

The Limbs of God: Leading a Legacy Life

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(Bold words are from the slides shown at church)

I have prayed and longed *to live for the sake of others* in every action word and expression for the 43 years I have followed True Parents, our founders. During that time fear and dire messages pushed me out to work in the early years. But after receiving the blessing I began to change in my heart. And after having children I prayed that love would motivate me and not fear because I was a different person. I believe that love for God, for TP and for mankind is our best motivation.

Dire messages still get my attention but it is love that gets me up off the couch, out the door and into the neighborhood. So I hope to encourage everyone with my words.

From Pastor Miilhan's sermon last week the final inspiration for this sermon came from the quote he shared with us:

“When people embody True Love, they embody God’s body. They become the limbs of the Holy God and can live forever as one body with Him, breathing and eating love. Such a world is called the Kingdom of Heaven.” Book Fifteen - The Life Of An Owner Of Cheon Il Guk, Chapter One - God's True Love Is the Motivating Force for the Creation, Section 2. True Love for the Sake of Attaining Oneness with God and True Parents

That is what I really want to become, God's body.

Each one of us, young, old or in-between is significant because we *breathe* the same air as the Messiah, we *live* at this special time. We were *called by God, prepared by God* to do what is needed. Those who believe in and support True Parents are extra-extraordinary people. *We said, “Yes!”*

- **We, members and families, are the foundation of the success of True Parents' work. Without us True Parents couldn't fulfill God's Will, they wouldn't even be called 'True Parents', no children = no parents. (True Father said this many times.) Value every effort you've offered.**

I believe in each one of you who have answered the call. No one is greater than another, each one is equally valuable. You heard the word and you followed TP. Like the fishermen of Galilee who dropped their nets to follow Jesus, and were transformed into Disciples. We dropped our lives to follow TP and we were transformed, then the blessing was given and we humble people find ourselves being called: “Blessed Central Families.” Abraham's was a central family, as was Moses'. But we are *Blessed* Central Families.

In 2002, a group of WFWP leaders visited East Garden to celebrate the anniversary of the founding of WFWP. We few sat around the table and Father and Mother, he asked us about our ancestors. Then True Father said - *in a very quiet voice*: “I am so grateful that you are still here.” He is so grateful that each and everyone of you is still here, no matter who you are and what your offering is. (Debra Gertz and Caroline Betancourt were there too.)

So the question remains: “Why are we not on fire?” “And how can I feel that motivating love more and more?”

I think there are obstacles that block us, some are:

- **Fear...** fear of failure, fear of the unknown, unnamed fears that block us
- **Lack of faith...** in others, but especially in ourselves, ‘I am not enough’ rings in our minds loudly
- **Poor spiritual life...** a lack of Hoon Dok Hwe, prayer, doing what we feel we should be doing, we end up **‘feeling tired’** and have little energy to act
- **(Fill in the blanks)**

I have some suggestions to may help with these obstacles and this is the kernel of my inspiration for this sermon.

- 1. Live fully in the “Now” while moving toward the future.** (This is the quote that is taped to my computer screen and I read it every day.) **“The person who ignores the value of each and every moment to love will lose what is truly precious. Whether we win or lose is determined in a single moment. Every historical victory and every heavenly victory was determined in a moment. Therefore, a great person lives his or her life constantly aware of the precious value of each moment, for every particular moment is uniquely special. Such a person can be included in the ranks of the saints, and even become a divine son or daughter in Heaven and on earth.”** SMM June 25-26 Four-city USA speaking tour.

The fall happened in a moment, Abraham decided in a moment to forget about the birds, Moses lost his temper in a moment. Many people fall in ‘a moment.’

For us we shouldn’t focus on what happened in the past or worry about the future, but focus on what we can do now. Now is our moment in history.

2. Try to live without regret (regrets are like a heavy chain around your neck)

- **This may mean biting one’s tongue so we don’t have to apologize so much, but also learn to say what you *really mean* by following your conscience**
- **Think before you speak and listen to what you are really saying. And weigh the results of your actions before you move. Be your own devil’s advocate**
- **Active or mindful listening to others is a great tool**
- **Don’t procrastinate, try to be an early starter and an early finisher, and always do what you say you would do**

As a missionary I remember True Father’s words: the Americans start fast (let’s talk about it on the way) but weaken as the road gets rough, the Germans try to organize the best system and start later. The Japanese talk over all the details and take a long time to get started but they finish well. He said that is why we needed each other.

3. De-clutter your life

- **Externally – clean out the excess stuff or possessions that you’ll never use, and your kids don’t want to keep. Keep your environment orderly** because it supports your spiritual life
- **Internally - Let no stone of resentment remain in your heart, let go and let it heal; forgive and forget, and also ask for forgiveness from others in return**
- **Cut out judgments against yourself and others**, it doesn’t help usually and the habit will block us from loving others
- **Leave a record of your efforts/your testimony/legacy for the future.** De-clutter and write your testimony – you will be more motivated..Larry Moffitt is working on book 2, and I am in the process as well. Spend 15 minutes a day writing something, because our memories won’t last forever but our testimonies will be desired by not only our children but the generations to come, “What did you do when the Messiah was on earth?” Write about your struggles and how you overcame them, tell how you got victory.
- **Make a plan for everyday and follow through.** I liked Miilhan’s explanation about making a plan for the small groups and carrying it through. We ‘report’ in prayer, we say what we wish to do, we do it, and we report to our Heavenly Parent when it is done.

4. Start each day with a smile and an attitude of gratitude

- **Be a source of love and “thank you’s” and sincere compliments for all - even if there is only a sliver of sunshine in your heart.** (Everyone wants to know when they have doing something good, it is very encouraging.)
- **Become a person others will say, “I am so glad I got to know him/her. He/she brightened up or enriched my life.”** TF called this ‘becoming an unforgettable person.’ (Pam Gaarder was one such person, I am so grateful she was my sister, I have such fond memories of her. And Rachel Carter too. I see their smiling faces in my mind.)
- **Keep a gratitude journal** for the tough times when we need to remember why we joined and how we overcame.

To lead a legacy life we need to believe in ourselves as the ‘limbs of God,’ an extension of TP, the hands and feet, the arms that embrace, the warm smiles of God and the ‘tongues of truth.’

- **Open the door to your heart and mind, push aside the obstacles and fears and let God work through you. Invite Him into every moment of your life.** (This was the realization after my 40 days in Cheong Pyeong, God wants us to invite Him in to share in all that we do.)
- **We can’t do it alone, we need one another and our precious families, our tribes, our neighborhoods, and our ancestors to work with us and expand our group to reach out to all the corners of this suffering world.**
- **Let’s support True Mother, True Father’s inheritor, and do our best.** (I am completely confident that Father is in Mother and that they work together now.)

As I prepared this sermon I waited to hear God’s voice to guide me in giving this sermon, finally this message came to me on Friday and deeply moved me:

“I need you, I need you, I need you. Be My hands and feet, mouth and tongue, My limbs to carry those in pain and My smile to encourage everyone to do their best and bring My children home to love. I love you more than you know.”

Remind ourselves and others everyday that we are loved and needed, valuable, and essential – even if we are like the lowly fishermen and women. Let’s live a life we can all be proud of.

I remember Cynthia Jones singing Beyonce’s song “I was here, I lived, I loved and I know that I meant something to someone. I just want them to know I gave my all.” God is reaching out and inspiring others as He is inspiring us. Let’s work together.

I ask God’s blessing on you all, to truly know how much you are loved and empower you to do your best I fulfilling God’s Will.

7. Regrets are like chains around our necks.

8. De clutter and write your testimony – you will be more motivated..Larry 2, me in process.

9. Gratitude

10. Live a Legacy Life

11. “I need you.” “Be fully Mine.” Remind ourselves and others that we are loved and needed, valuable, and essential – even if we are lowly fishermen and women. Lets live a life we can all be proud of.

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2. "When people embody True Love, they embody God's body. They become the limbs of the Holy God and can live forever as one body with Him, breathing and eating love. Such a world is called the Kingdom of Heaven."

3. Each one of us, young, old or in-between is significant because we *breathe* the same air as the Messiah, we *live* at this special time. We were *called* by God, *prepared* by God to do what is needed. Those who believe in and support True Parents are extra-extraordinary people. *We said, "Yes!"*

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4. In 2002, to WFWP leaders, True Father said
- *in a very quiet voice: "I am so grateful that you are still here."*

5. Obstacles: Fear, Lack of faith, Poor spiritual life (i.e. 'feeling tired'), (fill in the blanks)

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9. 4. Start each day with a smile and an attitude of gratitude

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- Become a person others will say, *“I am so glad I got to know him/her. He/she brightened up or enriched my life.”* TF called this ‘becoming an unforgettable person’
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