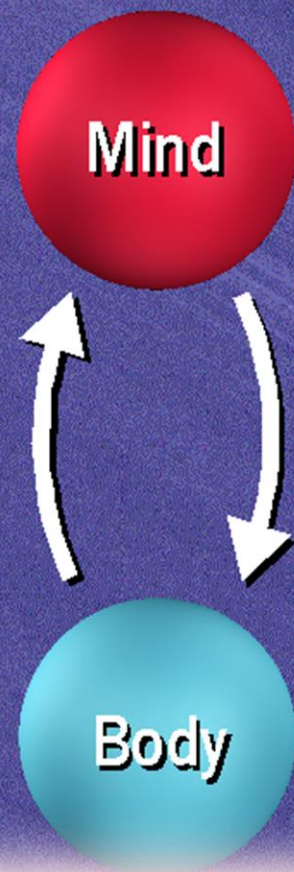


*HOW TO HAVE A
HEALTHY MIND?*

健康な心を持つには?

Two Dimensions of a Human Being



Habits for a healthy mind

健康な心のための習慣

What Kind of Food we Feed Our Mind?

私たちはどんな食べ物を心に与えますか？



TIPS FOR A HEALTHY LIFE



1.

God's
Words
神のみ言

- God's Words (Spiritual food)
神様のみ言 (霊的食物)
- Tradition of HDH
訓読の伝統



2.

Good
Actions
善行

- Deep understanding of God's word
= 「Character」
神様の言葉を深く理解する = 性格、個性
- 「One day, one good action」
一日一善



3.

Prayer
祈り

- Spiritual breathing
= communication With God
霊的呼吸 = 神様と交流する
- Prayer and meditation
祈禱と瞑想



Habits for a healthy mind

健康な心のための習慣



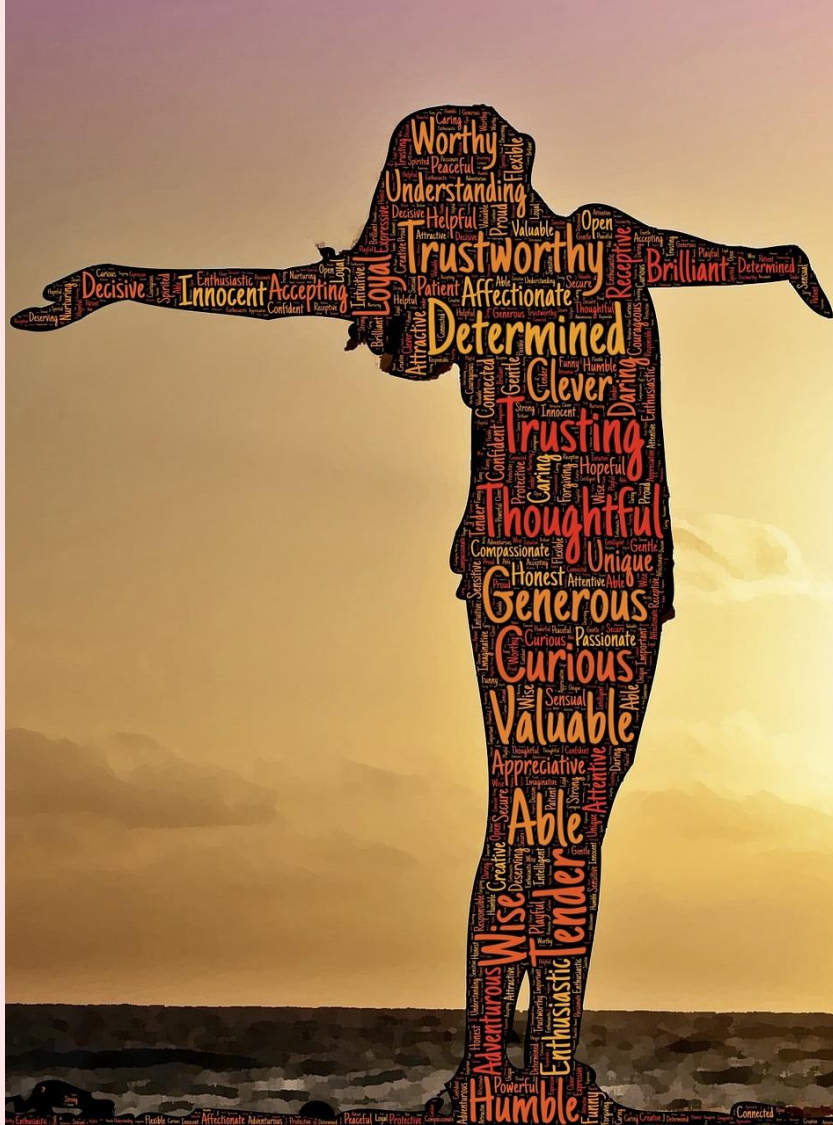
★Correct life habits ! 正しい生活習慣!

- God's Words (Spiritual food)
神様のみ言 (霊的食物)
- Tradition of HDH 訓読の伝統

- Deep understanding of God's word = 「Character」
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- Spiritual breathing = comm. With God
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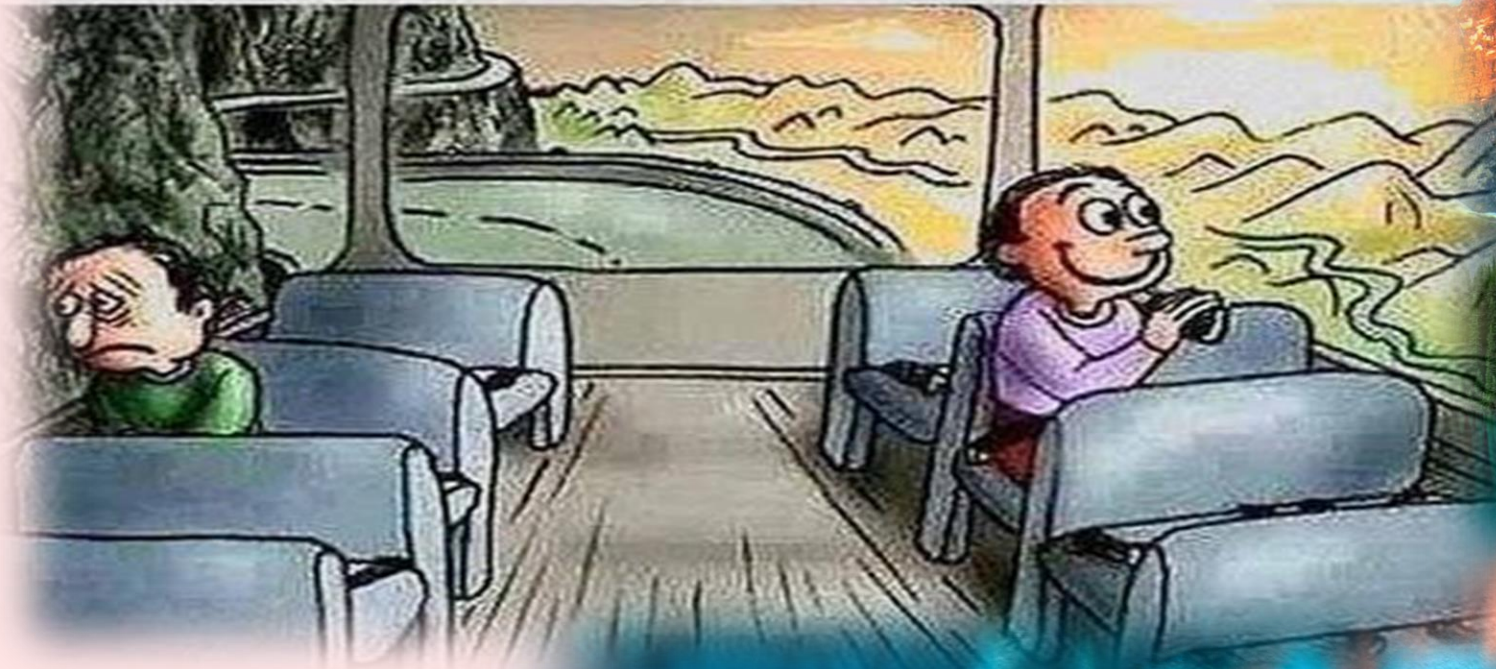
☆ Actualize your life of faith
信仰生活を実現する



WATCH YOUR **THOUGHTS**,
FOR THEY BECOME **WORDS**.
WATCH YOUR **WORDS**,
FOR THEY BECOME **ACTIONS**.
WATCH YOUR **ACTIONS**,
FOR THEY BECOME **HABITS**.
WATCH YOUR **HABITS**,
FOR THEY BECOME **CHARACTER**.
WATCH YOUR **CHARACTER**,
FOR IT BECOMES YOUR **DESTINY**.



So much of our happiness
depends on how we choose
to look at the world.





Hyo Jeong Family Time

The Divine Principle in practice with
God as the central member of your family.



Gather as a family at ____PM daily



Bow to Heavenly Parent, True
Parents and ancestors



Short **Hoon Dok Hae** reading



Family Sharing: Each member of the
family shares their day with others.

- I'm grateful for...
- For the sake of others, I did...
- Today, I learned...



Announcements/questions/problems
and concerns



Prayer – representative and/ or unison.



Greetings (to HP, TPs, ancestors,
Brothers and Sisters all
around the world)



Group hug/kisses



Heavenly Parent's Holy Community - FFWPU
Created by Asia Pacific Sunday School Think Tank 2021

