



Welcome



Inter-Religious Sunday Family Fellowship

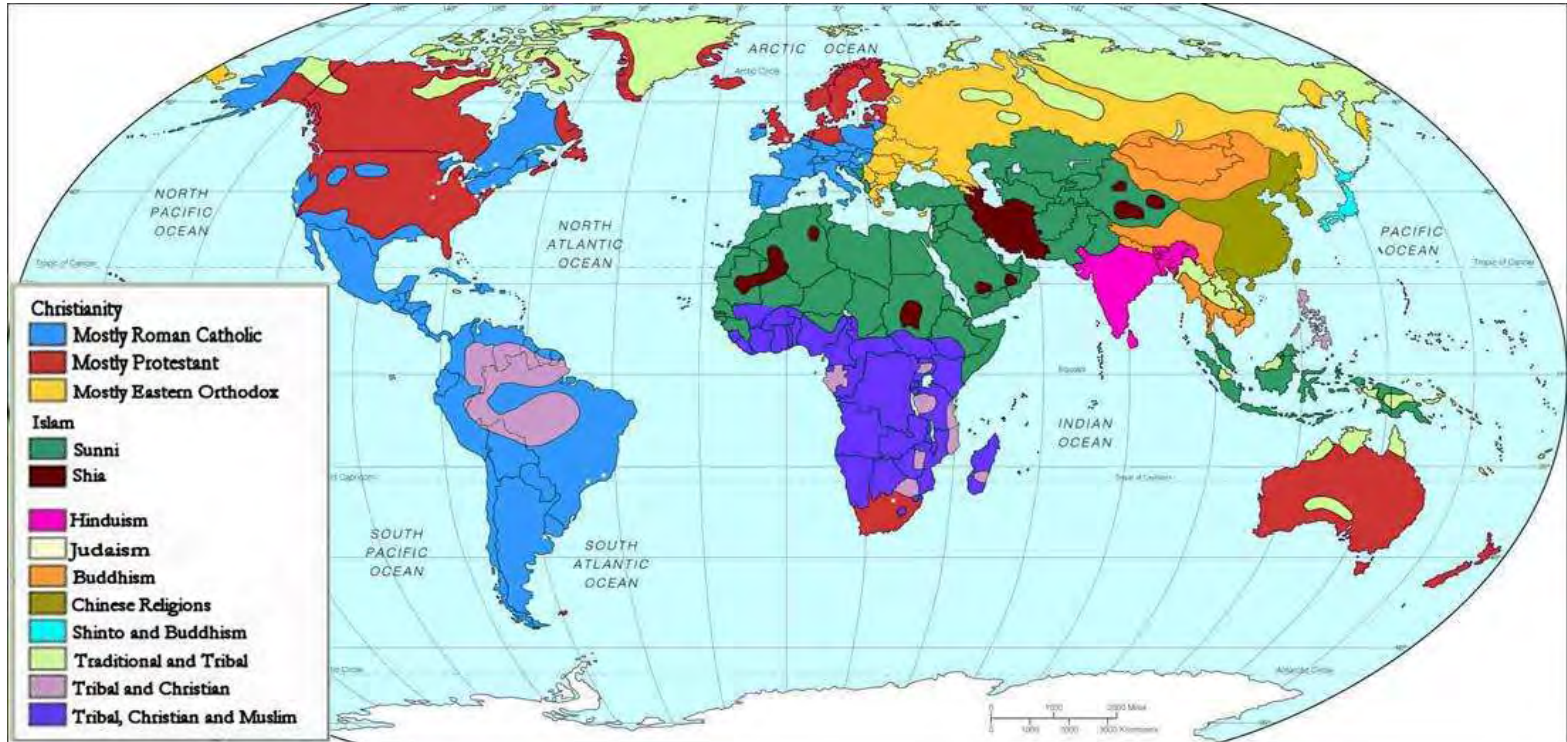
Prayer Life



Distribution of Specific Religions in the World

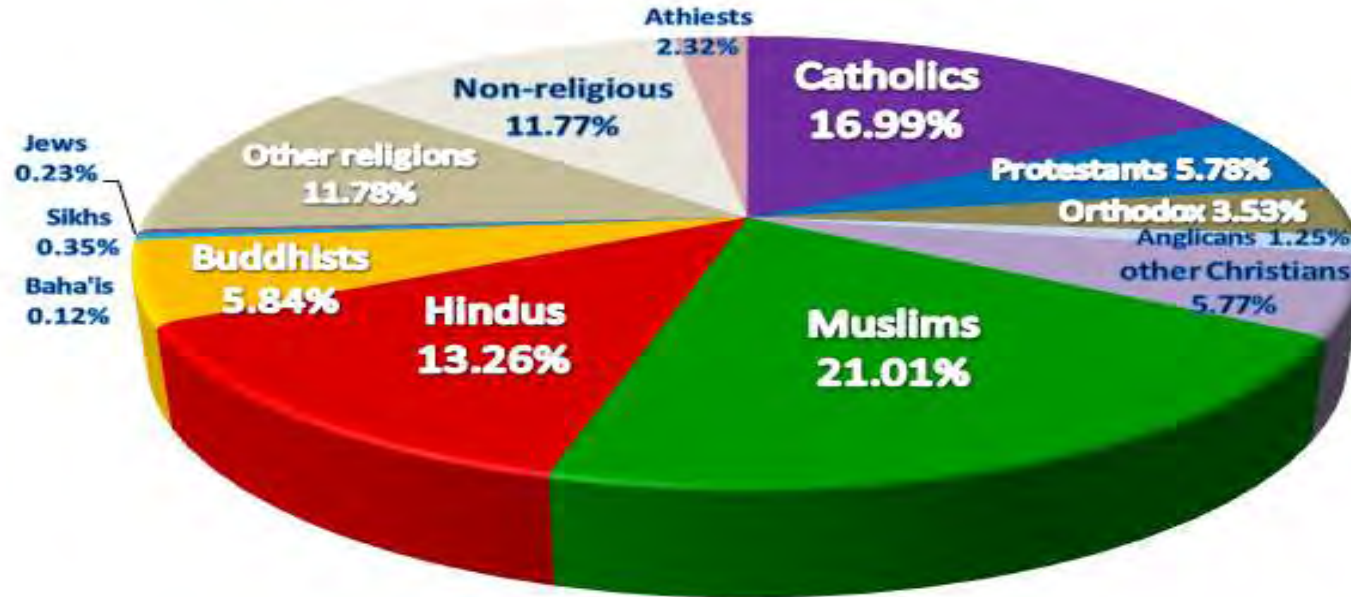
世界の宗教の分布図

Source: http://www.age-of-the-sage.org/mysticism/world_religions_populations.htm



World Religions by percentage (2007 est.)

パーセンテージによる世界の宗教



Source: http://www.age-of-the-sage.org/mysticism/world_religions_populations.htm



Christianity: Jesus' Prayer

キリスト教：イエスの祈り



Matthew 6: 9 -13 (マシュー6:9-13)

天におられるわたしたちの父よ、
み名が聖とされますように。
み国が来ますように。
みこころが天に行われるとおりに地にも行われま
すように。
わたしたちの日ごとの糧を今日もお与えくださ
い。
わたしたちの罪をおゆるしてください。わたした
ちも人をゆるします。
わたしたちを誘惑におちいらせず、
悪からお救いください。
国と力と栄光は、永遠にあなたのものです
アーメン

Buddhism 仏教 → Prayer 祈り --> Meditation 瞑想

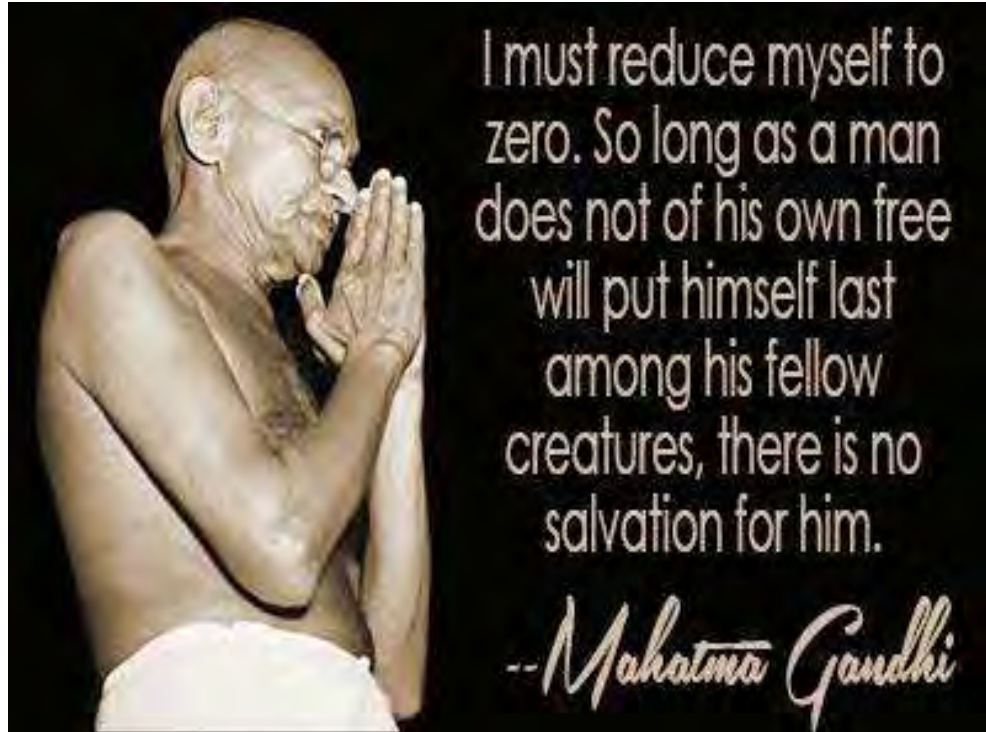


Being possessed by carnal passions, anger, or infatuation have but to revere and remember the Boddhisatva Kuan Shih Yin and they will be free from their passions.

Lotus Sutra (Buddhism)



Hinduism ヒンドゥー教



Islam イスラム教



The Messenger of Allaah, sallallaahu álayhi wa sallam, said: "A slave is nearer to his Lord when he is in prostration so increase supplications in prostration. (Muslim)



People Pray regardless of Their Religion or Beliefs
宗教や信念に関係なく祈りなさい



Why do we pray?

なぜ我々は祈るのですか？



What are its benefits?

その利点は何ですか？

How do we pray?

我々はどのように祈るのですか？

When do we pray?

我々はいつ祈るのですか？

Where do we pray?

我々は祈りをどこで行うのですか？

IF Adam and Eve Did Not Fall

もしアダムとエバが墮落しなかったら



- Perfect families 完璧な家族
- Perfect world 完璧な世界
- No sin & suffering
罪と苦しみが無い
- No religion 無宗教
- No need to pray
祈りは必要はありません
- No diseases 病気が無い

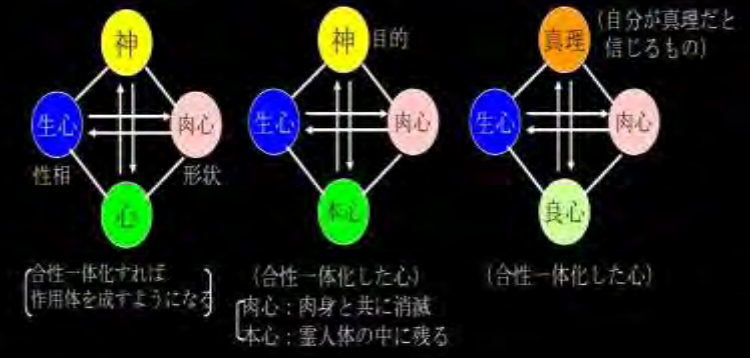
Source: Divine Principle, Copyright 1973. p.100 - 103

True Father's Words

If man did not fall then the savior is not needed, and religion and prayer are also not needed. We must understand that the need for savior, religion and prayer are the unfortunate gift of the

fall. (1974.3.9)
Source: The Way of the SPIRITUAL LEADER, p. 79
<http://www.tparents.org/Moon-Books/wsl1/Wsl1-2-1a.htm>

4) 生心と肉心の関係から見た人間の心
1) 生心と肉心の関係は性相(主体)と形状(対象)の関係と同じ



墮落人間⇒善くいきようとする本心の指向性は持っている
しかし絶対真理の基準喪失⇒
各自の良心基準も自分が真理だと思うものを中心として異なる
理念と思想が異なれば良心の指向性も異なる理由がここにある

Benefits of Prayer 祈りのメリット

<http://www.tparents.org/Library/Unification/Talks/Sudo/Sudo-070123.htm>



1. Prayer develops our personality

祈りは、私たちの人格を開発

Having give and take with God who is the source of our identity. As a result, we gain clearer, firmer hold of our own self image. Makes more confident, outgoing, and loving individual. Prayer is like water for our soul. A constant supply of it makes personality bright and beautiful.

2. Prayer gives us the confidence to succeed

祈りは私たちに成功するための自信を与える

Fear of failure comes from a bad self image. Prayer changes wrong self images and gives confidence in ourselves and what we must achieve. Doesn't mean we become cocky. Matthew 19:26 says, "...with God all things are possible..." When God is present with us in prayer, the real opportunities become possible.

3. Prayer solves problems 祈りは問題を解決します

God is the source of all intellect. He knows everyone better than anyone. Prayer is, therefore, the highest path to real problem solving. God understands every situation and can provide real answers, specific answers.

Benefits of Prayer 祈りのメリット

<http://www.tparents.org/Library/Unification/Talks/Sudo/Sudo-070123.htm>



4. Prayer changes things. James 5:14-15

祈りは、物事を変えます。

Prayer for others and based on the sincere heart of your prayer allows God to intervene in that situation. God can carry out His will much more effectively on the sincere prayers of the believers. Jesus prayed, "God's will be done, on earth as it is in Heaven."

5. Prayer helps us to realize our mistakes and look to the future

祈りは、私たちの間違いを知っているし、将来を見て私たちを助ける

It is the prelude to repentance and renewal. Many times we can't repent, simply because we have failed to realize the nature and extent of our sin. Prayer brings these things into clear focus. Prayer helps us to realize how our sin has hurt God, how our sin has hurt others, and how our sin has hurt ourselves.

6. Prayer helps us to understand God's heart and will

祈りは神の心と意志を理解することに役立ちます。

How does God feel about things? What is His will about my life? Etc. Mostly we act impulsively in life, without deep reflection. No wonder we many times are confused and unhappy. We need to live out lives in accordance with God's heart and will in order to realize a truly happy life. Prayer brings the heart and will of God into clear focus. If the chosen people, two thousand years ago, had prayed first about Jesus, then I'm sure they would have accepted and followed him.

Prayer is the prelude to repentance and renewal.

祈りは悔い改めと刷新することが重要です。

Spiritual Experiences: Stage of Hints

精神的な経験：ヒントのステージ

Spiritual Experiences: Stage of Hints

<76-125> What kind of phenomenon will occur once you enter that stage? Aren't you all generally like that? In our language, we have the word, "hint." Doesn't this word exist? Hint! You might ask what this word means. Imagine this: you are walking carelessly down a path and see a bird sitting on the wall of a house. The bird then flaps away and when you see that, something occurs at the door of your heart and you are taught a secret.

When it comes to real life, these kinds of experiences will start to unfold before you. The amount of suggestive conditions will increase. When a person randomly says, "Ahi!", this means that he has realized something. Experiences like this will happen more and more often.

Qualities of the Spirit Self

Notes from Rev. Dr. Chung Shik Yong Lectures , 07-26-2014

Qualities of the spirit self

Spirit self

- Evil (sinful conduct on earth)
- Good (redemption on earth)
- Saved (good life on earth)

Matthew 16:19
"And I will give unto thee the keys of the Kingdom of Heaven..."

Matthew 18:18
"... whatsoever ye shall bind on earth shall be bound in Heaven; and whatsoever ye shall loose on earth shall be loosed in Heaven."

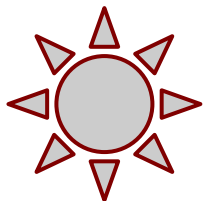
• All the qualities of the spirit self are developed while it abides in the physical self. Sinful conduct during earthly life aggravates evil and uprightness in the spirit of a fallen person, while the redemption of sins granted during earthly life opens the way for his spirit to become good.

• This was the reason Jesus had to come to the earth in the flesh to save sinful humanity. We must lead a good life while we are on the earth.





How to Pray 祈り方



Before Starting to Pray

- First attain peace in your mind and then pray. まず、あなたの心に平和を持って祈る
- Separate the good and evil in your mind and body. あなたの心と身体の善と悪を分離する。
- Pray to God, being aware of your own sin. 自分の罪を意識すること、神に祈る。
- Don't pray centering around yourself, but around the heart of Heaven
自分を中心とした祈りをしないでください。

Even in this world, there are certain manners of greeting . . . You must study how to pray.

Source: Rev. Dr. Sun Myung Moon on Prayer, Blessed Family and Ideal Kingdom, Book 1. p. 188-189
<http://www.unification.net/wogw/wogw3-06.html>



祈り方 The Way to Pray is to:

1	Make God's heart of restoration of 6,000 years your own 6000年間の神様の心を理解する
2	Understand Jesus' indescribable heart イエスの言葉で表せないほどの心を理解する
3	Console True Father 和らげる真の父
4	Understand the hardships of Family members 家族の苦難を理解する
5	Pray as an offering, centering upon your reflection and pledge 自分の考えや誓約に基づいて祈る



Source: Rev. Dr. Sun Myung Moon on Prayer, Blessed Family and Ideal Kingdom, Book 1. p. 188-189
<http://www.unification.net/wogw/wogw3-06.html>



When to Pray



True Father's Words:

When you pray, your heart should be as earnest as a baby who cries for his mother's milk.

あなたが祈るとき、あなたの心は彼の母親のミルクのために泣く赤ん坊のようにする必要があります。

When you pray to Heaven, it must be with the pure heart of a child asking his own father.

あなたは天国に祈るとき、それは自分の父親に尋ねる子どもの純粋な心でなければなりません。

Source: Rev. Dr. Sun Myung Moon on Prayer, Blessed Family and Ideal Kingdom, Book 1. p. 188, par 2.

<http://www.unification.net/wogw/wogw3-06.html>



When to Pray

True Father's words:

- The time of prayer is not the time when we become proud but the time when we offer a sacrifice.
- When you pray early in the morning you have to be able to hear the beat of your heart.
- God loves to hear the confident prayer of a brave man praying in the most lonely and adventurous situation.
- You have to pray for Family members three times a day. Pray for them especially every morning.

Source: <http://www.unification.net/wogw/wogw3-06.html>
<http://www.slideshare.net/familyfireplace/speeches-on-prayer-by-rev-sun-myung-moon>





When to Pray



Best prayer time is between 12:00 a.m. to 5:00 a.m.

Especially, between 2:00 - 4:00 a.m.

Night time or closing prayer --

Time to report and repent for whatever happened, mistakes or sin committed.

Morning or opening prayer --

Time to thank God and be grateful to Him, report what to do during the day and set new determination to succeed.

Source: The Way of the Spiritual Leader, p. 80 -91

<http://www.tparents.org/Moon-Books/wsl1/Wsl1-2-1a.htm>

Where to pray

Matthew 6:6 But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.

Place of prayer: anywhere & anytime there is holiness, respect and sacred privacy

- Clean the place
- Sanctify it with holy song, holy salt , prayer, one or both or all of it combined the better
- Offer or report the place to Heaven as your prayer place
- Prepare your prayer or prepare your heart to pray

Sample prayer:

1. Start with: *Our most loving Heavenly parents and True Parents, Thank you so much for this day and for everything you have given me to live, work and enjoy my life with my family, friends and love ones.*

2. Middle: *Express your heart about your concerns and things you need to do.*

3. Conclude: *Promise your determination or resolve*

4. End with: *This I pray (report) in my name _____ of _____'s blessed central family. Aju, aju, aju.*

Source: *The Way of the Spiritual Leader*, p. 80 -91

<http://www.tparents.org/Moon-Books/wsl1/Wsl1-2-1a.htm>

Simple people pray and achieve greatness



Great people prayed and become great



To be a Christian without prayer is no more possible than to be alive without breathing.

(Martin Luther King, Jr.)

Prayerful people are simply great and powerful



George Washington, 1st US President



Barack Obama, Current US President

When we pray ...



God hears what is not
spoken
and understands what is
not explained,
for His love
doesn't work in the lips or
in the mind,
but in the heart.

Prayer and ...

Growing up

is about

moving from

A TIME OF PRAYER TO
a life of prayer

Thank you...

