

# Japan -- A Mother's Mission 95-20-12-40

Dr. Chung Sik Yong, January 28, 2022

Today I'd like to talk again about "Japan -- A Mother's Mission" from *True Mother's Anthology, Book 1*.

*As the Eve nation, Japan needs to fulfill its mission as the mother. Shouldn't a mother raise her children? And shouldn't she embrace them all? If she were to embrace all the children in the world, the mother would not have any time to sleep at night. I hope that you will not avoid your responsibility, and instead do your utmost best to fulfill the mother's mission. If you can spread the Word to as many people as possible, determine yourself, and act in accordance with the Word, many miracles will take place around you. You have also been told that the 250 billion good spirits in the spirit world are cooperating with you. What that means is that, if there are about six billion people in the world today, more than 40 good spirits are working with each person, and so you should make an effort to receive the cooperation of the spirit world. Henceforth, your ancestors will not leave you alone. If you miss this opportunity where you can leave behind historic achievements, your ancestors will not allow you to stay as you are. Each and every one of you needs to live each day thinking about how you will look to all your ancestors and descendants if you stand in front of them. (2005.10.13, Tokyo, Japan)*

*Japan has a great mission. Its mission is that of the Eve nation, the mother nation, isn't it? There is a Korean proverb to the effect, "It goes ill with the house when the hen sings and the rooster is silent." This saying, however, was only applicable in the past; in the 21st century, hens must sing. True Father once said, "Women must be fully mobilized to lead the way. It will go ill with the nation when the cock crows." Men should help women in every way. I hope you, too, will work actively. You need to spread the Word all across the world, so that the 6.5 billion people in the world can be liberated from the fetters of Satan. We are now in the final stage. I hope that the entire nation of Japan will fulfill its responsibility, and that you will be able to stand tall in front of the world as people who have completed the mission of the Eve nation. (2007.05.02, Fukuoka, Japan)*

Based on True Mother's word about Japan's mission, let's study Father's word as well.

<Chambumo Gyeong, P. 681> *When Korea gained independence on August 15, 1945, True Father intended to do a full-scale unveiling of God's Will, based on the foundation of Christianity.*

*If everything had unfolded as planned, True Father*

*was going to advance to the world through the victorious nations of World War II: the United States, Great Britain and France. True Father believed that the unity of these three nations as Abel, Eve and Cain would have led seamlessly to the restoration of the world. However, due to the disbelief of religious leaders, his plans did not materialize and God had to begin a new providence by raising Japan to the position of the Eve nation in place of Great Britain. God blessed Japan as the Eve nation, which would feed and raise the world, beginning with Asia, just as a mother nurses her children.*

Of the 200 countries in the world, the nation of Japan has contributed the most to the providence of God and True Parents. Considering the number of missionaries who were sent out for the sake of the world, the country that contributed the most economically is Japan, our mother nation. The country that has had the greatest impact on the missionary history of our Unification movement is Japan.

That is why Mother gave a beautiful testimony to True Father. After Mother traveled all over the world to set up the Women's Federation for World Peace, she came to Hannamdong and Father asked her to give a testimony. Her first words were that she appreciated the role of Japanese members in each country and in each continent. Without Japanese missionaries, how (could) our movement (have) moved forward? Mother really deeply appreciated Japanese members' incredible contribution.

I was surprised that Father offered(?) Japan as the mother nation. Actually the relationship between Korea and Japan is like an enemy relationship, but Father wanted to be responsible for everything, for Japanese mistakes, for all problems. He really practiced loving his enemy. Not just loving his enemy (but his) enemy nation. He appointed Japan as the mother nation. This is incredible love by heaven and our True Parents.

From now on I think the elder son country, the United States, should take responsibility for the world. Already the nations of Korea and Japan, the father and mother nations, have showed the example and model. Since I came to America I can see great potential, especially our second generation and third generation. At the same time, I realized that America is the center of the world in many ways -- in terms of economy, of faith, of religion. If we raise our youth generation, second generation, third generation well and send them all over the world, how much America can be recognized by our

Heavenly Parent and True Parents!

We have spoken about Japan as the mother nation showing the model. Now the children's position and the elder son's position need to fully take responsibility. That is why I am really impressed to hear about the Mormon Church's missionaries. There are 50,000 youth missionaries that thoroughly keep their own tradition.

How about us? We know everything. We know God. We know True Parents. We have the eternal Divine Principle. We have received the Blessing. We have everything. We just need to have the proper educational system and to raise our second generation well. I believe our second generation, if they know the value of the Divine Principle and True Parents, their commitment will be stronger than that of anyone else. The only problem is that we have not educated them enough.

As the elder son nation we must become the center of leading for the sake of the world. Father said that any nation that sends its missionaries to the whole world will never collapse.

I really appreciate our Japanese members' contribution in America. Can you imagine? Without (the) Japanese members' contribution, how could we have made a strong foundation? Of course, our western members also worked very hard and laid a strong foundation. Now (we need to) create beautiful unity. It does not matter whether you are (a) Japanese or western or Asian member. (What matters is) how we can create beautiful unity and achieve True Mother's wishes in America as the elder son nation.

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*After entering the era of restoration, Japan is fulfilling her responsibility as the mother. She could gather economic authority in the Last Days because she stands in the position of the Eve nation. As Eve, Japan must recover everything that was lost.*

Actually our Japanese brothers and sisters are working very hard. They invested everything; they sacrificed everything; they left home and their country and went all over the world. Wow! They have incredible testimonies. I know because I worked together with 120 Japanese missionaries for my mission country, the Commonwealth of Dominica. When I heard one by one

their beautiful testimonies, their suffering and sacrifice, it is really incredible.

### **LIVING DIVINE PRINCIPLE: Principle of Creation 15 - Three Object Purpose and Life**

*As a result of origin-division-union action, four positions are formed: the origin at the center, the subject partner and the object partner (distinct substantial object partners to the origin in the pattern of its dual characteristics), and their union.*

*Any one of the four positions may assume the position of subject partner and engage the other three as its object partners, forming a communion of three object partners. When each of the four then acts as the subject partner and enters into give and take with the other three revolving around it, they fulfill the three object purpose.*

● *What is the completion of three object purpose? It means when each position of the four position foundation attains the position of subject, the 3 object partners stand fulfilled. When each existence of the four position foundation attains the position of subject and stands in the position to satisfy the 3 object partners, it completes the three object purpose.*

● *When the parent fulfills the parent's, the husband the husband's, the wife the wife's, and the children the children's responsibility, the other three beings are satisfied.*

● *For example, the parents have to satisfy the son, daughter-in-law, and grandchildren in the position of God, and the husband has to satisfy the parent and wife as well as son and daughter.*

I think this 3-object purpose relates to our daily life. (In) this four position foundation and 3 object purpose, everything is there. That's why God needs to work centered on the 3-object purpose. He needs to be responsible for(?) Adam and Eve and children. God has 3 object partners.

Adam also has to be responsible for 3 object partners, Adam, his wife Eve and (their) children. Children also have 3 objects: Adam and Eve, their father and mother, and God. Also, the Eve position is the same.

When each position takes care of and is responsible for three objects completely, then we can complete the 3-Objects Purpose. That is why Father and Mother emphasize the number three. It is a public number. We need to take care of a minimum of three people centering on the four position foundation as the father, the mother, children and God -- each position helping and cooperating together, then finally we can accomplish the four position foundation.

The four positions are (also) east, west, south and north and (then) unification of love. Which is more important? Everything is important. Centering on God

there are three objects; centering on Adam there are 3 objects; centering on Eve there are 3 objects; centering on the children there are 3 objects. When they stand in the central, subject position, then they are responsible for and take care of the other 3 objects.

### **<EDP 12-Hour True Father's Explanation of 3 Object Purpose and Life>**

1. *If God (origin) is the grandfather and union the grandchild, and the grandchild asks the grandfather to carry him on his back and the grandfather does it, the grandchild becomes subject, and the grandfather who listened to the grandchild becomes object. Therefore there is no high and low in love and all are one.*

> *I have to serve 3 objects as my subject.*

2. *It is the same for couples. When the wife asks the husband to massage her, the wife becomes subject and the husband object. Thus the three object purpose talks about the oneness of love*

> *The reason I have to serve the 3 objects is for the sake of unity through love.*

3. *Additionally when the father goes somewhere and the mother unconditionally follows, the children follow the parents like a magnet. God then feels joy and also follows the children.*

4. *If I have absolute faith, absolute love, and absolute obedience towards God, then I, the object, can also stand in the position of subject, and God, the subject, will follow me. Each position of the four positions achieves the purpose*

> *Each position of the 4 positions achieves the purpose of 3 objects when absolute faith, absolute love and absolute obedience in front of the remaining 3 objects.*

Each position centering on God and the position of Adam and the position of Eve and the position of the union, each needs to have absolute faith, absolute love and absolute obedience to one another. Then they can create beautiful unity. Not only children (need to) obey their own parents. The father at any time is ready to obey God, obey his wife and obey his children. The wife is the same. For God it is the same. Absolute faith, love and obedience is not only toward God. Each position needs to have that concept ... and serve each other, loving each other. Then finally we can accomplish the four position foundation.

I must serve and attend the 3 objects and obey them with absolute faith, absolute love and absolute obedience.

*Amongst men there is the love of a wife, love of a mother, love of an older sister, and the love of siblings. That is true love. Therefore the principle concludes we have to have the love of the three object partner. Wives have to love their husband as their father, older brother,*

*and husband.<1976.7.11>*

● *God also needs three loves. That is parental love, conjugal love, and siblings love. These three loves are absolutely necessary. It connects the vertical and horizontal love. Therefore the Unification Church talks about the three object purpose. Three object partner's love are all necessary. I need parents, need a husband, and need children. They are absolutely necessary.*

In our family we need to apply this principle of 3 object purpose. For example, I am the husband. I need to serve 3 Gods. One is Heavenly God. Another is my spouse, and the third is my children. I need to serve 3 kinds of God. The wife also needs to serve 3 kinds of God: Heavenly God, husband and children. Children need 3 kinds of God: Heavenly Parent, father and mother. Instead of Heavenly Father position become grandparents.

We need to always think about the number 3. The three object purpose is so important. Father emphasizes 3 spiritual children, the trinity and many other things. This is the basic structure centering on the 3 object purpose.

### **TODAY'S YOUTH MINISTRY: The Attitude in Doing My Responsibility**

1. To properly maintain my physical health, my attitude on the body is very important. In order for the body to be healthy, we must first eat with joy, sleep with joy, wake up with joy, and take responsibility for what is given to us with joy. This joy is not just necessary to achieve inner peace. It is also necessary for maintaining physical health. In other words, the secret to maintaining physical health is to live a life consistently with joy and gratitude.

2. Even when eating food, I have a responsibility. Then what is my responsibility when eating? First, do not eat because it is meal time. It is longing for food and then eating. And it is eating slowly while knowing the taste of food. Also, it is being grateful to everyone who worked hard to bring this food to my table and eating happily, knowing their gratitude and preciousness. It is to have gratitude for everyone, including the hands of the farmer and numerous people it went through and to those who worked hard to help cook it. But if you don't know these things and just eat it, you become a criminal before food. When you eat food, if you do not enjoy it with longing heart and gratitude, it is like ignoring the food and relationship between the people who worked hard to prepare it.

It is amazing guidance.

What is my responsibility while eating? First, do not eat because it is meal time, lunch time, (or) breakfast time. "Let's go and eat. Otherwise, I will be hungry." Don't say that. (You should) long for food and then eat.

(We are) using the word “longing.” “Longing heart for eating.” With this longing heart for mealtime, pray, eat slowly, know(?) the taste of the food, and chew (thoroughly).

I may have mentioned this in the past, but I would like to share more in detail. Whenever I have a meal, often tears come down. Do you know why? This is my secret, but today I clearly want to share (it) with you. Whenever I have a meal, I often think about True Father in Heungnam Prison. (At) every meal. At that time, because of a lack of food, many people were suffering. Wow! If True Father were here while in Heungnam Prison and could look at this kind of food, how happy he would be. I really want this food for Father and for those around him at the time. Even though the food may not be so delicious -- any kind of food -- I am so grateful for any kind of food. If I could offer Father even one meal, how grateful I would be. If there were an opportunity to serve him one meal while he was in Heungnam Prison... When I think about that, my heart is really moved. Automatically I have a heart of appreciation. (I have) no complaint at all. “Thank God.”

Many people worked very hard (to provide) this food. For example, fish come from the ocean; someone had to catch the fish and all the process until the food finally came to my food table. ... “This kind of unworthy person; how come Father loves me so much. How much he prepared for me for each meal. I really appreciate that.” That is a secret from Father, thinking about Heungnam Prison.

Also, secondly I am thinking when Mother came down to South Korea from North Korea, according to Mother’s testimony, many times there was no food. (They were quite) hungry. Sometimes they found food, even a small amount. They appreciated it so much -- even a small bite.

Now I have a meal with rice, soup, fish and meat -- all kinds of fish; if I (were to have) given this kind of food to Mother during that time, how happy she would have been.

Sometimes when you have a meal, you (may) not have any appreciation, then you need to wait until the heart of appreciation comes out of your heart. You need to think about it. Not just eating and eating and eating. (You need to) appreciate it with a longing heart, feeling the taste. You need to appreciate the preciousness of the food. I learned beautiful things from our True Parents. Not just at eating times, but with whatever you do -- the same thing.

3. When we were children, if we liked the food, we rejoiced, but if we were not pleased with it, we would throw a tantrum. However, as we grow, we should eat food knowing how to rejoice and be glad centering on

God and all the people related to the food. This is the secret to good health. After eating, you have to think about what you are doing. When you eat food, responsibility in eating food will follow. The reason God and people around me provide me food is because they are telling me to create a plus in love through what I do. In other words, an unspoken responsibility is required to bring about substantial results of love.

That is our responsibility. When we have a meal, responsibility is required. I have to create a plus of love through what I am doing. “An unspoken responsibility is required to bring about substantial results of love.” That’s why, whenever we eat a meal, after finishing, you need to think(?), “God already provided beautiful food. I have a mission. I have a responsibility to create more love, to multiply more love.” We need to reflect on that.

4. If you are a student, you must not forget your identity as a student. Students should know that the reason they have to study is that there is a wish of the person who makes me study. I need to know the wish behind why God is telling me to study. I must study carrying the wish God has for me. Why is God telling me to study? I must study, asking why is God telling me to major in this field while knowing the wish of God who is related to me. Study to realize God’s wish and study to bring joy to God. That is why study time should be waited for with a longing heart. And you should attend study time with a happy heart. No matter what we do, when we do our responsibilities, we should wake up with joy, eat with joy, wake up with joy, and be faithful to our responsibilities with joy.

Whenever you study, are you happy? You are new(?) and happily go to school? Or are you just going out of duty: “I need to study. I need to graduate.” What kind of attitude do you have? Father’s guidance is very clear. When you study, you need to know Heavenly Parent’s wish. Why (is he) asking you to study? When you know God’s wish, then when you go to school, you need to go with a longing heart. “God will teach me something today.” With this kind of longing heart, when you sit down on the chair, you need to think, “Wow! This is really a happy time (that) I waited for.” This kind of mindset and attitude is very important. Whatever you do as a student -- eating time, sleeping time, even working time -- this mindset is really related directly to our life of faith.

5. In fulfilling my responsibilities, the important thing is not to do it just out of a sense of duty. Before I take on my responsibilities, I must prepare a longing heart for my responsibilities before facing them. And when you take responsibility, you must do it with a welcoming heart. If something unwelcoming comes up, you need to make an effort to make it welcoming.

Whether something is difficult, whether my studies are hard and overpowering or unappealing to me, whether I do not like the people or environment around me, I must master overcoming all of this and gladly take responsibility.

6. For example, let's say you went to the table to eat. Even though you try to eat the food very gladly, there may be times of various unexpected circumstances, such as the atmosphere not being good or the food not tasting good. In that case, you put each food in your mouth and bring out a flavor of the food with an attitude of offering jeongseong. Even if the food doesn't taste good, try chewing a lot while creating your own taste. If the food doesn't suit your taste and the side dishes are a little salty, do not say that you won't eat it, but at least add water little by little to create a taste.

How beautiful it is!

7. However, if you do not make such an effort and just have complaints and dissatisfaction about food, you will be ignoring all people related to food. You have to think about the jeongseong of the people who made the food. Rather than complaining "they made the food taste bad," think "the food was prepared for me with sincere devotion." In the end, it is good for yourself to look at food as good even if it doesn't actually taste good. Then, your heart will become better.

It is up to our attitude.

8. Whatever human nature, if we see even small things as bad, my spirit suffers in the end. Ultimately, my spirit suffers damage. As a result, my own heart also becomes worse. Even if others prepared my food without sincere devotion, I must think of my own spirit and think of the other person as precious and make my heart grateful. Even if the food was not made with sincere devotion and neatly, we must find the taste and create the taste with the belief that the person who made the food made it with devotion. Even if the food itself really has no taste, the taste changes depending on how you eat the food.

9. If you bring out the flavor in your mouth and eat a little breakfast, the flavor of the food might recover at lunchtime. Even if the food doesn't taste good, since it will be embarrassing if you do not eat it, so you say "Let's just try putting it in water and eat it all at once," and force yourself to eat tasteless food, or you do not eat it at all, it can become a condition for that person's health to go bad. If you are in a position where you really cannot eat, you should maintain your standards by eating conditionally, even a little bit with gratitude. Do not complain or have dissatisfaction or lose the standard of faith I have had when eating until now. This life of sleeping, waking, and eating and working is the basic life of our nature, and we need to connect it with our mind

and nurture our spirit body well. If you are grateful and take responsibility for everything like this, you will enjoy peace in your heart.

One thing I would like to mention. Our original mind and conscience is very sensitive. Whenever you think that someone is a bad guy, or you do not think (about him) in such a good way, finally what kind of results come out? You hurt your inner mind. In any terrible situation, even with any bad guy, do not think negatively. If someone is really wrong, then think and reflect about myself: "I am wrong. I have that kind of nature." That is the way to take care of my spirit. "Oh, this Abel is not so good. This nation is not so good. The Kodan people are not so good. The Japanese people are not so good. The Korean people are not so good. This taste is not so good. Any negative thinking, negative concept or idea, negative attitude do not help your spirit at all. Finally you lose everything.

In any situation how can I find a grateful heart, a thankful heart, really deeply how can I have that kind of appreciation, joyfully, happily? That is a life of faith. We are not children crying because the food is not so good or (we are) lacking something. We are adults. In any environment, how can I accept (it) with my appreciation? Look at Father, how he went to Heungnam and Danbury Prisons. Appreciation in any place with a welcoming heart and a longing heart -- for food, for my workplace, for my studies -- this mindset and attitude can raise our spirit very well. In this way we can keep our physical health as well.

Do not keep any (negativity?) ... Negativity can hurt your mind and heart. In the end you lose. You need to think everybody is good. You need to embrace everybody even though you see him (as a) bad guy. You need to think (concerning) his bad points, "I am worse than he is." You need to reflect on yourself, not criticize him. This is the way to protect our spirit. This is the way we can keep our life of faith strong.

(Afterwards) Finally, I received a confirmation to go to Korea. Tomorrow I will go to Korea. I will do ten days of quarantine. So I will need to do a recording(s?). So sorry. Maybe I will not be able to participate (live) with you. God bless you!♦

*NOTE: This lightly edited transcription may contain errors and omissions. Indecipherable or uncertain words and guesses are tagged with a "(?)" and indecipherable phrases, with an ellipsis "...". First, second and third person pronouns have been left as spoken if the meaning is clear, and other apparently Korean English expressions have been preserved. Some repeated phrases have been eliminated. This text and the powerpoint slides from this speech are available as pdf files at the top of this text and at [text.morndev.com](http://text.morndev.com) & [yong.hoondok.com](http://yong.hoondok.com). Audio only is available at [anchor.morndev.com](http://anchor.morndev.com), [spotify.morndev.com](http://spotify.morndev.com) & [audio.morndev.com](http://audio.morndev.com).♦*

# Morning Heart Devotion

The 12<sup>th</sup> 40 day Jeongseong Condition (20<sup>th</sup> day)  
95 day (460)

Japan -- a mother's mission

일본 - 어머니의 사명

Jan 28, 2022

North America HQ

# Japan -- a mother's mission

As the Eve nation, Japan needs to fulfill its mission as the mother. Shouldn't a mother raise her children? And shouldn't she embrace them all? If she were to embrace all children in the world, the mother would not have any time to sleep at night. I hope that you will not avoid your responsibility, and instead do your utmost best to fulfill the mother's mission. If you can spread the Word to as many people as possible, determine yourself, and act in accordance with the Word, many miracles will take place around you. You have also been told that the 250 billion good spirits in the spirit world are cooperating with you. What that means is that, if there are about six billion people in the world today, more than 40 good spirits are working with each person, and so you should make effort to receive the cooperation of the spirit world. Henceforth, your ancestors will not let you alone. If you miss this opportunity where you can leave behind historic achievements, your ancestors will not allow you to stay as you are. Each and every one of you needs to live each day thinking about how you will look to all your ancestors and descendants if you stand in front of them. (2005.10.13, Tokyo, Japan)

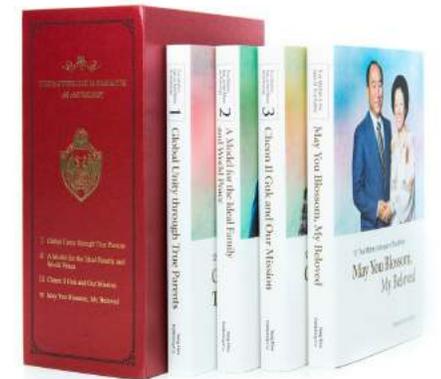
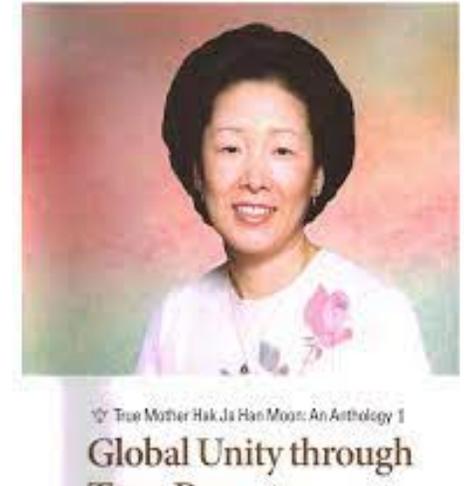


The Mother Hak-Ju-Hae-Moon: An Anthology I  
Global Unity through



# Japan -- a mother's mission

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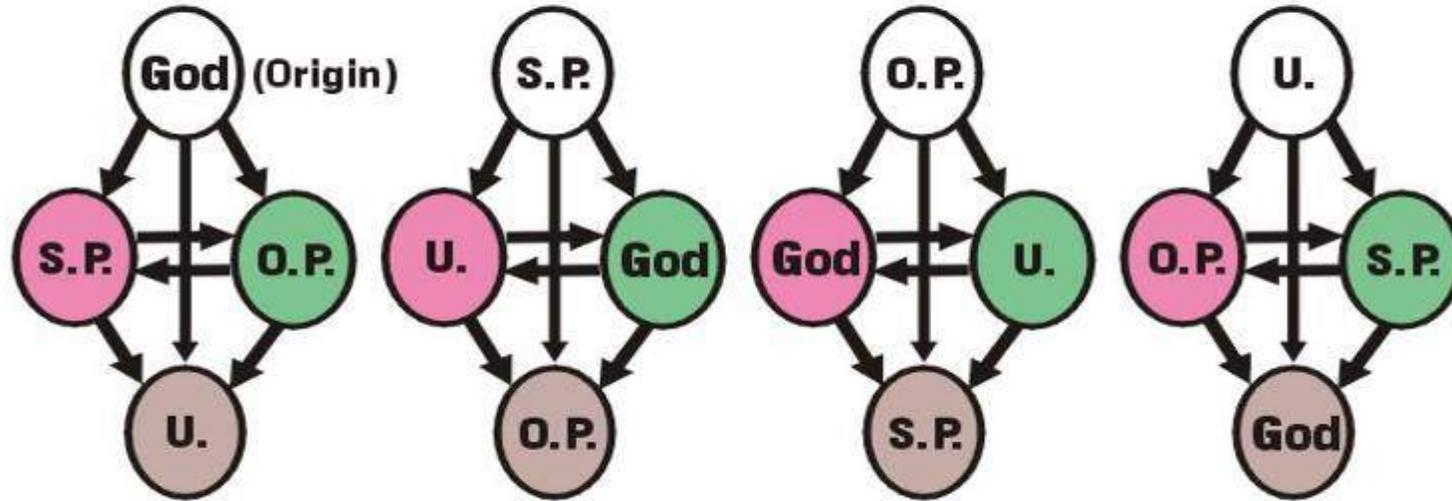
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Living Divine Principle

# Principle of Creation 15

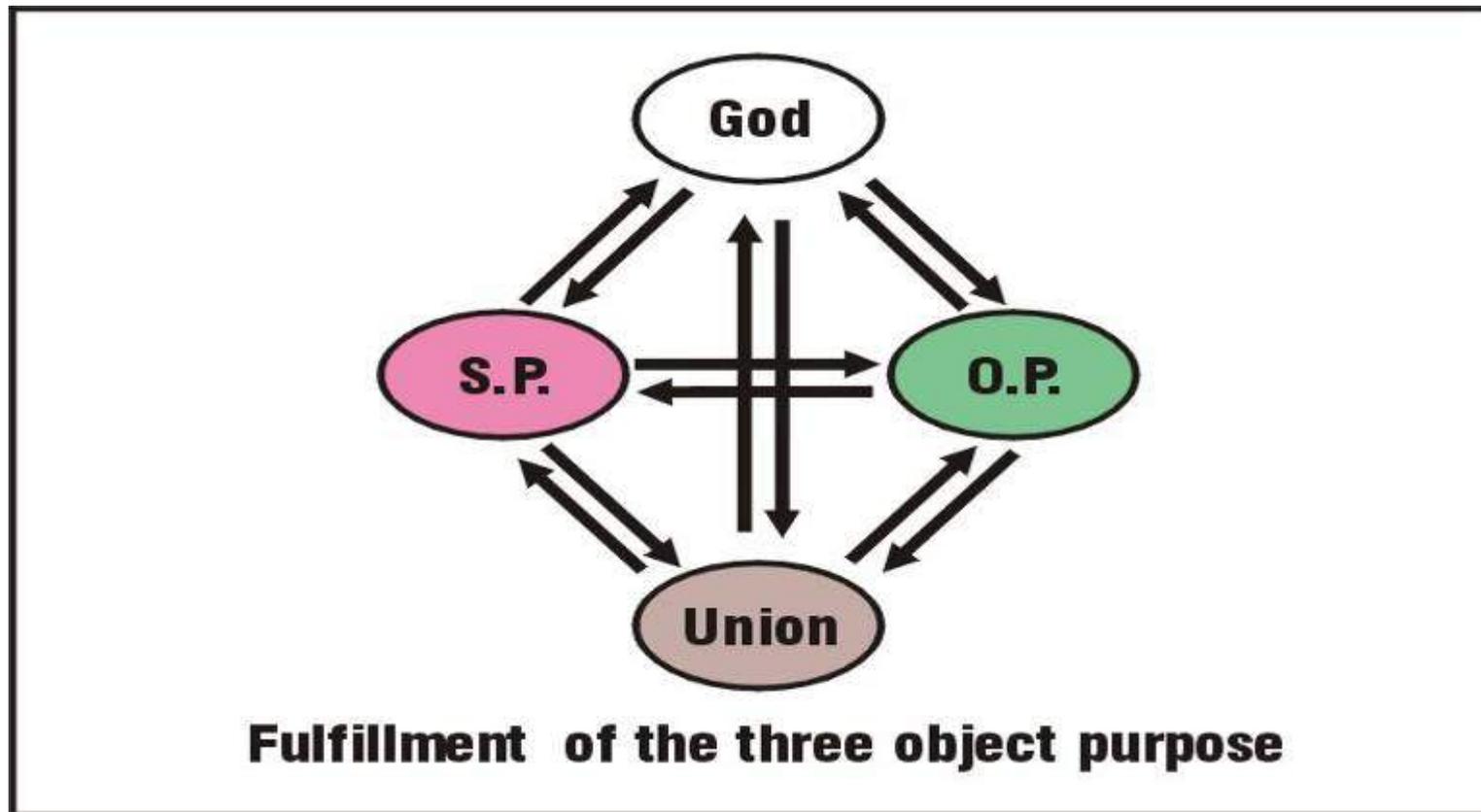
–Three Object Purpose and Life–

### 2.3.2 Three Object Purpose



**Communion of three object partners**

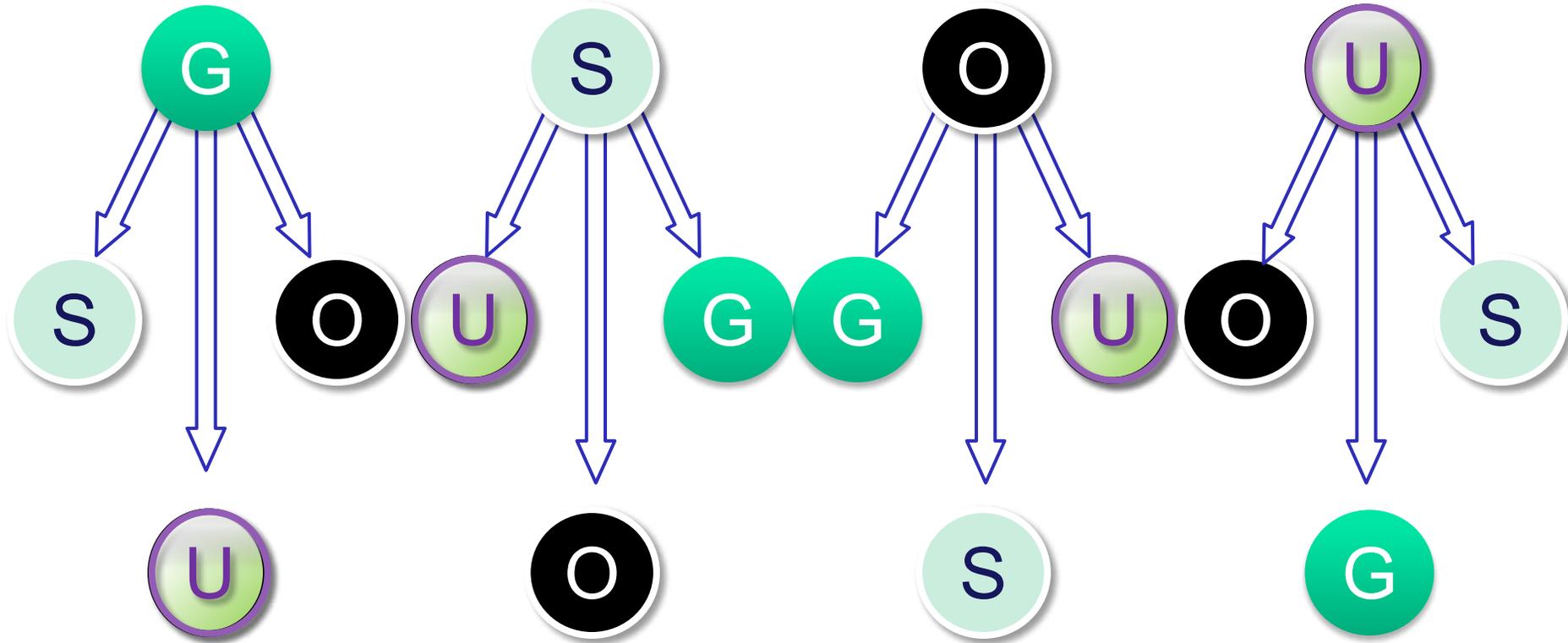
As a result of origin–division–union action, four positions are formed: the origin at the center, the subject partner and the object partner (distinct substantial object partners to the origin in the pattern of its dual characteristics), and their union.



Any one of the four positions may assume the position of subject partner and engage the other three as its object partners, forming a communion of three object partners. When each of the four then acts as the subject partner and enters into give and take with the other three revolving around it, they fulfill the *three object purpose*.

# Three Object Purpose and Life

- What is the completion of three object purpose? It means when each position of the four position foundation attains the position of subject, the 3 object partners stand fulfilled. When each existence of the four position foundation attains the position of subject and stand in the position to satisfy the 3 object partners, it completes the three object purpose.
- When the parent fulfills the parent's, the husband the husband's, the wife the wife's, and the children the children's responsibility, the other three beings are satisfied.
- For example, the parents have to satisfy the son, daughter-in-law, and grandchildren in the position of God, and the husband has to satisfy the parent and wife as well as son and daughter.



4개의 위치(기둥)는 동서남북/ 사랑의  
일체화

# Three Object Purpose and Life

<원리차트 12시간용-선생님이 설명해 주신 원리에 관한 말씀의 예화>

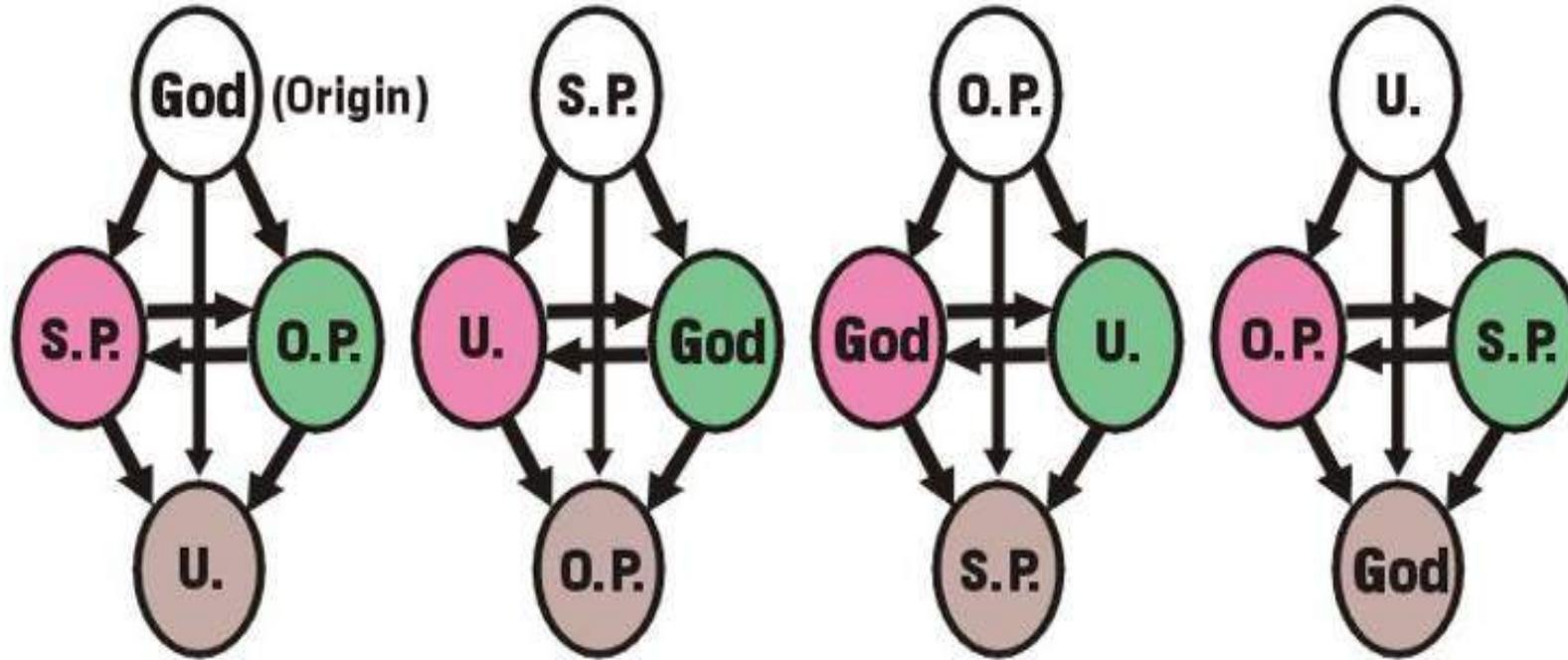
1. If God(origin) is the grandfather and union the grandchild, and the grandchild asks the grandfather to carry him on his back and the grandfather does it, the grandchild becomes subject and the grandfather who listened to the grandchild becomes object. Therefore there is no high and low in love and all are one.(3대상을 나의 주체로써 모셔야 한다)

2. It is the same for couples. When the wife asks the husband to massage her, the wife becomes subject and the husband object. Thus the three object purpose talks about the oneness of love.(3대상을 모셔야 하는 이유는 사랑의 일체를 위해서)

# Three Object Purpose and Life

3. Additionally when the father goes somewhere and the mother unconditionally follows, the children follow the parents like a magnet. God then feels joy and also follows the children.
4. If I have absolute faith, absolute love, and absolute obedience towards God, then I, the object, can also stand in the position of subject, and God, the subject, will follow **me**. (4위의 각 위는 나머지 3대상 앞에 절대신앙 절대사랑 절대복종할 때 3대상 목적이 이루어 진다.)

## 2.3.2 Three Object Purpose



**Communion of three object partners**

3대상을 모시고 절대신앙 절대사랑 절대복종하여야 한다

# Three Object Purpose and Life

Amongst men there is the love of a wife, love of a mother, love of an older sister, and the love of siblings. That is true love. Therefore the principle concludes we have to have the love of the three object partner. Wives have to love their husband as their father, older brother, and husband.<1976.7.11> <상황에 따라 대상의 입장에서 사랑하여야 한다>

# Three Object Purpose and Life

- God also needs three loves. That is parental love, conjugal love, and siblings love. These three loves are absolutely necessary. It connects the vertical and horizontal love. Therefore the Unification Church talks about the three object purpose. Three object partner's love are all necessary. I need parents, need a husband, and need children. They are **absolutely necessary**. <1976.11.7 참된 사람의 길, 미국> <3대상의 목적은 3대상 사랑의 실현을 위해서>

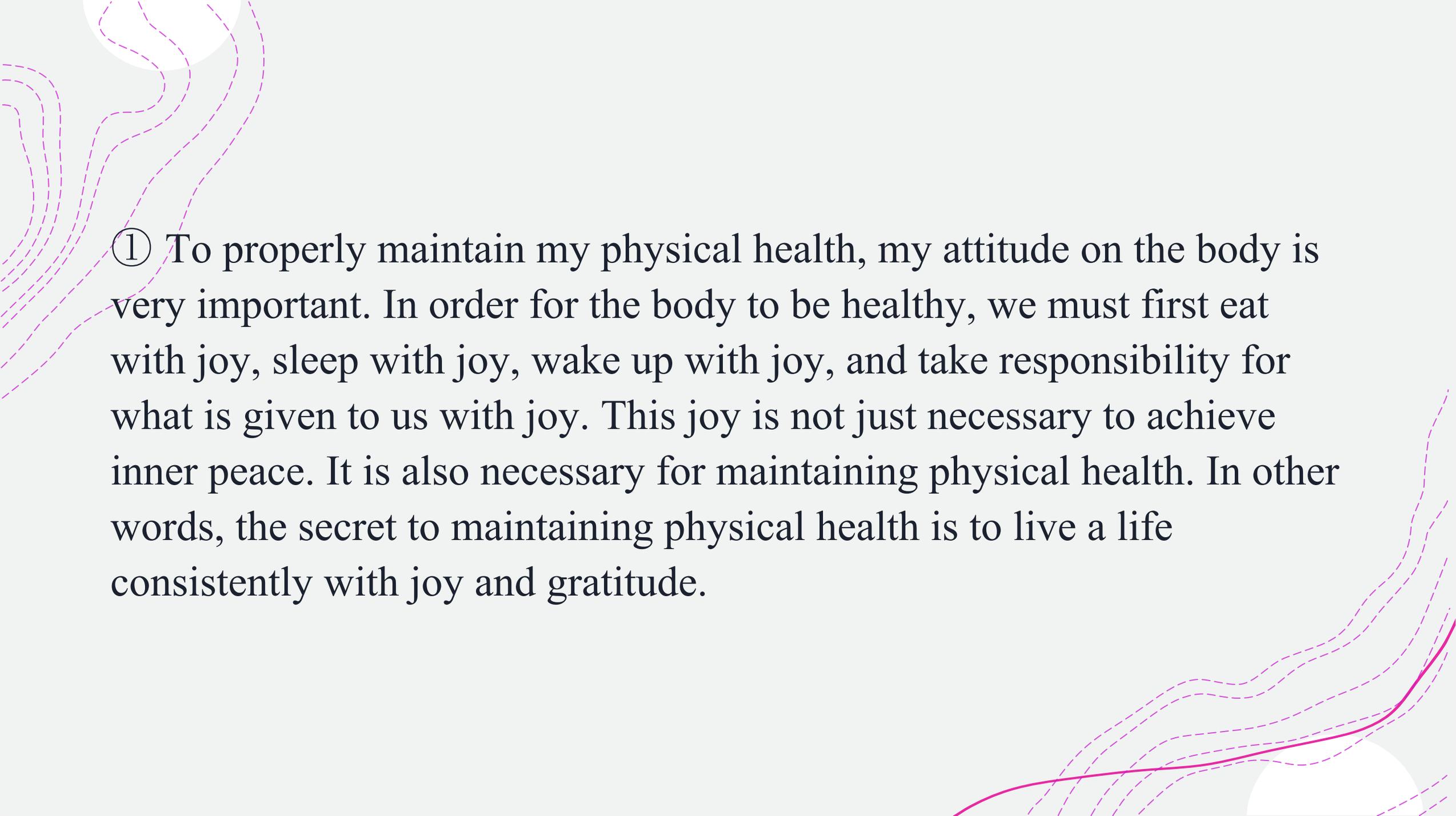


# Today's Youth Ministry

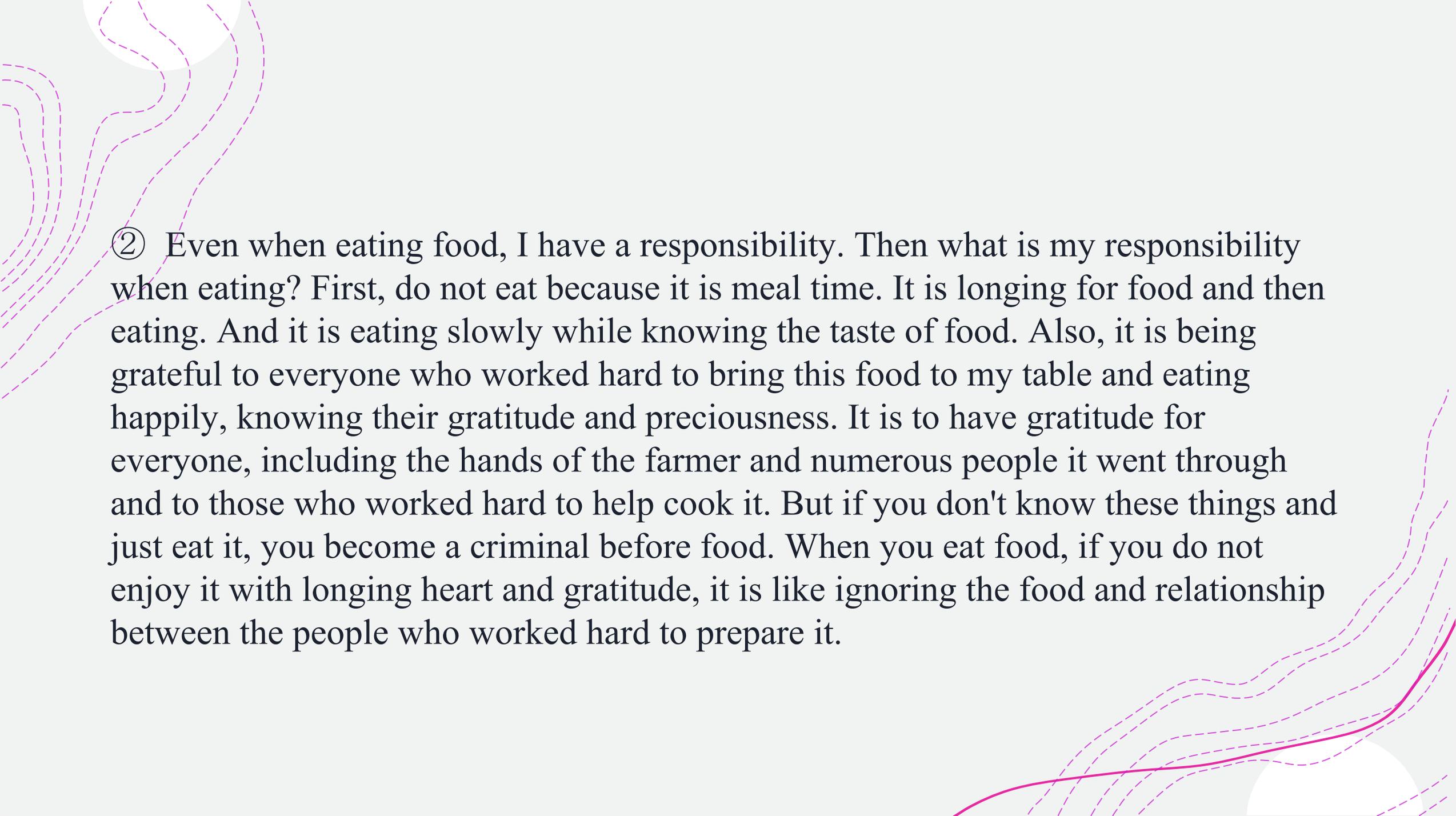
## The Attitude in Doing My Responsibility

나의 책임을 하는 마음 자세

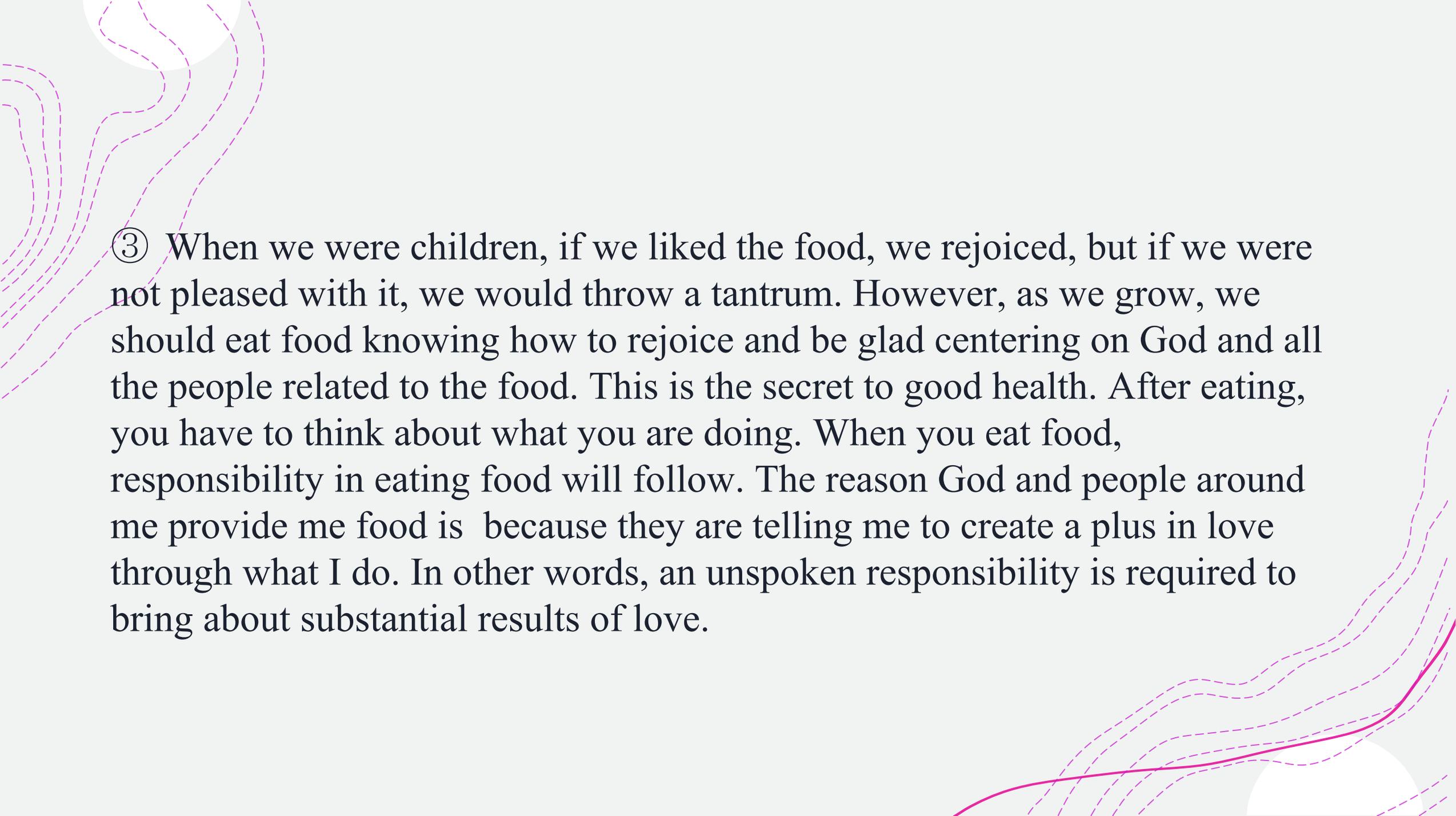




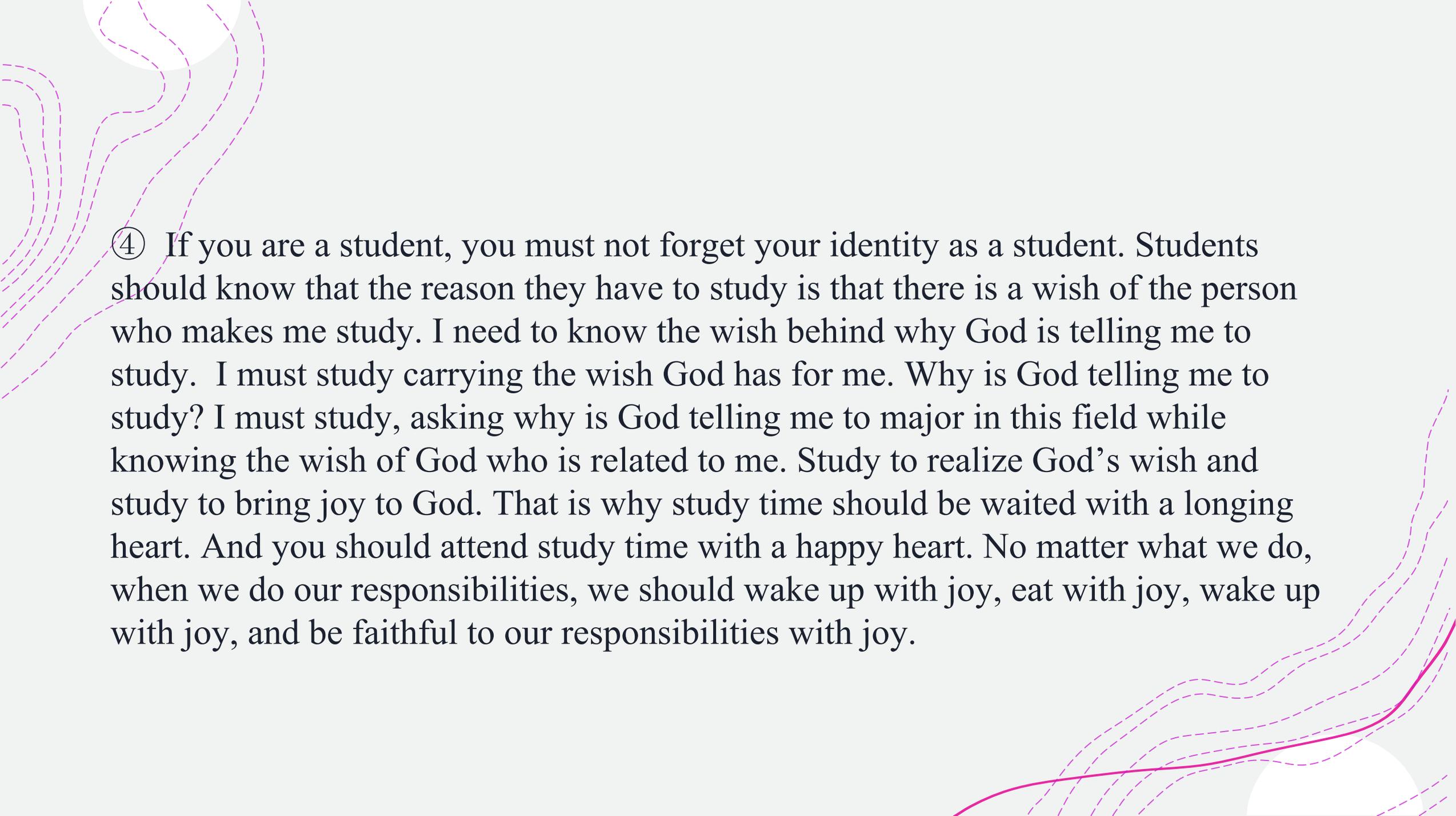
① To properly maintain my physical health, my attitude on the body is very important. In order for the body to be healthy, we must first eat with joy, sleep with joy, wake up with joy, and take responsibility for what is given to us with joy. This joy is not just necessary to achieve inner peace. It is also necessary for maintaining physical health. In other words, the secret to maintaining physical health is to live a life consistently with joy and gratitude.



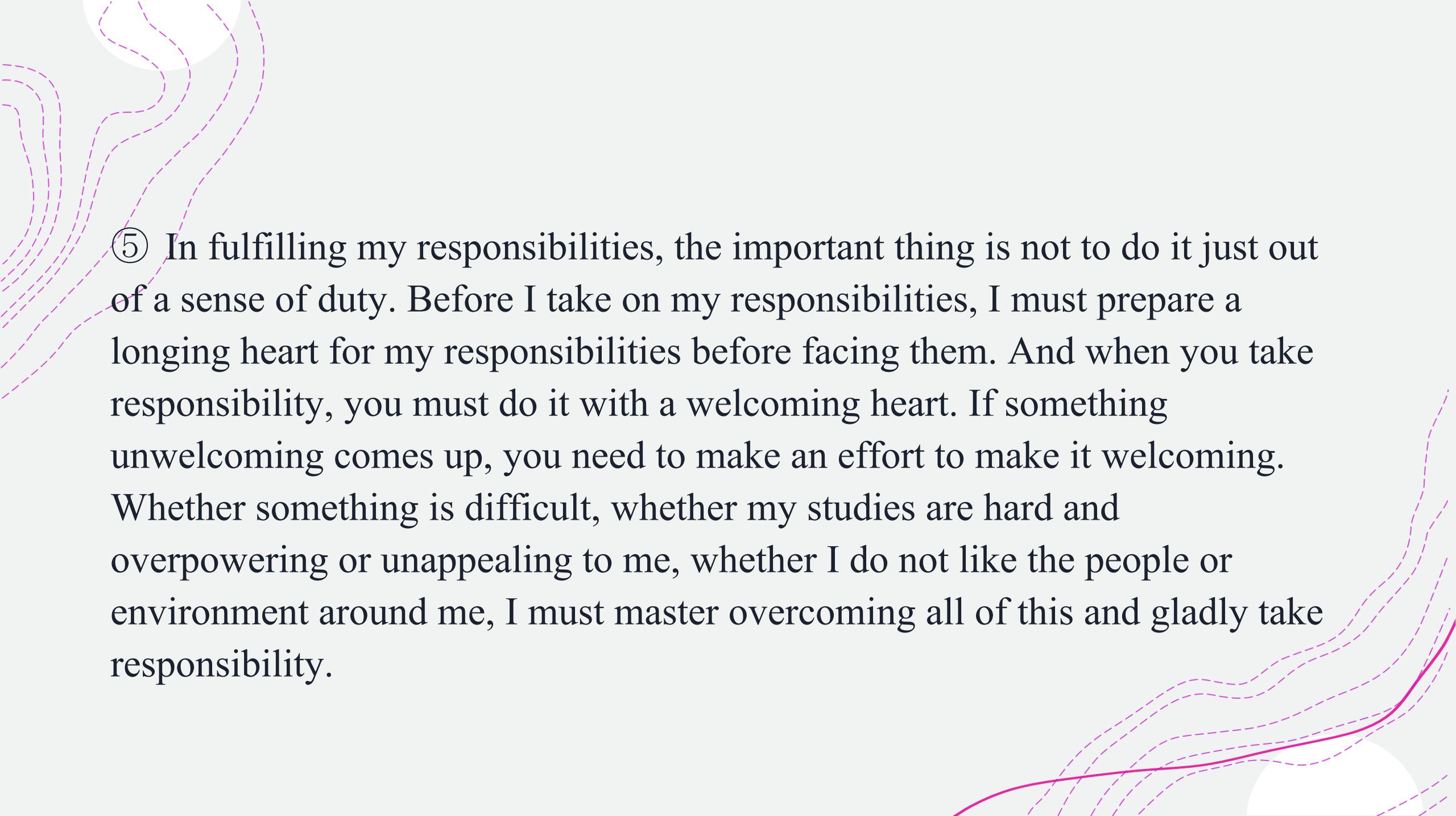
② Even when eating food, I have a responsibility. Then what is my responsibility when eating? First, do not eat because it is meal time. It is longing for food and then eating. And it is eating slowly while knowing the taste of food. Also, it is being grateful to everyone who worked hard to bring this food to my table and eating happily, knowing their gratitude and preciousness. It is to have gratitude for everyone, including the hands of the farmer and numerous people it went through and to those who worked hard to help cook it. But if you don't know these things and just eat it, you become a criminal before food. When you eat food, if you do not enjoy it with longing heart and gratitude, it is like ignoring the food and relationship between the people who worked hard to prepare it.



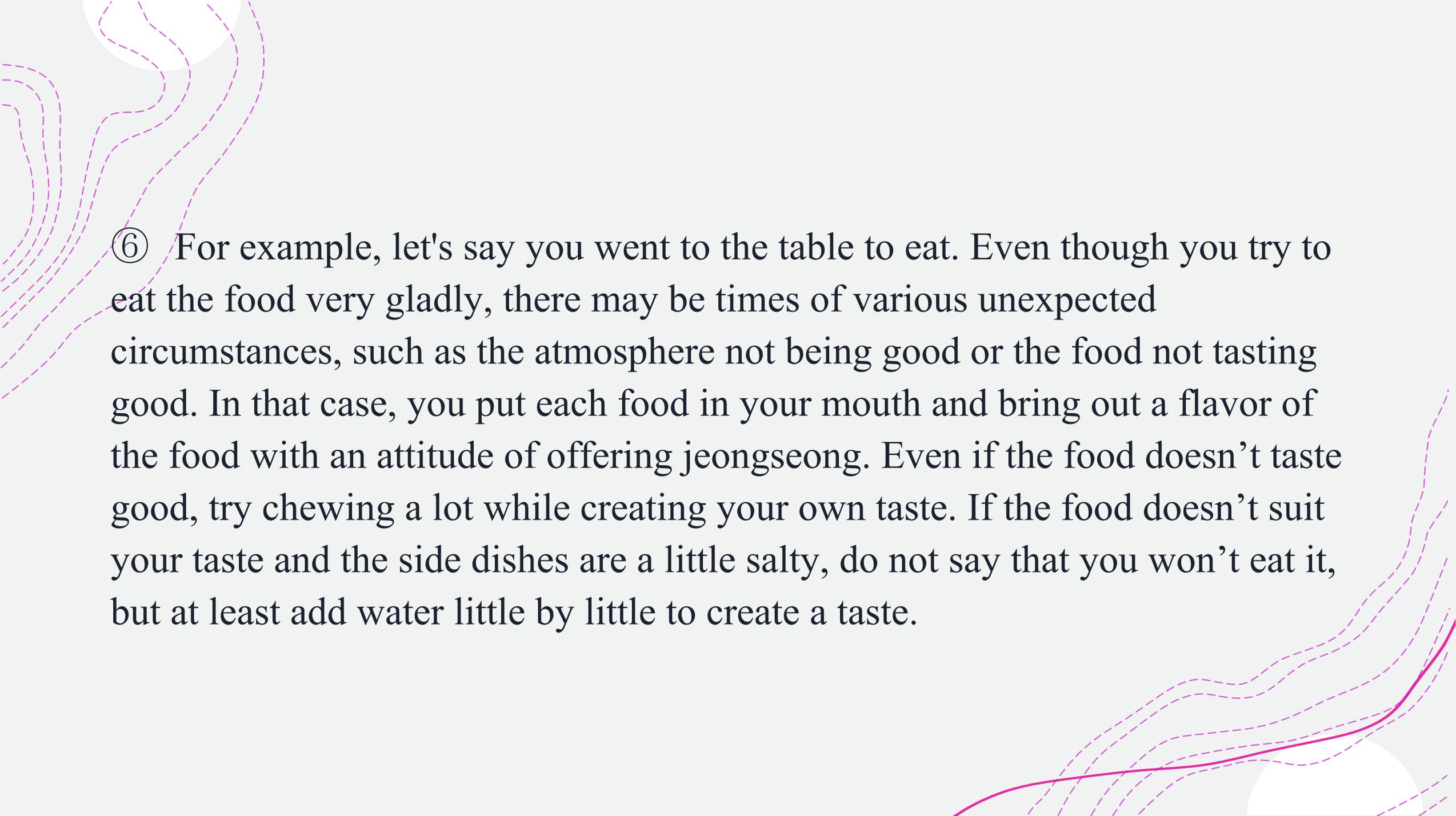
③ When we were children, if we liked the food, we rejoiced, but if we were not pleased with it, we would throw a tantrum. However, as we grow, we should eat food knowing how to rejoice and be glad centering on God and all the people related to the food. This is the secret to good health. After eating, you have to think about what you are doing. When you eat food, responsibility in eating food will follow. The reason God and people around me provide me food is because they are telling me to create a plus in love through what I do. In other words, an unspoken responsibility is required to bring about substantial results of love.



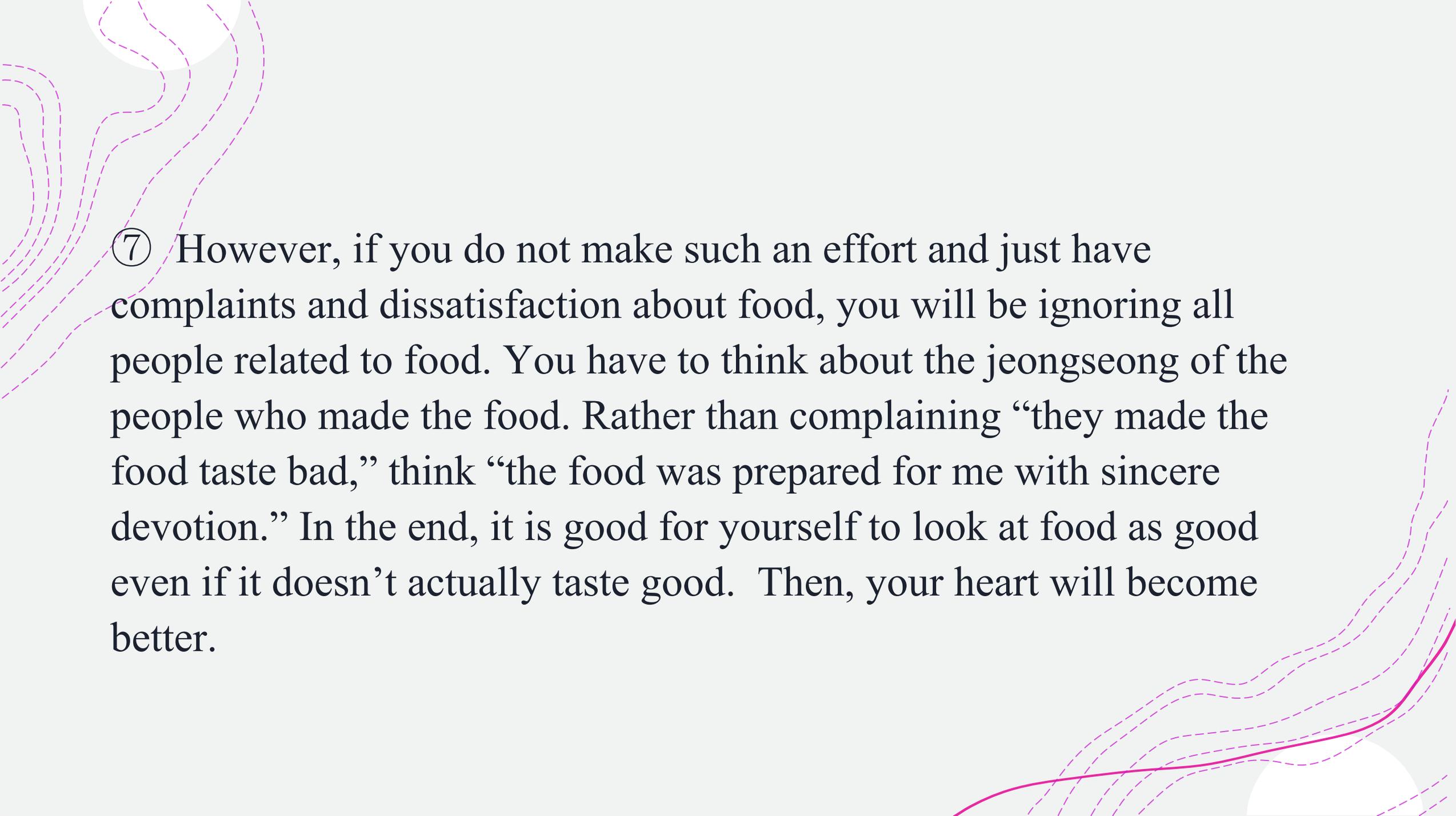
④ If you are a student, you must not forget your identity as a student. Students should know that the reason they have to study is that there is a wish of the person who makes me study. I need to know the wish behind why God is telling me to study. I must study carrying the wish God has for me. Why is God telling me to study? I must study, asking why is God telling me to major in this field while knowing the wish of God who is related to me. Study to realize God's wish and study to bring joy to God. That is why study time should be waited with a longing heart. And you should attend study time with a happy heart. No matter what we do, when we do our responsibilities, we should wake up with joy, eat with joy, wake up with joy, and be faithful to our responsibilities with joy.



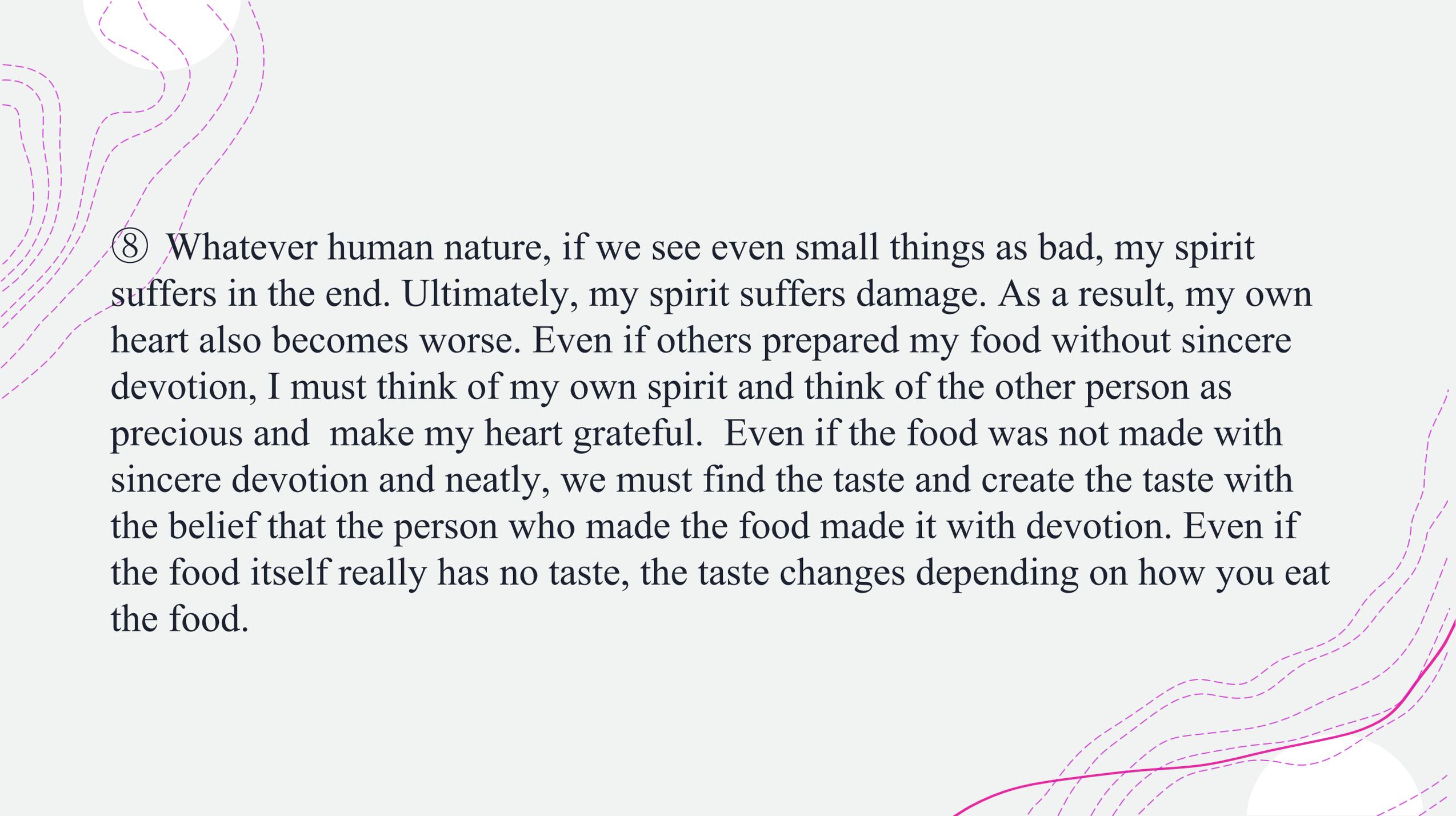
⑤ In fulfilling my responsibilities, the important thing is not to do it just out of a sense of duty. Before I take on my responsibilities, I must prepare a longing heart for my responsibilities before facing them. And when you take responsibility, you must do it with a welcoming heart. If something unwelcoming comes up, you need to make an effort to make it welcoming. Whether something is difficult, whether my studies are hard and overpowering or unappealing to me, whether I do not like the people or environment around me, I must master overcoming all of this and gladly take responsibility.



⑥ For example, let's say you went to the table to eat. Even though you try to eat the food very gladly, there may be times of various unexpected circumstances, such as the atmosphere not being good or the food not tasting good. In that case, you put each food in your mouth and bring out a flavor of the food with an attitude of offering jeongseong. Even if the food doesn't taste good, try chewing a lot while creating your own taste. If the food doesn't suit your taste and the side dishes are a little salty, do not say that you won't eat it, but at least add water little by little to create a taste.



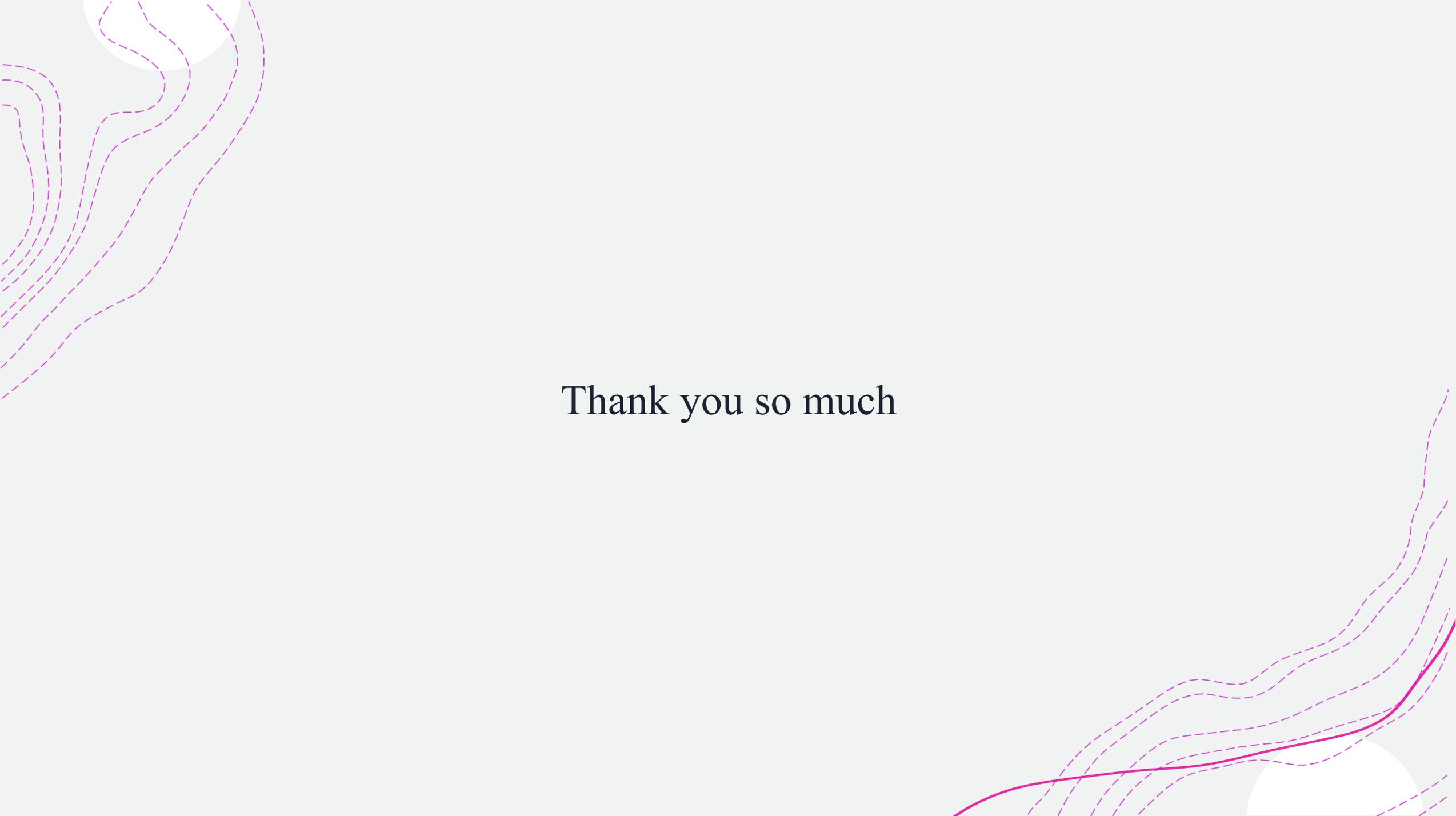
⑦ However, if you do not make such an effort and just have complaints and dissatisfaction about food, you will be ignoring all people related to food. You have to think about the jeongseong of the people who made the food. Rather than complaining “they made the food taste bad,” think “the food was prepared for me with sincere devotion.” In the end, it is good for yourself to look at food as good even if it doesn’t actually taste good. Then, your heart will become better.



⑧ Whatever human nature, if we see even small things as bad, my spirit suffers in the end. Ultimately, my spirit suffers damage. As a result, my own heart also becomes worse. Even if others prepared my food without sincere devotion, I must think of my own spirit and think of the other person as precious and make my heart grateful. Even if the food was not made with sincere devotion and neatly, we must find the taste and create the taste with the belief that the person who made the food made it with devotion. Even if the food itself really has no taste, the taste changes depending on how you eat the food.

9.

If you bring out the flavor in your mouth and eat a little breakfast, the flavor of the food might recover at lunchtime. Even if the food doesn't taste good, since it will be embarrassing if you do not eat it, so you say "Let's just try putting it in water and eat it all at once," and force yourself to eat tasteless food, or you do not eat it at all, it can become a condition for that person's health to go bad. If you are in a position where you really cannot eat, you should maintain your standards by eating conditionally, even a little bit. Do not complain or have dissatisfaction or lose the standard of faith I have had when eating until now. This life of sleeping, waking, and eating is the basic life of our nature, and we need to connect it with our mind and nurture our spirit body well. If you are grateful and take responsibility for everything like this, you will enjoy peace in your heart.



Thank you so much