playing with their friends, every youthful action of these great leaders was geared toward preparing for the stage that they would



stand on in the future. Is that how you are living your life?

We were all created to be great men and women. God did not send us into this world without purpose. When God created us He invested His complete love into each person. So we were all created for greatness. Because God exists, we can accomplish anything.

I became a completely different person when I began to love God. I loved humanity more than myself and was more concerned with the problems of others than the problems of my family. I loved everything that God created. I deeply loved the trees on the hills and the fish in the waters. My spiritual senses developed so I could discern God's handiwork in all things of creation.

As I was changing my heart to conform to God's love, I also strengthened my body so that I could fulfil my mission. I wanted to be ready to go anywhere, anytime that God called on me. I played soccer and did boxing, some traditional Korean martial arts, and *wonhwado*, a form of martial arts that I developed. In *wonhwado* the athlete moves his body in a smooth circular motion, almost as in a dance. It is based on the principle that greater power comes from circular motion than moving in a straight line.

Even now I begin each day with stretching exercises for my muscles and joints and a breathing exercise that I developed. Sometimes when I am travelling around the world on speaking tours, I may not have time for these exercises in the morning. Still I will find the time, sometimes while sitting on the toilet. I

never miss a day of exercise. When I was young, thirty minutes a day was plenty, but now that I am older I have increased it to an hour a day.

In 2008 I was involved in a helicopter crash. The helicopter was suddenly surrounded by black rain clouds and in an instant crashed onto a mountainside. The helicopter rolled over, and I was left hanging upside down by my seatbelt. Instinctively I tightly grabbed the arm rests on both sides of my seat. If I had not been so diligent in my exercises, I think I would have broken my hip the instant that I was suspended upside down. The body is the container to hold a healthy spirit. It is important for us to be diligent about training our bodies.

Few students go to school because they like to study. They usually go because their parents tell them to, not because they look forward to studying. As students continue to study, however, they gradually learn to enjoy it. From that point they will start to study on their own and find their own path. This self-developed interest in learning is a sign of maturity.

Parents cannot wait until their children mature enough to study on their own. They tell them, “You have to study. Please make up your mind to study,” and put pressure on them. Parents do this because they know that children need to study in order to prepare for the future. They worry that if their children don’t study at the proper age level, they will face the future unprepared.

There is, however, something more important than studying to prepare for the future. Before unconditionally focusing entirely



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on studies, young people must realise what they want to do in life. They must make a determination to use their talents to help the world rather than just serve themselves. Many young people today seem to be studying just for its own sake. Unless you have a purpose in life, your studies will lack the passion needed for happiness.

Once I came across a Korean student working hard on his English schoolwork. I asked him, “Why are you working so hard to learn English?” He answered, “To get into a university.” What could be more foolish? Getting into a university is not a purpose. A university is a place to go to study particular subjects in the course of pursuing a larger objective. It cannot be the objective itself.

Also, do not define your life goal in terms of how much money you want to make. I have never received a salary, but I managed to eat and stay alive. Money is a means to do something, not the goal. Before you make money, have a plan for spending it. Money gained without a prior objective will soon be wasted.

Your choice of occupation should not be based on just your talents and interests. Whether you become a fire fighter, a farmer, or a soccer player is up to you. But what I am referring to transcends your occupation. What kind of life will you lead as a soccer player? How will you live as a farmer? What is your objective in life?

To set your objective is to give meaning to the life you will lead. If you are going to be a farmer, then you should set your objective to test new agricultural methods, develop better

species of crops, and help eradicate world hunger. If you are going to be a soccer player, then set a meaningful objective such as to heighten your country's image in the world or to establish soccer camps that will nurture the dreams of economically deprived children.

To become a world-class soccer player takes incredible work. If you do not have a definite purpose in your heart, you will not be able to endure the difficult training required to reach the top. Only if you have an objective will you have the power to maintain your course and live a life that is a cut above those around you.

Questions for Discussion

- *Do young people currently enjoy enough tranquillity in their lives to figure out their purpose in life?*
- *Sun Myung Moon took care of his own health so that he could be ready to serve others; how do you take care of your own health? Is there some aspect of your health that you could focus on improving, in particular for the sake of serving others?*
- *Consider how your studies, hobbies, career or interests could be offered for a higher purpose. Have you already made significant life decisions with the motivation of serving the world?*



_____ Today, why not try: _____

Having a conversation with a young person, asking them to share their dreams, and encouraging them to pursue their ambitions with meaningful purpose.

_____ Notes _____

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UNITY AND COMMUNITY

Reading

*From World Scripture II: World Scripture and the Teachings
of Sun Myung Moon, pp. 1030-32*

Behold, how good and pleasant it is when brothers dwell in
unity!

Psalm 133:1 (*Judaism and Christianity*)

The believers indeed are brothers; so set things right between
your two brothers, and fear God; haply so you will find mercy.

Qur'an 49:10 (*Islam*)

And the Lord called his people Zion, because they were of one
heart and one mind, and dwelt in righteousness; and there was
no poor among them.

Pearl of Great Price, Moses 7:18
(*Latter-day Saints*)

I do not pray for these only, but also for those who believe in
me through their word, that they may all be one; even as thou,
Father, art in me, and I in thee, that they also may be in us, so
that the world may believe that thou hast sent me.

John 17:20-22 (*Christianity*)



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Hold fast, all together, to God's rope, and be not divided among yourselves. Remember with gratitude God's favour on you, for you were enemies and He joined your hearts in love, so that by His grace you became brethren. You were on the brink of the fiery pit, and He saved you from it. Thus does God make His signs clear to you, that you may be guided.

Let there arise out of you one community, inviting to all that is good, enjoining what is right, and forbidding what is wrong: those will be prosperous. Be not like those who are divided amongst themselves and fall into disputations after receiving clear signs: for them is a dreadful penalty.

Qur'an 3:103-5 (*Islam*)

Meet together, speak together,
let your minds be of one accord,
as the gods of old, being of one mind,
accepted their share of the sacrifice.

May your counsel be common, your assembly common,
common the mind, and the thoughts of these united.

A common purpose do I lay before you,
and worship with your common oblation.

Let your aims be common, and your hearts of one accord,
and all of you be of one mind, so you may live well together.

Rig Veda 10.191:2-4 (*Hinduism*)

There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female; for you are all one in Christ Jesus.

Galatians 3:28 (*Christianity*)

Our Essence is not bound to any place;
The vigour of our wine is not contained in any bowl;
Chinese and Indian alike the shard that constitutes our jar,
Turkish and Syrian alike the clay forming our body;
neither is our heart of India, or Syria, or Rum,
nor any fatherland do we profess except Islam.

Muhammad Iqbal, *The Mysteries of Selflessness (Islam)*

All humans are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly. I can never be what I ought to be until you are what you ought to be, and you can never be what you ought to be until I am what I ought to be.

Martin Luther King, Jr. (*Christianity*)

God's greatest desire is that all humankind, all five colours, would wish to unite and live together with God eternally.

Sun Myung Moon (8 May 1977)

More than outward agreement, the important thing is to achieve inward unity, unity of heart.

Sun Myung Moon (1 August 1972)

To accomplish the gigantic task of unification, we need to find a gigantic power. This is none other than the power of supreme love, love that does not become the circumstantial victim of



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society. Supreme love transcends every national, racial, and cultural barrier. Ordinary human love is limited; down through history it has shown itself unable to overcome these barriers. Therefore, we must centre on the love and heart of God... People from the East and West rejoice to meet here today because around that axis, the heart of God is linking us together as one.

Sun Myung Moon
(*God's Will and the World*, 11 September 1977)

In the future, four families will live together sharing the same house. I would like to build condominiums where a Korean family, a Japanese family, an American family and a German family would live together in the same apartment, sharing one living room and one dining room. They would become as one family. This oneness is the way to build the Kingdom of Heaven.

Sun Myung Moon (4 May 1984)

Imagine two enemy families who have cursed each other throughout their lives, people who would never dream of living together. What would happen if these families joined together by wedding their children in a Holy Marriage Blessing? A son from one family and a daughter from the other family become husband and wife, love each other and build a happy home. Would the parents in each family curse their own children? When their son loves this beautiful daughter of a hated enemy, and she as their daughter-in-law gives birth to Heaven's grandchildren as pure and clear as crystal, the grandparents would smile with pleasure. In time the two lineages that were once soaked with enmity will be transformed.

What method other than cross-cultural marriage will empower Whites and Blacks, Jews and Muslims, Orientals and Westerners, and people of all races to live as one human family? The ideal family is the model for living together in peace. The ideal family is the nest where we live and learn to become one. There we have the foundation of love and respect between parents and children, shared trust and love between husband and wife, and mutual support among siblings. For this fundamental reason, you should receive the Holy Marriage Blessing from the True Parents and establish Heaven's tradition of ideal families, even if it means risking your very life.

Sun Myung Moon (21 September 2005)



————— *Questions for Discussion* —————

- *How did it feel when you were able to build unity with someone with whom you previously struggled?*
- *What kind of things have you done with the help of a strongly united group that you had otherwise thought was impossible?*
- *Does your family embody cross-cultural marriage? What challenges have you overcome, and what results have you accomplished?*

————— *Today, why not try:* —————

Telling someone who is different to you (someone from a different religion, culture or ethnicity) that you are both part of the same community and that you value their contribution to it.

THE CARPENTER

Reading

Unknown Author

Once upon a time two brothers who lived on adjoining farms fell into conflict. It was the first serious rift in 40 years of farming side by side, sharing machinery, and trading labour and goods as needed without a hitch.

Then the long collaboration fell apart. It began with a small misunderstanding and it grew into a major difference, and finally it exploded into an exchange of bitter words followed by weeks of silence.

One morning there was a knock on John's door. He opened it to find a man with a carpenter's toolbox. "I'm looking for a few days work" he said.

"Perhaps you would have a few small jobs here and there. Could I help you?"

"Yes," said the older brother. "I do have a job for you. Look across the creek at that farm. That's my neighbour, in fact, it's my younger brother. Last week there was a meadow between

us and he took his bulldozer to the river levee and now there is a creek between us. Well, he may have done this to spite me, but I'll go him one better. See that pile of lumber curing by the barn? I want you to build me a fence - an 8-foot fence - so I won't need to see his place anymore. Cool him down, anyhow."

The carpenter said, "I think I understand the situation. Show me the nails and the post-hole digger and I'll be able to do a job that pleases you."

The older brother had to go to town for supplies, so he helped the carpenter get the materials ready and then he was off for the day.

The carpenter worked hard all that day measuring, sawing, nailing.

About sunset when the farmer returned, the carpenter had just finished his job. The farmer's eyes opened wide, his jaw dropped.

There was no fence there at all. It was a bridge... a bridge stretching from one side of the creek to the other! A fine piece of work, handrails and all - and the neighbour, his younger brother, was coming across, his hand outstretched.

"You are quite a fellow to build this bridge after all I've said and done."

The two brothers stood at each end of the bridge, and then they met in the middle, taking each other's hand. They turned to see the carpenter hoist his toolbox on his shoulder.



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"No, wait! Stay a few days. I've a lot of other projects for you," said the older brother.

"I'd love to stay on," the carpenter said, "but, I have many more bridges to build."

Questions for Discussion

- *Have you ever given someone the silent treatment or behave passive-aggressively? How did you reconcile?*
- *Have you ever tried to build any bridges across a rift you were not involved in? Did it work?*

Today, why not try:

Inviting two of your friends, who have recently fallen out with each other, to join you for a meal at a restaurant and mediate a reconciliation between them during the meal.

LIKE A BABY

Reading

*Young Hwi Kim, from Guidance for Heavenly Tradition
(Vol. III) - 'Let Us Make God a Happy God', 14 October 1984*

God created the world in order to establish His ideal upon it. But through the fall man established a world of tragedy instead. We must restore the world to its original state of peace and harmony. The ideal world can be compared to springtime. We want to restore spring to this world by making all men people of spring with warm good hearts. When we live with such people we will be living in a world of spring.

There is a small baby here. How do you feel when you see a baby? You feel good; it's a pleasant feeling isn't it? How can a baby cause such feelings? Babies can give joy to others just by being themselves. From this we can see that God created man to give joy to those around him. When you see young boys and girls you feel happy, because they have purity in their hearts; they are not contaminated with sin. Thus you feel joy from them. Can you experience the same joy when they are older? As they grow older they become more and more like fallen people: contaminated. They lose their purity, their innocence and

and their simple heart and we cannot receive joy from them anymore. Actually man is more precious than the rest of creation. We feel joy when we see the creation, so why can't we feel joy from man? Obviously something is wrong with man: with us.

I visited Toledo yesterday and saw the wonderful cathedral there. It was built between the 13th and 15th centuries; it took almost 300 years to build and is famous for its many wonderful sculptures and paintings. In that age men had strong faith in God and they wanted to express their respect and gratitude to God through sculpture and painting. It is moving to see. But how does God feel when He sees these creations? Of course God enjoys beautiful art. But He created man to be more precious than any other creation; He would be happier if man expressed the original nature given him at the time of his creation, much happier than seeing wonderful statues and paintings. God wanted to have many objects of joy, this is why He multiplied so many people on earth. There are more than 4 billion people on earth; how happy God would be if each of us became more beautiful than any sculpture or painting ever created; When I visited the cathedral yesterday I felt God's sorrow. Even though man has made many beautiful works of art, God is sad because we are not as beautiful as He originally intended us to be.

We must become like babies, with the natural ability to give joy and happiness to others. We have a long way to go before we reach that point. Jesus said, "unless you turn and become like children, you will never enter the Kingdom of Heaven." (Matt. 18:3) Many people interpret this to mean man must become pure and innocent as a baby. But the deeper meaning of this



passage is that we must become people who can give joy to others. When we become such people, we can enter the Kingdom of Heaven. This is the purpose of our life of faith: to become such people. Many people have faith in God without knowing their goal; they don't know their destination. They go to church to receive God's blessing, but forget the fundamental point. We must pray to God to make us people who can give joy to others. We must become such people; that is our goal.

Questions for Discussion

- *How do you feel whenever you see a baby?*
- *'Babies can give joy to others just by being themselves.' Do you feel confident to simply be yourself? Would you give joy to others just by being yourself?*

Today, why not try:

Asking someone to tell you what is good about you - helping you to discover your true, pure self - and reciprocating with that person, to help them discover about themselves.

———— “ Happiness grows the more we share it. ————
You need to take responsibility for the
blessings you receive. They are not yours only;
you can share them with your neighbours,
other people, and the world.”

(Hak Ja Han Moon, 11th Nov 2017)