

Spirituality

*Lord, grant me the ears to hear so that i may be able to
hear what you tell me every day. Amen.*

The Inner Voice

JUNE 2, 2017

"He would gladly have filled himself with the pods that the pigs were eating; and no one gave him anything. But when he came to himself he said, "How many of my father's hired hands have bread enough and to spare, but here I am dying of hunger!"

Luke 15:16, 17

We hear the inner voice of the prodigal son. He heard the inner voice when he hit the rock bottom of his life. "But when he came to himself he said (to himself)" – That is the inner voice. When he heard the inner voice, he was able to turn around. Often change does not happen simply by our effort; change happens when we hear the inner voice.

The inner voice is not necessarily dark and negative. The inner voice does not oppress you by making you feel guilty. The inner voice can be quite uplifting. Through the inner voice, the prodigal son was able to understand that there was a world much bigger than the world he was living in at the moment. Through the inner voice, he recognized that he was the son of the father who had bread enough to spare when he had nothing to eat.

When you hear the inner voice, you can see a bigger world than the world you are in. When you hear the inner voice, you will deeply appreciate that you are a precious child of God.

Lord, speak to the centre of my heart. Help me hear the inner voice that opens my eyes to see what I ought to see. Amen.

Longing of my Soul

JUNE 12, 2017

"As a deer longs for flowing streams, so my soul longs for you, O God."

Psalm 42:1

There has to be longing or thirst in life. Life without longing is tasteless and meaningless. As we lose the longing for life, we lose the true joy of life.

But we cannot create the longing for life on our own. As we long for the living God, all other desires for life are created. In this longing, we find the treasure of life.

The longing of my soul is cultivated within me.

Lord, as I long for you, come and quench my thirst. Amen.

Cry Out

JULY 4, 2017

"Call (Cry out) to me and I will answer you, and will tell you great and hidden things that you have not known."

Jeremiah 33:3

“Crying Out” is how we should live our life. Crying out is courage. Crying out is our resistance. It is the resistance to the thought that keeping the status quo is the best strategy of life.

Great and hidden things of life can be found only when we cry out.

Ask, and it will be given to you; search, and you will find; knock, and the door will be opened for you.

This actually means, “ask and keep on asking, search and keep on searching, knock and keep on knocking.”

Lord, help me live my life crying out and knocking at the door. Show me great and hidden things to me. Amen.

Voice of the Heart

JULY 12, 2017

"He who planted the ear, does he not hear?

He who formed the eye, does he not see?"

Psalm 94:9

Prayer is a voice from the depths of the heart...

— Karl Rahner

It is a great comfort to know that God hears our voice. God hears the voice that comes from the depth of our hearts. God's language is neither Korean nor English. The language God can understand is the language of the heart. The voice that comes from the depth of our hearts is our prayer. God listens to our prayer.

Let us speak to God from the depth of our hearts. As we do that every day, we can begin to find who we really are.

God wants our heart.

Lord, please listen to the voice that comes from the depth of my heart. Sometimes even I cannot hear it. Help me to listen to what is in my heart and let me say that to you every day. Amen.

What is Prayer

JULY 14, 2017

"But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well."

Matthew 6:33

When we pray, we don't ask God for anything. We ask God for God.

— Martin Buber

Prayer is not about asking God for something; it is simply being one with God. The only thing we need is God.

To think God's thoughts, seek God's will, and to understand God's heart – that is PRAYER.

Prayer is to invite God deep into our hearts. Then our life will find its way.

Lord, come into my heart and take control of my life. Amen.

Confidence

JULY 17, 2017

"Jesus said to him, '...All things can be done for the one who believes.'"

Mark 9:23

WHEN WE HAVE A DISTINCT GOAL WE ARE EAGER TO
ACHIEVE, NO ROAD IS TOO LONG OR IMPOSSIBLE.

— Yuval Abramovitz

We should live with confidence. My greatest enemy is myself. My lack of confidence prevents me from doing many things that I want to do. I come up with reasons to explain why I cannot do what I want to do but often they are not reasons but excuses.

To go forward in life, we need two things: a clear goal and confidence.
To those who believe, God will give confidence.

*Lord, give me confidence. Allow me to believe that I can do all things if
you are with me. Amen.*

Greed

JULY 21, 2017

"Then someone came to him and said, 'Teacher, what good deed must I do to have eternal life?' And he said to him, 'Why do you ask me about what is good? There is only one who is good. If you wish to enter into life, keep the commandments.' He said to him, 'Which ones?' And Jesus said, 'You shall not murder; You shall not commit adultery; You shall not steal; You shall not bear false witness; Honour your father and mother; also, You shall love your neighbour as yourself.' The young man said to him, 'I have kept all these; what do I still lack?' Jesus said to him, 'If you wish to be perfect, go, sell your possessions, and give the money to the poor, and you will have treasure in heaven; then come, follow me.' When the young man heard this word, he went away grieving, for he had many possessions. Then Jesus said to his disciples, 'Truly I tell you, it will be hard for a rich person to enter the kingdom of heaven. Again I tell you, it is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God.' When the disciples heard this, they were greatly astounded and said, 'Then who can be saved?' But Jesus looked at them and said, 'For mortals it is impossible, but for God all things are possible.'"

Matthew 19:16-26

The wisdom of life consists in the elimination of non-essentials.

— Lin Yutang

He did not even know that he had greed within him. We often do not know that we have greed within us. We do not see our greed as greed. Only when we see ourselves not being able to share what we have with those who are less fortunate than us, then can we see how bound we are by our greed. Only then can we see that we cannot win over our greed.

‘For mortals it is impossible, but for God all things are possible.’

When greed loses its gripping power within us with the help of God, then the Kingdom of God (true happiness) can settle within us.

Lord, I have achieved many things in life with my power but help me understand that the kingdom of heaven can be opened to me only when I surrender myself completely to you. Amen.

Like a Little Child

JULY 29, 2017

"Truly I tell you, unless you change and become like children, you will never enter the kingdom of heaven."

Matthew 18:3

Our spirituality is to become like a child. Children have no pretension; they are simply as they are. Jesus saw the beauty in the children. Children have no power; they have no power to protect themselves. But Jesus saw in the children the powerful spirituality that allows us to enter the kingdom of heaven.

I think Jesus saw in a child the heart that simply surrenders oneself to God. We cannot enter the kingdom of heaven with our own power. Like children, when we surrender ourselves to God, the kingdom of heaven opens up to us.

Lord, I have achieved many things in life with my power but help me understand that the kingdom of heaven can be opened to me only when I surrender myself completely to you. Amen.

New Life

AUGUST 1, 2017

"And no one puts new wine into old wineskins; otherwise, the wine will burst the skins, and the wine is lost, and so are the skins; but one puts new wine into fresh wineskins."

Mark 2:22

Today is the first day of a new month. Let us start a new life. New life begins by renewing our heart. Our life follows our heart. Everything begins from our heart. When our heart is renewed, our life takes a new journey. No matter how good the wine may be, if our heart is like old wineskin, then the good wine will be wasted.

God always opens up a new life for us. But since our heart is not ready, we do not see the new life God gives us and we repeat the same old pattern. If we have a new attitude, our life will change.

In Christ, we have already become a new creation. By renewing our minds and hearts, let us enjoy the new life God gave to us.

Lord, renew my heart. Amen.

Return to Me

AUGUST 4, 2017

"I have swept away your transgressions like a cloud,
and your sins like mist;
return to me, for I have redeemed you."

Isaiah 44:22

It is good news that we can return to God. We can return to God only because God told us, "Return to me." We cannot return to God by our decision alone. We can return to God only with God's invitation.

Many of our problems are not able to be resolved because we do not return to God. When we return to God, God will cleanse us from our sins, deliver us from our darkness and give us the freedom and the courage.

Lord, I now return to you. Please accept me and purify me. Amen.

Being Alone With God

AUGUST 5, 2017

"I will not leave you orphaned; I am coming to you."

John 14:18

I live in that solitude which is painful in youth, but delicious in the years of maturity.

— Albert Einstein

Sometimes we feel like orphans in our loneliness. Loneliness can overwhelm us. This is not because there is no one around us; it is usually because we do not feel connectedness.

The sense of connectedness can be found when we are alone not when we are with others. When we are alone, God comes to us and turns our loneliness into a time of being alone with God. Being alone with God gives us spiritual connectedness.

Let us not be scared of being lonely. Our loneliness will soon turn into being alone with God..

Lord, even though you want to be alone with me, I have been so busy doing my own things. Here I am; I desire to be alone with you. Amen.

Being Proud And Wise

AUGUST 21, 2017

"By insolence the heedless make strife,
but wisdom is with those who take advice."

Proverbs 13:10

When proud and conceited people are gathered, there's always fighting. This is because they don't listen to each other. They are too busy insisting their ways and convincing others that only their opinions are right.

When wise people are gathered, there is deep insight because they listen to each other's advice and encourage one another.

When we are able to listen more rather than talk, then we can discover life's wisdom.

Lord, help me to humbly listen to advices. Amen.

Virtue of Humility

AUGUST 28, 2017

"I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace."

Ephesians 4:1-3

Unity cannot be achieved without our efforts. Today's Scripture says to make every effort to maintain the unity of the Spirit. Even though the unity is a gift of the Spirit, we have to do our part to maintain the unity.

Let us examine ourselves. There are important spiritual qualities to maintain the unity of the Spirit.

Humility produces gentleness. Gentleness produces perseverance. Persevering means that we wait patiently to accept the others. The whole thing begins with humility, and so, in the absence of humility, there is no unity, only division.

Lord, help me to have a humble heart. Make me an instrument of peace. Amen.

Words That Open Up the Future

SEPTEMBER 7, 2017

"Words spoken by the wise bring them favour, but the lips of fools consume them. The words of their mouths begin in foolishness, and their talk ends in wicked madness; yet fools talk on and on. No one knows what is to happen, and who can tell anyone what the future holds?"

Eccelesiastes 10:12-14

The more words, the less wisdom.

It is foolishness to speak freely and spontaneously without knowing what the future holds or what kind of future one's words may create.

We wish that our words become precious words that open up a beautiful future. We don't need many words. We just need few words that are meaningful and helpful in paving somebody's beautiful future.

Those words were the words of the prophets.

Lord, I hear every day the abuse and the violence of words in the world I live. I pray that my words become the words that are helpful in opening up somebody's beautiful future. Amen.

Wisdom Like Stars

SEPTEMBER 12, 2017

"Those who are wise shall shine like the brightness of the sky, and those who lead many to righteousness, like the stars for ever and ever."

Daniel 12:3

The darker the night, the brighter the stars,

The deeper the grief, the closer is God!

— Fyodor Dostoyevsky

Wisdom is like the light. Like the stars that shine at night. Wisdom leads many people to the righteous path. Knowledge is what you possess, but wisdom is what you use to help others. Let us pray that all the good knowledge we have discovered may be used as wisdom for the humanity.

When there is wisdom, many people will be able to find the light for their lives.

Lord, help me to know your wisdom, and may that wisdom be like the stars that shine light in people's darkness. Amen.

Understanding

SEPTEMBER 15, 2017

"Many shall be purified, cleansed, and refined, but the wicked shall continue to act wickedly. None of the wicked shall understand, but those who are wise shall understand."

Daniel 12:10

Those who understand only what can be explained understand very little.

— Marie von Ebner-Eschenbach

To truly understand isn't about knowing the concept. Knowing the concept is only the first and the basic stage of understanding. If we say that we truly understand when we only know the concept, we are naïve like children.

To understand means to be awakened. When there is true understanding, we become awakened. Only when we are awake, then we can experience the reality that is beyond the concept. That is wisdom.

That wisdom will make us clean and pure.

Lord, help me to acknowledge my ignorance with humility and give me the wisdom of your words that change me. Amen.

Jesus' Life Principle

SEPTEMBER 18, 2017

"For you know the generous act of our Lord Jesus Christ, that though he was rich, yet for your sakes he became poor, so that by his poverty you might become rich."

2 Corinthians 8:9

This was the life of Jesus that Apostle Paul saw. Although he was rich he became poor for our sake, so that by his poverty we might become rich.

This does not apply only to wealth. This applies to every aspect of our lives. It is the same as when the wise humbles oneself to acknowledge others' wisdom and enrich their wisdom further. Similar to when the powerful lets go of his/her power for the sake of empowering the weak.

These were the life principles of Jesus. This is the kind of leadership this world desperately needs. If we lose these principles of Jesus, then this world will fall into chaos. We will succumb to the evil.

Lord, may your teachings be the principles that guide my life. Amen.

Death

SEPTEMBER 19, 2017

"...always carrying in the body the death of Jesus, so that the life of Jesus may also be made visible in our bodies."

2 Corinthians 4:10

Death is very likely the single best invention of Life. It is Life's change agent.

— Steve Jobs

Death is not very far away from us. It is in fact very near to us. But we want to keep death as far away as possible from us. We think that death will not have any power over us if we can keep it far away from us. Unfortunately, we may live forgetting about the power of death, but it will never really disappear.

St. Paul said he carried in his body the death of Jesus. He didn't keep death far away but carried it always in his body.

When we keep death nearby, we can look at life differently. We will be able to see what is really important in life. We will be able to appreciate the preciousness of life and we will never take life for granted.

Lord, may your life overflow within me. Amen.

Time to Pray

SEPTEMBER 21, 2017

"As my life was ebbing away,

I remembered the Lord;

and my prayer came to you,

into your holy temple."

Jonah 2:7

Sitting in the presence of God for one hour each morning – day after day, week after week and month after month, in total confusion and with a myriad of distractions – radically changes my life.

— Henri Nouwen

A time to pray is not when we are feeling holy. A time to pray is when we are feeling tired. It's when we feel uneasy, unsettled, and when everything feels uncertain. A time when all our thoughts are scattered. That's the time to pray.

When we are in a very difficult time, that is when God works.

Lord, help me to make our darkest hours a time of prayer. Amen.

Live by the Principles of Life

SEPTEMBER 26, 2017

"Happy are those who do not follow the advice of the wicked, or take the path that sinners tread, or sit in the seat of scoffers; but their delight is in the law of the Lord, and on his law they meditate day and night."

Psalm 1:1-2

A blessed life is living by one's wits. A blessed life is living by the principles. It is important to have the principles of life. In order to do that, we need to ask ourselves these questions. What does God want from our life? How can we help those around us? What do we truly value in life?

We can find these answers in God's words. Let us learn the principles of life by meditating on the words of God. That is the path to a blessed life.

Lord, help me to live by the principles even in life's difficult circumstances. Amen.

Struggle

OCTOBER 6, 2017

"I consider that the sufferings of this present time are not worth comparing with the glory about to be revealed to us. For the creation waits with eager longing for the revealing of the children of God; for the creation was subjected to futility, not of its own will but by the will of the one who subjected it, in hope that the creation itself will be set free from its bondage to decay and will obtain the freedom of the glory of the children of God. We know that the whole creation has been groaning in labour pains until now."

Romans 8:18-22

A hard struggle is required. It is the struggle to allow God's Spirit to work in us and recreate us.

— Henri Nouwen

We all struggle in life. We struggle because we are hurt and in pain, because we are lonely and because we are fully aware of our shortcomings. We are sometimes tempted to avoid these struggles to live an easy life. But these struggles are beautiful. We are able to grow through these struggles because the Holy Spirit is working within us.

“Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words.” (Romans 8:26)

Lord, help me to understand that the Holy Spirit is working within me during times of struggles. Amen.

Christ in Me

OCTOBER 22, 2017

"On that day you will know that I am in my Father, and you in me, and I in you."

John 14:20

I went around the streets and squares of the city of this world seeking thee, and I found thee not, because in vain I sought without for him who was within myself.

— St. Augustine

God is within me. If I look in my heart, I will find God there. Prayer is meeting God who is in my heart. When I meet God who is within me, God will transform me.

Lord, help me to meet God who is within me. Amen

Power of Prayer

OCTOBER 27, 2017

"In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed."

Mark 1:35

Jesus began his life with a prayer and he gained strength from his prayers. It is through prayer that we gain the strength to live our daily lives. As we have a quiet time with God in the stillness of our every morning, the fog that surrounds us will be cleared away and our eyes will be able to see the things that need to be seen.

Today, in the stillness, let us hear God's voice and see what God wants us to see.

Lord, in the stillness, help me to hear your voice. Amen

Prayer is Listening

OCTOBER 22, 2017

"The gatekeeper opens the gate for him, and the sheep hear his voice. He calls his own sheep by name and leads them out."

John 10:3

The value of persistent prayer is not that he will hear us...but that we will finally hear him.

— William McGill

In prayer, it is more important to listen than to talk. We pray not to tell God what we need but to hear God's voice. God already knows what we need before we even ask.

Lord, I pray that your voice may not be masked by my voice. But in the stillness, help me to hear your voice. Amen

Listen to the Word

OCTOBER 24, 2017

"But be doers of the word, and not merely hearers who deceive themselves."

James 1:22

When we don't listen to the word, it ends with just that, listening. But if we listen to the word, then the word will bring about understanding and that understanding will move us into action.

Putting the word into action doesn't come from my will. It is the power of the word when I listen carefully to the word. Let us listen to the word and reflect on it until understanding comes, and live a life that is guided by the word that comes to me.

Lord, I pray the same prayer as yesterday. I pray that your voice may not be masked by my voice. But in the stillness, help me to hear your voice. Amen

Faith and Endurance

OCTOBER 28, 2017

"My brothers and sisters, whenever you face trials of any kind, consider it nothing but joy, because you know that the testing of your faith produces endurance; and let endurance have its full effect, so that you may be mature and complete, lacking in nothing."

James 1:2-4

Maturity comes from endurance. And endurance is like a muscle that is built within us when we persevere through trials with faith. Small muscles are built when we overcome small trials with faith and big muscles are built when we overcome big trials. Just as strong muscles make strong bodies, when these spiritual muscles are built, we will be made whole and lack nothing.

Lord, grant me faith to overcome difficult trials that may come my way.
Amen

Flow of Life

OCTOBER 30, 2017

"Happy are those who do not follow the advice of the wicked, or take the path that sinners tread, or sit in the seat of scoffers; but their delight is in the law of the Lord, and on his law they meditate day and night."

Psalm 1:1-2

In life, there are two flows; the flow of the world and the flow of God.

The path that we need to follow is the flow of God. When we follow God's flow, we come to life. We know the path of the world, but we don't know where the way of God will lead us. Just like the wind, we can hear the sound but we don't know where it came from and where it will go. Today, let us not follow the advice of the wicked, or take the path of the sinners or sit in the seat of the scoffers. But let us meditate on God. We will be able to see the path we need to take.

Lord, may I walk with you today. Help me to meditate on you and find the path we need to take. Amen

Meditate Daily on God's Grace

NOVEMBER 15, 2017

‘I tell you, my friends, do not fear those who kill the body, and after that can do nothing more. But I will warn you whom to fear: fear him who, after he has killed, has authority to cast into hell. Yes, I tell you, fear him!

Luke 12:4-5

It is important in life to know whom we should fear. Death is not the end. The thinking that everything will be finished with death comes from the ignorance about the one who has what is much bigger than death.

The God who has what is much bigger than death, loves us and won't leave us in the dark. God will come looking for us saying, “you are my daughter, my son”. And God reminds us that he will never leave or forsake us.

Thank you Lord for not leaving me. Help me to meditate daily on your grace. Amen

Three Pillars of Life

NOVEMBER 19, 2017

"Listen! I am standing at the door, knocking; if you hear my voice and open the door, I will come in to you and eat with you, and you with me."

Revelation 3:20

We can see three pillars of life in today's scripture. First is listening. We need to hear what needs to be heard. Jesus said those who have ears to hear, let them hear. The next is opening the door. It is to open the door of our hearts. Once we hear the voice, we need to open the door.

Thirdly, it is fellowship with Jesus. It is a life of always being conscious of Jesus and walking with him.

Lord who is knocking at the door of my heart, help me to open up my heart and spend time with you. Amen

Knowing God's Will

NOVEMBER 22, 2017

For this reason, since the day we heard it, we have not ceased praying for you and asking that you may be filled with the knowledge of God's will in all spiritual wisdom and understanding...

Colossians 1:9

God, grant me the serenity to accept the things I cannot change,

Courage to change the things I can,

And wisdom to know the difference.

— Reinhold Niebuhr

It is not easy knowing God's will. Sometimes we see people take their thoughts as God's will. It's frightening when that happens. When a person believes that their thoughts are the will of God, then their thoughts become anointed with the absolute power of God's will.

We need to always pray and pray for humility. Pray for spiritual maturity. Pray for wisdom to discern between our thoughts and the will of God.

Lord, show me your will. Fill me with your wisdom and knowledge so that I may be able to discern your will. Amen

Enduring Everything With Joy

NOVEMBER 23, 2017

"May you be made strong with all the strength that comes from his glorious power, and may you be prepared to endure everything with patience, while joyfully giving thanks to the Father, who has enabled you to share in the inheritance of the saints in the light."

Colossians 1:11-12

In life, the most important things are endurance and patience. If we have these two qualities, then we can overcome any challenges. We have accomplished a great feat if with joy we are able to endure everything with patience. Being able to do that shows real ability.

In life, there is nothing more powerful than joy. Joy is the energy that breathes vitality into our lives. When joy comes alive, our lives come alive.

Lord, guide us so that we may be joyful always. We realize that joy is the strength that only you can give. Amen

Mystery of Life

NOVEMBER 28, 2017

"...the mystery that has been hidden throughout the ages and generations but has now been revealed to his saints. To them God chose to make known how great among the Gentiles are the riches of the glory of this mystery, which is Christ in you, the hope of glory. It is he whom we proclaim, warning everyone and teaching everyone in all wisdom, so that we may present everyone mature in Christ. For this I toil and struggle with all the energy that he powerfully inspires within me."

Colossians 1:26-29

"What is the mystery of life? Einstein discovered the mystery of the universe that we didn't know before. St. Paul said that he discovered the mystery of life and he said that it was Christ in us. For St. Paul, knowing Christ was knowing the mystery of life."

God sent Jesus Christ to reveal to us the mystery of life. Jesus' life and his teachings reveal the mystery of life.

When we truly understand Jesus, we will realize that we are not standing alone in alienation but we are connected in Jesus Christ to the eternity.

Lord, thank you for revealing to me that I am not alone. Thank you for being with me and abiding in me. Amen

Meditate on Jesus

NOVEMBER 29, 2017

"For I want you to know how much I am struggling for you, and for those in Laodicea, and for all who have not seen me face to face. I want their hearts to be encouraged and united in love, so that they may have all the riches of assured understanding and have the knowledge of God's mystery, that is, Christ himself, in whom are hidden all the treasures of wisdom and knowledge."

Colossians 2:1-3

In life, we need wisdom and knowledge. We encounter so many problems in life. We experience problems in our relationships. Often, we experience failures and we don't know what to do. We encounter problems in raising our children. We experience frustration in our work.

St. Paul understood that hidden in Jesus Christ, who is God's mystery, were all the treasures of wisdom and knowledge.

Let us meditate on Jesus. Let us meditate on his life and his teachings.

Lord, help me to meditate on you every day. Amen

Death and Life

DECEMBER 3, 2017

"...for you have died, and your life is hidden with Christ in God. When Christ who is your life is revealed, then you also will be revealed with him in glory."

Colossians 3:3-4

When St. Paul said, we have died, he didn't mean a physical death. He meant that something in the past of our lives had come to an end.

Having a new life means that now something new has begun.

One thing has to come to an end for another to begin. There are things within us that bind us: anger, hatred, jealousy, greed, selfishness, laziness, and undesirable habits and so on. Let us put an end to these things. Let us make room within us so that the new life may come alive with new vitality.

Lord, I empty myself. May the new life come alive within me. Amen

The Word of Christ

DECEMBER 6, 2017

"Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him."

Colossians 3:16-17

When the word of Christ dwells in us richly, then we will have wisdom, our hearts will sing psalms, and we will have thankful hearts. Wisdom, singing, and thankful heart are not products of our effort. It's spiritual state when the word of Christ richly dwells in us.

Lord, help me to meditate on your words day and night. May your words dwell in me richly. Amen

What Comes From the Heart

DECEMBER 14, 2017

...there is nothing outside a person that by going in can defile, but the things that come out are what defile.

Mark 7:15-16

We are very careful about what we eat. We make sure that we don't eat food that is bad for our body. It is important because food directly affects our health.

But we should be careful more about what we think than what we eat.

The illness of the body comes from the illness of the mind. Dark thoughts, negative thoughts, and unhealthy thoughts cause harm not only to our minds but to our bodies.

Lord, heal my thoughts. Help me always think about your beautiful words. Amen

Short Life

JANUARY 6, 2018

"For a thousand years in your sight are like yesterday when it is past, or like a watch in the night. You sweep them away; they are like a dream, like grass that is renewed in the morning; in the morning it flourishes and is renewed; in the evening it fades and withers... The days of our life are seventy years, or perhaps eighty, if we are strong; even then their span is only toil and trouble; they are soon gone, and we fly away. Who considers the power of your anger? Your wrath is as great as the fear that is due to you. So teach us to count our days that we may gain a wise heart."

Psalms 90:4-6, 10-12

Memory Verse: "Teach us to count our days that we may gain a wise heart." (Psalms 90:12)

It is a prayer of Moses. At the end of his life, he looked back his path and wrote this prayer. He confessed that life was short. Time flies. Yes, life is short. If we are not awake, it will pass us by like a stranger on the street.

Let us be awake! Let us count our days and ask for God's wisdom.

Lord, give me Your wisdom to live my short days with fullness. Amen.

Everything Comes Alive With God

FEBRUARY 5, 2018

"Let anyone with ears listen! But to what will I compare this generation? It is like children sitting in the marketplaces and calling to one another, 'We played the flute for you, and you did not dance; we wailed and you did not mourn.'"

Matthew 11:15-17

Memory Verse: "Let anyone with ears listen!" (Matthew 11:15)

It is sad to see people's hearts get hardened. When our hearts are hardened, we can neither rejoice with those who rejoice and weep with those who weep. Genuine spirituality is not to dull our senses. When we are deeply connected with God spiritually, everything comes alive. All our senses come alive. Our appetite comes alive. Our joy comes alive. Everything in life comes alive.

Lord, open my ears and open my heart. Amen.

Eyes that are Awakened

JANUARY 17, 2018

"Then they cried to the Lord in their trouble, and he saved them from their distress; he sent out his word and healed them, and delivered them from destruction. Let them thank the Lord for his steadfast love, for his wonderful works to humankind."

Psalm 107:19-21

Memory Verse: “Let them thank the Lord for his steadfast love, for his wonderful works to humankind.” (Psalm 107:21)

God is still doing his wonderful works among us. We just don't see them. Being spiritual means to have eyes that are awakened so that we may see God's wonderful works among us.

It is more important to have our eyes opened than having a vision. When our eyes are awakened and consequently if we can see what we ought to see, the vision will follow as a result.

Let us see what God is doing in our lives.

Lord, awaken me so that I may see your wonderful works in me. Amen.

Sacrifice God Is Pleased With

FEBRUARY 6, 2018

"At that time Jesus went through the cornfields on the sabbath; his disciples were hungry, and they began to pluck heads of grain and to eat. When the Pharisees saw it, they said to him, 'Look, your disciples are doing what is not lawful to do on the sabbath.' He said to them, 'Have you not read what David did when he and his companions were hungry? He entered the house of God and ate the bread of the Presence, which it was not lawful for him or his companions to eat, but only for the priests. Or have you not read in the law that on the sabbath the priests in the temple break the sabbath and yet are guiltless? I tell you, something greater than the temple is here. But if you had known what this means, "I desire mercy and not sacrifice", you would not have condemned the guiltless. For the Son of Man is lord of the sabbath."

Matthew 12:1-8

Memory Verse: "I desire mercy and not sacrifice" (Matthew 12:7)

God wants our heart. God does not want our ritual sacrifice. God wants merciful heart from us. Being merciful to others is the sacrifice that God is pleased with. Being merciful means to have compassion for others. When I feel the empathy for others' pain, I am actually presenting the best sacrifice God is pleased with.

Lord, help me to have compassion for others. Amen.

Mouth Speaks What's In Our Hearts

FEBRUARY 7, 2018

"Either make the tree good, and its fruit good; or make the tree bad, and its fruit bad; for the tree is known by its fruit. You brood of vipers! How can you speak good things, when you are evil? For out of the abundance of the heart the mouth speaks. The good person brings good things out of a good treasure, and the evil person brings evil things out of an evil treasure. I tell you, on the day of judgement you will have to give an account for every careless word you utter; for by your words you will be justified, and by your words you will be condemned."

Matthew 12:33-37

Memory Verse: “By your words you will be justified, and by your words you will be condemned” (Matthew 12:37)

Mouth and heart are connected. Our mouth speaks what's in our heart. If we have a judgemental attitude in our heart, judgmental things will come out of our mouth. But if we have humility in our heart, what we say will change.

Let us not just change what we say. Let us examine our heart by what we say.

Lord, help me to see what's in my heart. Amen.

The Righteous and Sinners

FEBRUARY 17, 2018

"Then Levi (a tax collector) gave a great banquet for him in his house; and there was a large crowd of tax-collectors and others sitting at the table with them. The Pharisees and their scribes were complaining to his disciples, saying, 'Why do you eat and drink with tax-collectors and sinners?' Jesus answered, 'Those who are well have no need of a physician, but those who are sick; I have come to call not the righteous but sinners to repentance.'".

Luke 5:29-32

Memory Verse: "I have come to call not the righteous but sinners to repentance." (Luke 9:23)

Who is the righteous? People who don't need repentance? Then God doesn't call the righteous. God calls sinners who come with a repentant heart. God does not call 99 who need no repentance but the one lost sheep who needs God's mercy.

Lord, forgive me for thinking that I am righteous. I come before you with a repentant heart. Forgive my sins. Amen.

Merciful Heart

MATTHEW 5:43-48

"You have heard that it was said, "You shall love your neighbour and hate your enemy." But I say to you, Love your enemies and pray for those who persecute you, so that you may be children of your Father in heaven; for he makes his sun rise on the evil and on the good, and sends rain on the righteous and on the unrighteous. For if you love those who love you, what reward do you have? Do not even the tax-collectors do the same? And if you greet only your brothers and sisters, what more are you doing than others? Do not even the Gentiles do the same? Be perfect, therefore, as your heavenly Father is perfect."

Mark 8:31-33

Memory Verse: "Be perfect, therefore, as your heavenly Father is perfect." (Matthew 5:48)

Love is not our reaction to how people treat us. It is not people who control our love. It is not people who give us the desire to love. It is God who gives us love and with the love, we love others. As we experience God's love, the mercy will fill our heart and the merciful heart does not discriminate.

Lord, fill me with your mercy so that I become merciful. Amen.

With God's Heart

FEBRUARY 25, 2018

. "Then he began to teach them that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. He said all this quite openly.

And Peter took him aside and began to rebuke him. But turning and looking at his disciples, he rebuked Peter and said, 'Get behind me, Satan! For you are setting your mind not on divine things but on human things.'

Mark 8:31-33

Memory Verse: "You are setting your mind not on divine things but on human things.'" (Mark 8:33)

We often set our mind on human things. We like to interpret things for our own benefits. We even practice spirituality in our own terms. When we set our mind on divine things, we will be able to see things clearly. Jesus wanted to put behind Satan who was in between Jesus and Peter so that Peter could see things clearly.

Lord, please help me to set my mind on divine things. Amen.

Merciful Heart

FEBRUARY 26, 2018

Be merciful, just as your Father is merciful.

‘Do not judge, and you will not be judged; do not condemn, and you will not be condemned. Forgive, and you will be forgiven; give, and it will be given to you. A good measure, pressed down, shaken together, running over, will be put into your lap; for the measure you give will be the measure you get back.

Luke 6:36-38

**Memory Verse: Do not judge, and you will not be judged.
(Luke 6:37)**

We have to be a bigger person. The bigger person is the one who can forgive. It is not easy to be a person who is merciful. But when we are merciful, we can receive mercy.

*Lord, help me to have a forgiving heart and live with a merciful heart.
Amen.*

Doing God's Will

MAR 2, 2018

"Anyone who resolves to do the will of God will know whether the teaching is from God or whether I am speaking on my own. Those who speak on their own seek their own glory; but the one who seeks the glory of him who sent him is true, and there is nothing false in him."

John 7:17-18

Memory Verse: “Anyone who resolves to do the will of God will know whether the teaching is from God or whether I am speaking on my own.” (John 7:17)

It is important to work hard for God. But what is more important is to know the will of God. If we don't know the will of God, what we do may have nothing to do with God. We will just do our own things for our own glory. Let us deeply meditate on God's will and understand it. After that, let us do our best to do the will of God.

Lord, grant me the ears to hear so that I may be able to hear what you tell me every day. Amen.

The Humble Can See

MAR 12, 2018

"Jesus said, 'I came into this world for judgement so that those who do not see may see, and those who do see may become blind.' Some of the Pharisees near him heard this and said to him, 'Surely we are not blind, are we?' Jesus said to them, 'If you were blind, you would not have sin. But now that you say, "We see", your sin remains."

John 9:39-41

Memory Verse: "I came into this world for judgement so that those who do not see may see, and those who do see may become blind." (John 3:21)

There is something that is visible to the humble but hidden to the proud. That is the grace of God. The grace of God works in all of us. But only the humble can see it. That's why the humble people always live with thanksgiving.

*Lord, I live day by day by your grace. Thank you for your grace.
Amen.*

Wisdom of Life

MAR 25, 2018

"But, as it is written, 'What no eye has seen, nor ear heard, nor the human heart conceived, what God has prepared for those who love him'— these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God."

1 Corinthians 2:9-10

Memory Verse: "The Spirit searches everything, even the depths of God." (1 Corinthians 2:10)

We need wisdom to live our life. Life is too big to figure out with our brain. To experience the richness of life and to understand the mystery of life, we need wisdom. God has prepared wisdom for those who love him. It is the wisdom we cannot see with our eyes, we cannot hear with our ears and our heart cannot conceive. God will give His wisdom to those who seek Him.

*"Lord, give me your wisdom so that I may live my life awakened.
Amen."*

Taste That The Lord Is Good

APR 12, 2018

"O taste and see that the Lord is good; happy are those who take refuge in him. O fear the Lord, you his holy ones, for those who fear him have no want. The young lions suffer want and hunger, but those who seek the Lord lack no good thing."

Psalm 34:8-10

Memory Verse: “Those who seek the Lord lack no good thing.” (Psalm 34:10)

It is important to taste that the Lord is good. As we get to know God more deeply, we can taste the goodness of God. All the good things flow from knowing God deeply. Those who seek the Lord lack no good thing. Let us know God more deeply!

Lord, all the good things come from you. Thank you for filling my life with all the good things. Amen.

Life For God

APR 16, 2018

"Jesus answered them, 'Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.'"

John 6:26-27

Memory Verse: "Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you." (John 6:27)

Let us think about "God who exists for me" and "I who exist for God." When I become a person who exists for God, God who exists for me comes alive within me. That is true salvation.

*Lord, I will meditate on you and you alone in all circumstances.
Amen.*

The Beginning and The End

MAY 29, 2018

"Peter began to say to him, 'Look, we have left everything and followed you.' Jesus said, 'Truly I tell you, there is no one who has left house or brothers or sisters or mother or father or children or fields, for my sake and for the sake of the good news, who will not receive a hundredfold now in this age—houses, brothers and sisters, mothers and children, and fields, with persecutions—and in the age to come eternal life. But many who are first will be last, and the last will be first.'"

Mark 10:28-31

Memory Verse: “Many who are first will be last, and the last will be first.” (Mark 10:31)

There is a Korean word, “Yong Doo Sa Mi” which means literally “dragon’s head and snake’s tail”. It refers to an action that is big in the beginning but very small at the end. Our life should not be like that. Our end should be more beautiful than our beginning. The disciples were nobody in the beginning but at the end, they became saints. Let us run hard to finish the beautiful race.

Lord, help me to fight the good fight to the end with total devotion.

Amen.