

## Our Life in Faith

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*Mr. Ken Sudo, director of education at the Unification Church training center in Barrytown, New York, gave talks on our life in faith to the participants in the three-day prayer and fast at the U.S. Capitol steps in July of 1974. This section on prayer includes comments from the trainees in addition to Mr. Sudo's explanations.*



In order to get into the Kingdom of God, and in order to realize the purpose of creation, first of all we must meet the Messiah. Because we are sinners and sinners cannot get into the Kingdom of God, therefore, sin must be cleansed.

We must be given rebirth. In order to be given rebirth, we must receive the Messiah. Then, eventually, we must establish the foundation for the Messiah in ourselves.

When Jesus came, many, many people met Jesus. Many people heard him speak. But they came to Jesus as sightseers. They came to look at Jesus. Therefore, eventually they had nothing to do with rebirth. Why? Because they couldn't establish a foundation for the Messiah.

You are the central figure in the foundation of faith to form the foundation for the Messiah in yourselves. You are the central figure. Joe is the central figure. Diane is the central figure. No one else can be responsible for your own foundation for the Messiah. No one else can be the central figure for your own foundation for the Messiah. Therefore, you yourself must be responsible for it.

What do we need next? A conditional object in order to establish an internal foundation for the Messiah. We can only offer what we have. Then what do we have? First of all, we have a mind.

Next, our body. And then things. We have mind, body, and things. Then what is meant by offering your mind? It is prayer. Can several people speak about prayer, your deep experience in prayer or your deep understanding of prayer.

*"First, prayer is giving our mind to God. When God created the world, He gave 100 percent to create the world. God desires that in everything we do we give our whole effort, our 100 percent. God is in the now, in the moment.*

*If I invest my total energy, my mind and my body together in total oneness, centering on God and the true ideal, then God comes to me. God is a living God when each person is living for God, for God within himself. We can see that God is truly living in each other. When we pray, the purpose of prayer is to come closer to God and feel His immense love. God's love is so big.*

*He had the greatest love when He created us. The essence of God is love. In the beginning was the Word. He thought, 'Eventually I will create some beings, a perfect expression of myself' He began to create and He put everything into it, and began to think, 'I will make a man.' God's ideal was to come into oneness with a being who could express His love and His essence.*

*When we want to find God, we find His essence in love, but we have to struggle with Satan. Satan wants to keep us from God. The best way to come to God is to fight with Satan and with the barriers that keep us from the love of God. In prayer, God is just beyond Satan. We battle, and struggle, and pay indemnity. You pay much indemnity when you pray with 100 percent effort. We pray and struggle just to break through the barrier. But through prayer you can find God. So prayer is payment of indemnity and investment of my whole self for God. "I think that before Adam and Eve fell they didn't need religion.*

*There are many, many religions and many denominations in this world. Every religion says, 'We need prayer.' But this is because Adam and Eve fell. Originally Adam and Eve had to become one and be blessed by God. After the fall, Satan came to interfere with them. So therefore, God could not say, 'This is my child.' Their blood lineage was transformed to Satan's. Therefore, we need to make some condition in order to come back to our Heavenly Father. Therefore, we need prayer.*

*Prayer means fighting against Satan. This is very important. So if we fundraise and witness without deep prayer, it is very difficult, because our hearts are occupied by Satan. Therefore, if we cannot pray very*

*deeply it is very difficult to make much money and bring many people. If we ourselves are not inspired, we cannot give the inspiration.*



*Therefore, we need prayer. Prayer must begin from repentance. Without repentant tears, God cannot take a prayer. Also, we need thankfulness, because before we were chosen we didn't make any condition. Therefore, those who are members of the Unification Church need to thank God and our central figure. Then we need determination.*

*Pray, 'I am very sorry, but I am very thankful that even though I am a sinner, you forgive me. Therefore, from tomorrow, I would like to do like this for you. I would like to make you rejoice.' So this is prayer."*

*"The main thing I have been working on now is to have a stronger, more meaningful, and more heartistic prayer. I find my words coming through, but my heart is not quite making it. The give and take with brothers and sisters is really helping me to overcome the struggle, because prayer is really a struggle. What our sister said about paying indemnity through prayer, I could really feel. I started thinking, God is love and God is the Word.*

*The more love we give, the more one we are with the Word. These talks deepened my understanding of joy and love being the essence of God and how to become one with Him through love and through prayer."*

*"To me, the most important thing is that each one of us is a unique expression of God. Even God doesn't know what our relationship with Him is going to become and what type of love we are going to build together. So the most important thing about prayer is the unique relationship that each one of us develops over the course of years. I would like to just give one experience.*

*In 1969, I was young and idealistic and very much wanted to get married. Also, I felt had a lot of responsibility as a center director and felt very isolated and lonely and a lack of ability to love the people I was responsible for. After I found out I wasn't going to get married, I said, 'God, if you aren't going to give me a husband, then you are going to have to be my husband, because I can't love these people any more. I can't stand it.' As I was weeping and pleading with God, all of a sudden a voice said very strongly, 'I don't know how to love you either. I don't know what it is to love.' It really shocked me and I sat up and stopped crying. I realized that even God can't reach me and love me, just as I felt that I couldn't reach God and love Him. It was so important for me to give God time. To love one person takes so much time. It is so easy just to run and run, and not even give time to your spiritual children, sitting down and talking with them and loving them. It takes so much time to develop a relationship of love. Time is one of the essential qualities in prayer. In prayer, we learn how to love God; then God can also learn how to love me, and develop a unique relationship."*

*"My own experience has been one of going through different levels of relating with our Heavenly Father. I come from a monastic tradition, where we chant the Psalms. The Psalms often plead for protection. They beg God to keep you under His wing and protect you from people who are trying to kill you. It is the very beginning of faith, faith in God's ability to carry you through the most difficult circumstances.*

*My Christian experience was one of thanksgiving or salvation, one of rejoicing. But still it was kind of selfish. We were thanking Father, but not really giving Father what He needed. Any experience of prayer now is more one in which we promise Father that we are going to liberate Him, we are really going to give ourselves to Him. Now we are turning the table.*

*We are more concerned with Father than we are with ourselves. These are the different qualities of prayer that I have experienced in my own life."*

*Prayer is indemnity. Therefore, when we pray deeply, we can pay much indemnity. Most of us don't like to pray. Is there anyone who likes to pray very much, more than eating?*

*"I feel sometimes like talking to God our Father, who has wanted perfect love. I feel very much a perfect love, and nothing can be better."*

*"I feel that prayer is food, that it is vitality. Sometimes I feel very cutoff from God, and I have also experienced His love in prayer. There is nothing to compare with this. In order to experience this, I will*

*refuse to eat or sleep, just to experience this give and take of love, to be able to feel it for God as well as people."*

If all of us felt like that, if we all liked to pray better than to eat or sleep, then the Kingdom of God would be very near at hand. But there were very few who said that they like to pray better than to eat. Therefore, the rest of us like to eat better than to pray, don't we? This is the problem. Therefore, prayer is just like food, spiritual food. Even if we are not physically fasting, we are spiritual fasters. This is the problem.

Then, why don't we like to pray so much? Because prayer is an indemnity condition. But when we can pray deeply, we can pay much indemnity. Therefore, we can be very close to God. Without prayer we cannot understand God. It is impossible to understand God through lectures. Without prayer, the contents of a lecture cannot be realized. The understanding of God through lectures is just an understanding through the head, not the heart. Who taught Jesus about God? But Jesus knew best of all, because he was sinless. The reason why we cannot understand God is because we are sinners.

Therefore, a sinner, without paying indemnity, cannot be one with God. Therefore, without prayer we cannot understand God. This is a most important point. Through prayer, first of all, we can understand the existence of God. If we pray deeply, we feel God within us. Not through understanding, but through feeling we can understand God. Then we feel, "God is with me! God is with me." Also, we can feel God's guidance. We feel God working through us.

Also, through prayer we can be one with God. Then we can understand God's truth. If we cannot understand the Divine Principle, sometimes it's better to pray than to read the Principle. If we pray deeply, then many inspirations come. We can find many truths, because God can teach us and give to us. For instance, usually I had no time to prepare lectures.

I even had no time at all to prepare this lecture. But in this case, I prayed, even for five minutes, "Heavenly Father, teach me and guide me; otherwise, I cannot give a lecture." In such cases, many new inspirations come. So I myself even am sometimes amazed, "Oh, I was speaking very wonderfully, many times more than if I had prepared." This means God is guiding and giving to me. Sometimes, when I was lecturing in Japan, I also had no time to prepare. So without reading the Principle book, I would give a lecture.

Then many inspirations came. Afterwards, I opened the book and saw the same contents, and sometimes even the same examples. I was amazed. "Oh, God exists," I said. Then in such case I am very happy.

Therefore, through prayer we can understand the truth. God can give us truth. I know you have many questions, but there is no time to answer them one by one. Just try asking God, "Heavenly Father, teach me, teach me." Usually in the early morning, midway between sleeping and being awake, according to my experience, many inspirations come.

Many answers come from above. Then I pray, "Yes, it makes sense. Heavenly Father, you are wise." Try. Then you can understand God. Sometimes through other persons the answer might come. Therefore, through prayer we can find truth.

Many times we are in confusion, trying to understand what to do. We have many problems, from the individual level, the family level, or from some other responsibility. We can't understand how to do. Someone has an individual problem. Someone has a problem because of his responsibility. If you are a state commander, and there are many problems to be solved, but so many that you cannot understand what to do, you feel, "I cannot understand." Then sometimes depression comes.

Just before coming to America, I was responsible for so many jobs. I was responsible for 1,500 One World Crusade members, and also 250 families. I myself was responsible for guiding 36 itinerant workers, who faced many problems. Also, I was responsible for the Tokyo region and had responsibility for one so-called state, with forty or fifty One World Crusade members. Every day, there was confusion. I was really depressed. I couldn't understand what to do. This time, one of the itinerant workers prayed deeply for me, because she knew I was in confusion. She prayed and cried very deeply for me. Then God appeared and said to me through her, "Why don't you ask me? I am God. Why are you in so much trouble without asking me?" I was ashamed.

If you have trouble or difficulties that you feel are impossible to solve, just think, who decided that you would not be able to solve this problem? Either Satan or yourself, but not God. God never says, "It is impossible." You decided by yourself that it's impossible. Do you think that God has no capability to solve your problems? God who created this world, God who guided human history, must have the ability to solve your problem.

Your problem is one in a trillion before God. Then why don't you believe that God can solve your problem? If you trust God, He has the ability to solve your problem. If you cannot understand what to do,

God can understand. It is only you that can't. Therefore, if you only ask God, He can guide you and teach you. God has the ability to solve your problem, if only you have faith.

Usually we can believe in God. Is there anyone here who doesn't believe in God? If you didn't believe in God you would not be here. As long as you are here, you must believe in God. And also, mam of you can understand the guidance of God. Have you experienced the guidance of God? [Yes.] But just think, when Jesus walked on the water, his disciples were amazed and thought it might be a ghost. They were afraid. Jesus said, "Don't be afraid. This is I.

Don't be afraid." Then Peter, who was a very temperamental man, said, "If it is true, let me walk on the water." And Jesus said, "Come." And Peter started to walk on the water. But when the wind came, he was afraid, and he sank, crying, "Oh, help me, help me." What did Jesus say? "What little faith you have!"

When Jesus was walking among a crowd, a woman who had been suffering from bleeding came to him and thought, "If only I could touch even the hem of his coat, I could be cured." She thought, and touched it. And Jesus said, "Someone must have touched me." The disciples said, "No, no." But Jesus said, "My force went away." The disciples couldn't understand; they were always spaced out. But at that very moment the lady was cured. And what did Jesus say? "Your faith has saved you. Your faith has saved you."

Have you faith? [Yes.] Have you enough faith? [Yes.] If you have faith, then there is nothing which cannot be solved. You may have many problems: "Oh, I don't like him; I cannot love him." Or, "I have a strange character; therefore, no one likes me. But I cannot talk about it to anyone." You may have trouble because of strange character or defect or custom which you yourself cannot conquer.

You may be always depressed by many, many things. Or maybe some leader cannot love the brothers and sisters; he cannot win a big victory and is always in trouble and cannot understand what to do. In such cases, you can win, if only you can have this kind of faith, if you can believe in God.

But sometimes we don't believe in God's capability. We must have faith in this point: "God can do; God can do; God can do. If I cannot do it, it is okay, but God can do it." This is our faith. We must believe not only in God, or in the simple guidance of God, but also in the capability of God. This is usually very difficult. In reality, this kind of faith is very, very difficult.

Usually we limit God's capability with our faithlessness. We say, "I tried but I could not; therefore, I cannot." If you think this way, then you cannot do anything besides eating and sleeping. If we don't have faith, there is some possibility to act, but when we have faith, we can do anything.

I will give you a small testimony: When we have not prayed enough, we feel confusion. Then usually in such a case, we set a special prayer condition, for maybe one week. We ask God, "Heavenly Father, please show me what is wrong. What is wrong?" Then on the seventh day or the day after, the answer usually comes. Then many, many defects can be closed up and many things become clear. Heavenly Father will show us. This is the first week.

In the second week, pray for the best way to solve this problem, whether it is an individual problem or a problem because of your responsibility. Ask God, "Show me how to do this." Therefore, your prayer should be very serious and honest. Then after another week, usually the inspiration comes, in the form of new ideas or solutions.

Then you say, "Oh, Heavenly Father, wait a minute, I must take notes!" Heavenly Father is very speedy, just like a machine gun. If your prayer is big, then the answer is very clear. If your prayer is only symbolic, then the answer will be only symbolic.

During the third week pray, "Give me the spiritual force to realize this goal." Then usually within three weeks, any problem can be solved. Therefore, if you have some troubles or difficulties, try this. Then you will be filled with spirit; you will be given new ideas from above. You can understand the reason why you have been depressed. Everything is okay when you are here in Barrytown, because of the lectures and talks. You are much exalted.

Therefore, there are no problems here now. But the problems come out afterwards. I know this very well. That's why I am saying this. Therefore, don't forget my small testimony; Heavenly Father said, "I am God, why don't you ask me?" Therefore, if you feel difficulties, consult God first.

Heavenly Father is your father. He knows all solutions. Therefore, believe God; attract God. Then He can help you. Ignorance is derived from sin. Therefore, through prayer ignorance will be solved. As I said before, through prayer we can understand God. We can understand what to do. At the same time we can understand sin. Without prayer we cannot understand how sinful we are. Without prayer we cannot understand what little prayer we offer. When we pray deeply, we can understand what little prayer we

offer, what little faith we have, what little truth. We have, and what impure people we are.

When we find we are impure, we can be repentant of our sins, with tears. Therefore, one of the best prayers is to ask God for repentance. Pray, "Let me be repentant of sin, and please let me understand how sinful I am."

When we pray deeply in this way, we can feel, "What a sinful person I am; what an impure person I am!" When we can understand the depths of sin, we can be deeply repentant of sin, even original sin.

In such a depth of prayer, sometimes we can feel, "I am Adam who committed sin." "I am Eve who committed sin 6,000 years ago." Sometimes we feel, "I am Lucifer who committed sin 6,000 years ago." If you can feel this kind of deep, deep sin, then you can be repentant of original sin.

Usually we can be repentant of our individual sin, but it is very difficult to be repentant of original sin. But if you can have that experience of being repentant of original sin with tears, then Heavenly Father will come very close to you. Repentance means to subjugate Cain in ourselves. When the Messiah comes, we can have a heartistic experience of rebirth.

Then we can feel God's heart -- His joy, hope, purity, and desire. Therefore, through prayer we can understand sin and how sinful we are.

If you can't love your brothers and sisters, pray, because love comes from God, not from yourself. Therefore, if you can't love someone, just pray for him or her.

If you cannot pray for him or her, just ask God, "Please give me love, so I will be able to love him or her." If you cannot pray like that, at least pray, "Let me pray." Yes, this is a very important prayer, "Let me pray." Just pray for your brothers and sisters. It is far better than to try to love them by yourself.

Pray for the ones you cannot love. This is very difficult and offers much challenge. But if you can break through this barrier, you have started to love. Then Heavenly Father will give you a good chance to talk with him or her and many barriers will be solved.

Then we can love each other as brothers or sisters. Therefore, through prayer we can find God within us. We can find out that we can love each other.

Without prayer we cannot understand God. Without prayer we cannot understand truth.

Without prayer, we cannot be repentant of sin. Without prayer we cannot love each other. Therefore, prayer is the key to the life of faith.

Throughout human history no one prayed to God with true meaning. Therefore, Heavenly Father is waiting for your prayer. Prayer is an offering. An offering must be pure, otherwise Heavenly Father cannot take it.

Would you like to offer like Cain did or like Abraham did? An offering must be pure. Therefore, an egoistic prayer cannot be taken by God. If you pray an egoistic prayer, Satan can come instead of God. In such cases, the more one prays, the stranger he will become. Therefore, if you are spiritually disturbed, don't pray.

In time of prayer there may be big barriers. Do you feel big barriers in prayer? Why? We are praying here, in the physical world. The spiritual world, between us and God, is divided into two, first Cain and then Abel. Therefore, if we want to have contact with God, or at least with the good spiritual world, we must first of all break through this evil spiritual world.

That's why there are many big barriers in prayer. Therefore, when we can break through these barriers then the next moment we feel God. We can feel the help of the spiritual world, or of God. Therefore, we must meet with Satan first, before we can meet with God. Therefore, if we try to pray but find it difficult and quit, then we can have no relationship with God. Therefore, we must break through the barriers of prayer. Otherwise, we cannot have good prayer. But once it is broken through, we feel very close to God. "Oh, Heavenly Father, how are you?" It's very true.

So first, we must subjugate Satan. When we subjugate Satan we can meet with God. Therefore, just behind Satan is God. So if you want to meet God, first you must meet Satan. When we fight against Satan, he comes strongly. Then the moment when we are about to give up, Satan is about to give up. But if you retreat just before the breakthrough, Satan wins. If you persevere with 100 percent effort or just beyond 100 percent, then the next moment Satan disappears and God appears.

If you have this kind of experience, keep it, because this kind of experience is very precious. Once the

barrier is broken through, this prayer is very nice. One hour or two hours or three hours, still we like to pray far better than to eat, because talking with Heavenly Father is very nice. Sometimes you can sing, talk, laugh, tremble. If someone is looking on from the outside, it seems very crazy, but it's okay inside.

### **Answers to questions on prayer**

Repentance is our first offering before God, because we have nothing to be proud of before God. Therefore, the only thing we can offer before God is repentance, or realization that we are nothing. Pure repentance is the first offering by which we can please God.

But this is just the start. We are here in the Unification Church to serve mankind. Therefore, we must start to pray for others. The best method to study how to pray for others is to start to pray for brothers and sisters who are living with you, on your team, in your center. Have you prayed for your brothers and sisters for more than one week? It's wonderful to begin to pray for special brothers or sisters for one week. Then you can start to love.

If you can't love, just try this. If you can love one person, one special person whom you couldn't love before, then you can love others. So try to pray for other brothers and sisters. Then you are qualified to pray for the country and for the whole world. Therefore, prayer also must grow, first for individuals, next for brothers and sisters, and then for providence of God, for instance the Madison Square Garden campaign, or for America, or for the world. Sometimes we pray for the world from the beginning; that's okay. But without the real feeling of victory in prayer, our prayer cannot be steadfast. In order to pray deep prayers for the world and for the country, we must have victory in prayer.

If you feel some confusion in prayer, decide the direction of your prayer on the basis of the Divine Principle. For instance, the Madison Square Garden campaign, or some internal problem. Just concentrate on one point. If many many influences come from the spiritual world, don't mind them.

Prayer is an offering. Therefore, when we offer something, God will be pleased with it, but at the same time Satan will try to take it, because it is an offering -- just like the offering of Abraham. Therefore, if we make a condition for Satan to invade, our prayer will be taken by Satan. Therefore, in such cases, or at the beginning of the prayer, pray a prayer of repentance.

If you don't know what to repent of, pray with humility. When we are very humble, Satan cannot invade, because Satan's nature is arrogant. Therefore, to be humble is the best method to oppose Satanic invasion. So pray, "Heavenly Father, please show me what is wrong, why my prayer is disturbed." When in prayer we are very humble, Satan cannot come, but God can help you. In some cases we cannot understand even when we are deviated. In such cases, Satan takes it away. Therefore, in such cases we need deep and humble prayer.