



THE SCHOOL OF LOVE

Family HDH Series

*Hoon Dok Hwe session packet for parents and youth to do together
(Recommended age for teens 14+).*

Hello National Family!

This year the National Youth Ministry Team is working on a series of Hoon Duk Hwe (HDH) sessions specifically created for parents and teens to do together. Over the years, we've heard time and again how vital HDH is to our lives and how important it is for families to do HDH together. And we've all likely experienced the challenges that happen when we do try to do HDH as a family; from being sleepy because it was 5AM, to having difficulty finding a time that worked for everyone, to having difficulty generating a meaningful discussion about the HDH reading.

HDH is an extremely meaningful and important part of our spiritual lives, and it becomes even more powerful when it catalyzes meaningful conversation and connection in our family, especially between parents and children. With this in mind, the National Youth Ministry Team would like to offer monthly HDH packets for parents and teens to do together. These HDH were carefully selected, and discussion questions related to the material were prayerfully conceived in order to support sincere, spiritual sharing between parents and children. These sessions were created for parents to do with youth in high school or above.

Each session comes with lighter "warm up" questions for before the HDH, a selected reading from True Parents words, and discussion questions that apply to that reading. Although there is a recommended format for each reading, please feel free to adapt it to your family's needs. These sessions were created with the hope of facilitating meaningful conversations between parents and teens, but it is important to understand that vulnerability can be challenging for us all (especially teenagers). In order to gain the most from these sessions, it is important to let go of any expectations of "instant vulnerability." The parent and child relationship is a process and will have ups and downs as do all of our relationships. Some teens may share deeply, and some may offer one or two word answers. Either way, this time together is a valuable spiritual and practical foundation for the future. The most important thing is to approach this time with sincerity and openness and to understand and celebrate what each person chooses to share

I hope that you and your family find these resources meaningful and valuable!

Sincerely,

Hannah Hunter

Assistant to the National Youth Coordinator

FAMILY DISCUSSION SERIES

February HDH Packet for Parents and Youth

Before implementing this session, please decide as a family how much time you would like to devote to this (30 minutes, 1 hour, 1 hour and 30 minutes, etc.).

I did a run through of this session with my parents. It took our trio roughly 2 hours to complete the whole session. Depending on your family's style this session may take less time, equal time, or more time (gasp!). We have arranged certain check points, so that if need be, this packet can be broken down into four separate, smaller sessions (I recommend this!).

Recommended Format

- **Opening Prayer**
one member of the group gives a representative prayer
- **Warm-Up Questions**
one member of the group reads the question aloud and everyone answers it
- **Reading**
each person reads 1 or 2 paragraphs and passes the book around
- **Discussion Questions**
one person reads the question aloud and everyone has a chance to answer it
- **Closing prayer**

Note: *You may either do the entire reading and then begin the discussion questions (we did this format and because we were all on the more talkative side it took roughly 90 minutes to do it this way) or you can use the checkpoints format.*

The Checkpoint Format: The discussion questions reference specific paragraphs from the reading, once you have finished reading the paragraph simply do the discussion question that applies to it. Then, if you still have time and wish to continue, read until you reach the next checkpoints and do that discussion question. For this reading, the discussion checkpoints are paragraphs 7, 10, 12, and 16.

February HDH Reading

*God is the Lord of Our Heart from the Cheon Seong Gyeong
(brown edition pages 53-56)*

Warm-Up Questions

- Describe your week in three words (ex. exciting, school, stress)
- Name an animal that doesn't have a tail, go around in a circle until someone can't think of one (no repeats!) or until you've gone around five times.
- Share one thing from your bucket list (i.e one thing you've always wanted to do/ make/experience)

Discussion Questions

First Checkpoint: Paragraph 7

- "Today, with what heart do we venture out? With what eyes do we observe the world? With what senses do we feel?"

Read the rest of paragraph 7 and then reflect on this point for 1-2 minutes. Then, share your thoughts with each other (Please limit sharing for this part within 3-5 minutes).

Second Checkpoint: Paragraph 10

- "We need to understand God's heart in history, always wanting to say to us, 'I want to talk to you; I want to work with you.'"

Describe an experience where you felt God trying to reach out to you, or an experience where you tried reaching out to God. How has that experience impacted your life?

- "We have to find the platform upon which we can live together with God. We have to find the way to think like God, speak like God, and act like God."

Have you found your "platform"? If so, what is your platform?

Third Checkpoint: Paragraph 12

- "What is the ultimate purpose behind our striving for higher goodness, greater beauty, and deeper love? It is to build a relationship in heart with God, our Creator. As we do, we need to examine whether agreement exists between God's heart, which moves based on relationships in accord with heavenly law, and the human heart which moves in accord with human morality. We find that they are often in conflict and discord...We need to envision a world of creation revived, envision the

heart of the Creator, take a second look at the reality of our society, and review our own mind and body. Otherwise the world based on a new teaching and a new heart will not appear in human history."

Take a moment to reflect on a situation of discord in the world between God's heart and human morality. Try to think of the situation based on God's viewpoint and feelings. Then share your reflections. (Again, suggested that sharings be within 3-5 minutes, also, please don't try to explain away, solve, or correct someone's sharing. This is meant to be an exercise in seeing from God's point of view and not necessarily an exercise in whose viewpoint is right or wrong.)

Fourth Checkpoint: Paragraph 16

- "What is the difference between heart and love? We usually think of love as a feeling like floating in the air, and we think of heart as related to the soul. But in fact, heart extends in four directions. Therefore heart, more than love, is central to everything. Heart manifests as a result of having gone through the process of love...The center of everything is heart, and the family is absolutely necessary for cultivating it. We cultivate the four realms of heart in the family, and must connect and untie centering on God."

Describe one or two ways you have grown/experienced any of the four realms of heart (Parent-Child, Siblings, Husband-Wife, Child-Parent) and how that experience has helped you to understand/connect to God's heart.

Thanks for reading, we'll see you next month!