



WELCOME to Talk 4 of our deep dive into The Sermon On the Mount of our powerful series, *The Good Life*.

Nip It in the Bud

Warning: This might make some, or many, feel very uncomfortable because we're talking about *adultery*. Yet, if Jesus spoke about it, it should matter – and should therefore be talked about too.

Jesus said: “*You have heard that it was said, ‘You shall not commit adultery.’ But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.*”
--Matthew 5: 27-28

We're also in the part where Jesus would say: “*You've heard it said...but I say to you....*”

Because what we think about *adultery* as a physical act, Jesus tells us starts as a spiritual-mental-emotional act. It begins in the mind and the heart -- with “*how you look at a woman.*”

That's why you've got to nip it in the bud-- where it starts. Otherwise, it will grow, and gain root, and will bear disastrous results.

Let's learn more about this as we ask and receive God's grace on how we can overcome this dangerous desire called *lust* -- because *Lust Kills*.

Get ready for another life-changing Feast!

Mayroong Magandang Mangyayari sa 'Yo!

Alvin Barcelona

Are We Afraid?

“WE are afraid of what we shouldn't be afraid of, and we do not fear what should be feared...”

That’s the thought-provoking message of Rev. Fr. Clive Seychell in his Homily last Sunday Feast, August 10, 2025, reflecting on last Sunday’s Gospel where our Lord Jesus tells His disciples:

“So, don’t be afraid, little flock. For it gives your Father great happiness to give you the Kingdom .” (Luke 12:32-48 NLT).



We pass on to that Kingdom and get right in the Presence of God. But we fear what happens for us to get there--yes, when we die.

Fr. Clive said the thing is, what we should fear is what will prevent us from getting close to God, *page 3*.

What’s that? We get the hint in our ongoing Feast Talk series, *The Good Life*-- which we enjoy if we obey God’s Laws, avoid what leads us to disobedience and destruction. How?

Bro. Alvin Barcelona says *Nip It in the Bud*, *page 1*.

Like what leads us to disobedience of the first Law we learned about, *Murder*. Bro. Bo Sanchez pointed out the root in Talk 3, *page 12*.



We get to the root of it all when we face the bad expressions of this disobedience, presented by Bro. Nico Narvaez, *page 10*.

Are we afraid?

Yes, at one time or another, we are.

So, let’s just put in mind Luke 12:32-48. Relax.



All for God’s Glory,

Randy Borromeo
Media Ministry
Executive Director

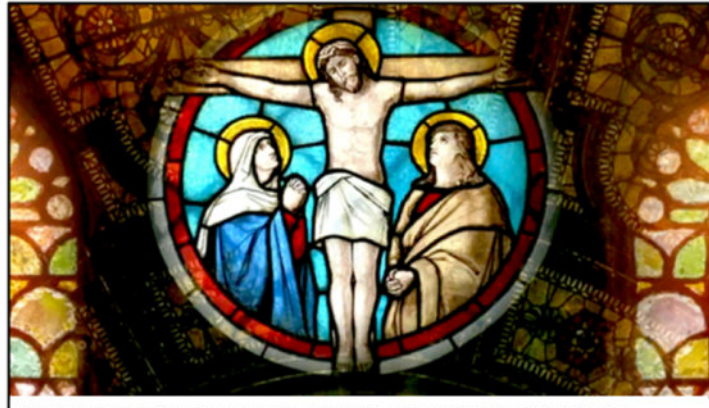




Holy Mass



Celebrant
REV. FR. STEPHEN MIFSUD, MSSP



NINETEENTH SUNDAY IN ORDINARY TIME



Homily

REV. FR. CLIVE SEYCHELL, Concelebrant
on the Gospel Luke 12: 32-48

“DO not be afraid,” Jesus says. Why?
He continues: “Your Father is pleased to give you
the Kingdom.”

Most of us are afraid of dying. We do so many things to avoid or delay our death and that's okay. But why are we so afraid?

The first Christians and even Christians around the world today who die as martyrs do not fear death because of their faith. If you haven't read the letters of St. Ignatius of Antioch, one of the early Christians, read them. They're beautiful.

He tells his community: "When they're taking me to face my death, do not stop them. If you love me, do not stop them. If I am to be a true Christian, not only by name, then let me be eaten by the lions."

Why are we afraid of dying? I think there's one simple reason. We are afraid of what we shouldn't be afraid of, and we do not fear what should be feared. We fear dying but we should not fear it because death is the only passage to eternal life where we hope that by God's mercy, we will enjoy His love forever.

But we do not fear what should be feared-- and that is sin.
It is only sin that brings forth true death. Physical death can bring life,
but sin brings death.

The FEAST FAMILY August 17, 2025 **3**

Why We Fear Death

Most of the time, we justify our sin. We call sin many other names so as not to call it sin.

I think the first Christians did not fear death because they feared sin. I think we fear death because we do not fear sin -- that is our main problem.

Jesus says: "Do not fear death because that brings you closer to Me. We will become one."

But He also says that we be prepared. This reminds us of *Exodus* when God speaks to His people when He's about to take them out from Egypt to save them from slavery.

He tells them: "Eat fast. Be ready. Do not justify sin. Let go of your sin. Do not be afraid."

There's this story which I sometimes recount to myself when I am afraid to let go of my sin:

There was a group of mountaineers who went on an expedition on a mountain, full of snow. When they were on a high part already, they wanted to reach a certain point. It was so dark already, but still they decided to keep on climbing.

Then there was an avalanche, and they were separated from each other.

There was total darkness and total silence. One of them knew that if he did not grab onto something, this avalanche would just smother him, and he would die frozen beneath the snow. He managed to grip onto something that felt like a branch.

He was a firm believer, so, he turned to God and said, "God, please save me." In that silence, he heard a Voice, saying, "Let go."

He was surprised to hear such a command. He said, "How can I let go of what is keeping me alive? This God is either crazy or does not love me."

So, he held onto this branch. After some time, he turned to God again.

He said, "God, if you love me. If you are there, save me."

The same Voice said, "Let go."

The man was so angry at God that he just continued clinging onto this branch.



First Reading: Wisdom 18:6-9

⁶The night of the Passover was known beforehand to our fathers, that, with sure knowledge of the oaths in which they put their faith, they might have courage.

⁷Your people awaited the salvation of the just and the destruction of their foes.

⁸For when you punished our adversaries, in this you glorified us whom you had summoned. ⁹For in secret the holy children of the good were offering sacrifice and putting into effect with one accord the divine institution.

Why We Fear To Let Go of Our Sin

The night passed and the rescuers went out to look for the mountaineers. At one point, they saw this man who was frozen to death, but he was just a few inches above ground. If only he let go of what he thought was saving him, he would have saved his life.

At most times we hang on to our sin, vices, and addictions because we think we can't live without them. We can't imagine a life without them. We fear to let go of them.

God tells us: "Do not be afraid. I am with you. You can do without that sin. You can do without that relationship. You can do without that vice. You can do without that gossip."

But we are so scared. If we truly fear sin, then we can truly not fear death.

What helps us to let go? It's the conviction that "I am loved by God."

It is only God's love that melts our hearts. It is only God's love that brings us to true authentic conversion that we need every single day-- coming to know more, becoming more convinced that "I am God's son, that I am God's daughter, and that He loves me."

If only I, Father Clive, was convinced of how much God loved me, then my life would have been completely different. I would make choices differently. I would speak differently.



Second Reading: Hebrews 11:1-2, 8-19

¹ Brothers and sisters: Faith is the realization of what is hoped for and evidence of things not seen. ² Because of it the ancients were well attested. ⁸ By faith Abraham obeyed when he was called to go out to a place that he was to receive as an inheritance; he went out, not knowing where he was to go. ⁹ By faith he sojourned in the promised land as in a foreign country, dwelling in tents with Isaac and Jacob, heirs of the same promise; ¹⁰ for he was looking forward to the city with foundations, whose architect and maker is God. ¹¹ By faith he received power to generate, even though he was past the normal age—and Sarah herself was sterile—for he thought that the one who had made the promise was trustworthy. ¹² So it was that there came forth from one man, himself as good as dead, descendants as numerous as the stars in the sky and as countless as the sands on the seashore. ¹³ All these died in faith. They did not receive what had been promised but saw it and greeted it from afar and acknowledged themselves to be strangers and aliens on earth, ¹⁴ for those who speak thus show that they are seeking a homeland. ¹⁵ If they had been thinking of the land from which they had come, they would have had opportunity to return. ¹⁶ But now they desire a better homeland, a heavenly one. Therefore, God is not ashamed to be called their God, for he has prepared a city for them. ¹⁷ By faith Abraham, when put to the test, offered up Isaac, and he who had received the promises was ready to offer his only son, ¹⁸ of whom it was said, "Through Isaac descendants shall bear your name." ¹⁹ He reasoned that God was able to raise even from the dead, and he received Isaac back as a symbo

How Not To Fear Death

If we only we knew how much God loves us, it would truly change the world. It would let other people see the love burning within us.

That's what St. Paul says in his writing to the Romans: "This Holy Spirit that is poured out within our hearts, it is God's love... (Romans 5:5) If only we knew how much He loves us..."

If only I knew how much God loved me, my life would be completely different. I would be able to let go of my sin. I would be able to truly fear sin so that I may not fear death.

I will rejoice when death comes because I know that I will become one with Him who loves me, who is obsessed with me, with Him who forgives my every single sin. That is why we don't need to justify our sin. I need to stop justifying my sin, my actions. I do not need to excuse myself.

I just need to go to God and tell Him, "Lord, You are my Father. I know You love me. These are my sins. Take them and give me Your love. Show me how much You love me that I may fear sin-- but not fear death. Because death will bring me closer to You."

I will become one with Him who loves me.

For the first Thanksgiving Mass which I did two years ago, I chose a Bible verse that is very dear to my heart.

It's from the *Song of Songs*, in Solomon 6:3 "I am my Beloved and my Beloved is mine."

If we truly believe that we are His and He is ours, our life would be completely different.



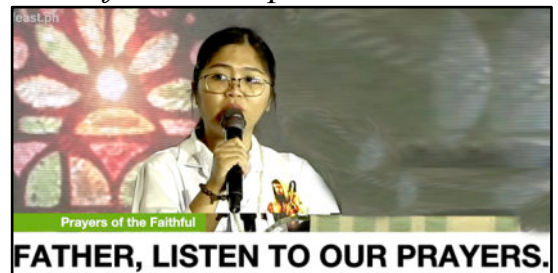
Responsorial Psalm: Psalm 33:1, 12, 18-19, 20, 22

R: Blessed the people the Lord has chosen to be his own

¹Exult, you just, in the Lord; praise from the upright is fitting. ¹² Blessed the nation whose God is the Lord, the people he has chosen for his own inheritance. (R)

¹⁸ See, the eyes of the Lord are upon those who fear him, upon those who hope for his kindness, ¹⁹ to deliver them from death and preserve them in spite of famine. (R) ²⁰

Our soul waits for the Lord, who is our help and our shield. ²² May your kindness, O Lord, be upon us who have put our hope in you. (R)





Confession: Come Back Home

REV. FR. BOB McCONAGHY:

Fr. Clive, you're ordained two years. Wow. Without exaggeration, I can say to you that that's one of the most powerful heart-to-heart homilies I've ever heard. And it's true, isn't it?

Fr. Clive said, you know, letting go of the branch-- short distance.

It's also short distance to God's mercy. If you've been away from Confession for many years, if you had a bad experience in Confession,

if you're carrying a heavy burden of guilt, if you find your life involved in some addictive process, come see me.

I'll be there in the Confessional 10:00 A.M. to 12:00 noon, and another priest will be there from 12:00 noon to 2:00 P.M.

If your Father said shape your heart, and you sense that you'd like to go, that's the Grace of Repentance. You come and see me today is the day to come back Home. Thanks.

Sacrament of Confession

10:00 AM - 2:00 PM
HOTEL LOBBY

APPROACH ANY OF OUR USHERS TO GUIDE YOU.

the FEAST
BAY AREA

FEAST TV

Worship!

BRO. ZACH PE:

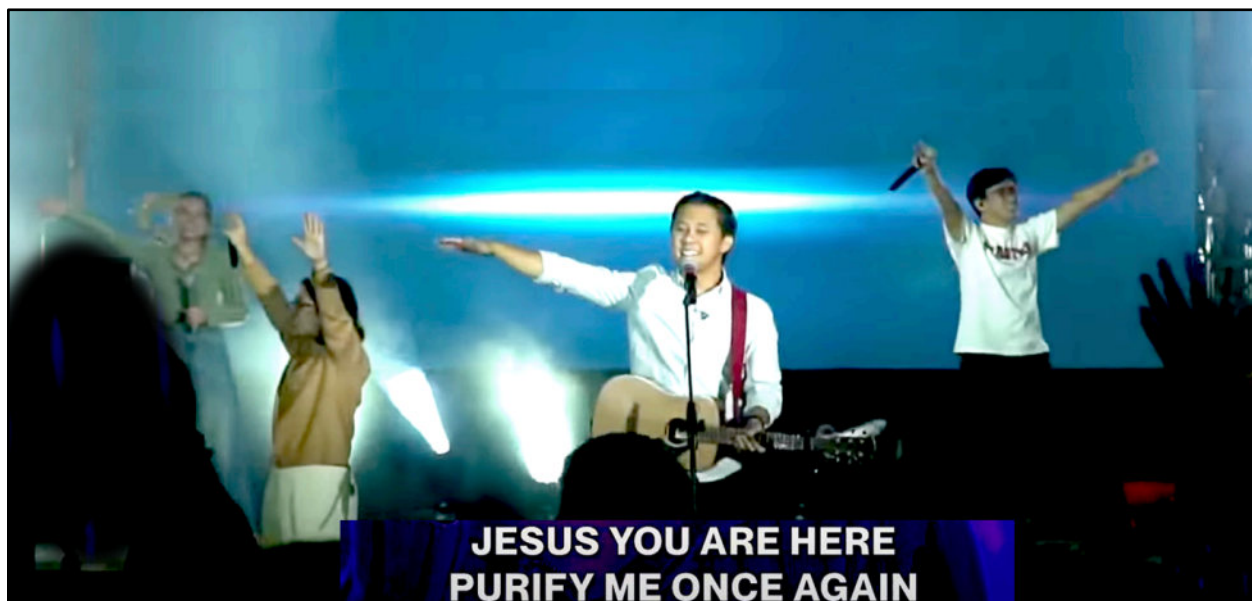
Today is a beautiful day, not just because of the sun, not just because of the weather, but because you are here.

Brothers and Sisters, as we worship today, I invite you to open up your heart and let us praise, as one Creation, our God...

In today's Gospel, Luke 12:32, Jesus said: "Your Father is pleased to give you the Kingdom."

Brothers and Sisters, as we dive deeper in our Worship right now, let's enter the Kingdom together in surrender, in this Worship. The Kingdom of God is not a faraway place. It's not in the past, it's not in the future. The Kingdom of God is alive in you right now. And we can enter the Kingdom together as one Family, as we worship together for, we believe that He is here.

Heavenly Father, as one Feast Family here, worshipping You, we just want to be in Your Kingdom and feel Your love. May we hear You today and may we feel You today. We offer this song to You. This is our prayer in Jesus' Name. Amen.



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NOVENA TO GOD'S LOVE DECLARATION OF ABUNDANCE

BRO. NICO NARVAEZ:

Let's give God a big hand today. Thank You, Jesus. As we pray:



Talk



BRO. NICO NARVAEZ:

Our one big message today is:
"Forgive those who do not
deserve to be forgiven."

**FORGIVE THOSE
WHO DO NOT DESERVE TO BE FORGIVEN.**

When Bro. Audee Villaraza sent me the Talk outline, I read it, and I didn't like it. Honestly, I prefer talks about financial abundance. Forgiveness is hard. Am I right, or am I right?

But here's the thing: Forgiveness is the spiritual equivalent of taking a bath.

Let's do this quick
activity. Raise one hand.

**FORGIVENESS IS THE SPIRITUAL EQUIVALENT
TO TAKING A BATH.**

Then, turn your head
towards your armpits. Then, you take a big, big whiff.

Then you say, "Ahhh. I need to take a bath."

But not just any kind of bath.

Say: "I need to take a spiritual bath."

Forgiveness is hard. But that's what's beautiful about The Feast.
Because whatever you are going through, you are not alone.

Today, expect renewal, and expect the fresh breath of God flowing
through your life.

Welcome back to our Sermon on the Mount series called *The Good Life*.



What Jesus Wanted

In the Sermon on the Mount, you will hear Jesus say this line six times:

"You've heard it

SIX TIMES

YOU'VE HEARD IT SAID... BUT I SAY TO YOU....

said...But I say to you."

Basically, Jesus was saying that others may have a perspective about some

issues-- but He has his own, His own lens on the issues.

Jesus chose six specific laws in the Law of Moses: Murder, Adultery, Divorce, Oaths, Eye for an Eye, Love Your Neighbors.

SIX LAWS

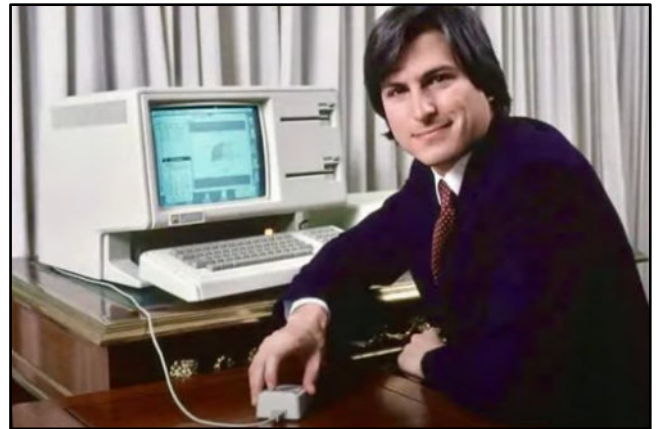
- 1 MURDER
- 2 ADULTERY
- 3 DIVORCE
- 4 OATHS
- 5 EYE FOR AN EYE
- 6 LOVE YOUR NEIGHBORS.

Jesus wanted to revolutionize these laws.

What do I mean?

For example, Steve Jobs revolutionized a lot of technologies that we use today.

One, the *mouse*. The mouse was intended to be used for Xerox machines.



But then Steve Jobs saw the mouse and he was like, "Let's revolutionize this mouse and I'll use it for my own project: the Lisa computer."

Today, when we see or hear about the mouse, we don't think about Xerox machines. We think about personal computers.

That's exactly what Jesus wanted to do with the six laws-- because the people then grew up with these laws all their life. Even their grandparents grew up with these laws. Jesus wanted to revolutionize the laws.

Why only six laws? In the Torah, there are 613 laws.

Jesus was leaving a clue. In the Bible, most of the time, six means *incomplete*. Basically, Jesus was leaving a hint: that the law was incomplete. Why does Jesus want to revolutionize this?

In the new Kingdom that Jesus was building, He wanted not just *behavior modification*. Jesus wanted *inner transformation*.



GOD DOESN'T WANT BEHAVIOR MODIFICATION BUT INNER TRANSFORMATION.

To dive into this more, let's welcome our best friend, Bro. Bo Sanchez.

Talk



BRO. BO SANCHEZ:

You know, you wake up in the morning, and you ask: “What’s wrong with the world?”

And sometimes, you look at the mirror and you ask: “What’s wrong with me?”

That question, we always ask because genetically, hundreds of years ago, thousands of years ago, it was about survival: “What’s *wrong* with me?”

But the more I live in this world-- I’m a semi-old guy-- I’m telling you, the more I realize we were asking the wrong question.

We should ask: What’s *right*: What’s right about life?

Look at the person beside you: What’s right about that person?

Then look at yourself and say, “What’s right about me? What’s right about the life that God has given to me?”

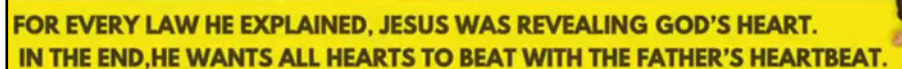
Anyway, that’s my reflection this morning.

I want to talk about how these six laws that Jesus was revealing-- how He was revealing the heart of God.

To this day, Jesus wants our hearts to beat with the heartbeat of God. That's basically what Jesus was trying to do back then.

I was talking to a young woman and she was very angry. She was very hurt. She was talking about her best friend who cheated and lied to her face.

I told her that forgiveness will always be unfair. If the person deserves to be forgiven, that's fairness. But whenever you forgive someone, it will always be unfair to you. That was my message to her.



**FOR EVERY LAW HE EXPLAINED, JESUS WAS REVEALING GOD'S HEART.
IN THE END, HE WANTS ALL HEARTS TO BEAT WITH THE FATHER'S HEARTBEAT.**



2 EXPRESSIONS OF BAD ANGER

There are two expressions of bad anger that you find in the Sermon on the Mount. The first one is *temper* and the other one is *resentment*.

Temper is like a nuclear bomb. It explodes. Resentment is like a smoldering ember that's within you. If you fan it, it can become a wildfire that destroys your life.

1 TEMPER

Matthew 5: 21-22 says:

**MT 5:
21-22
NIV** ²¹ "YOU HAVE HEARD THAT IT WAS SAID TO THE PEOPLE LONG AGO, 'YOU SHALL NOT MURDER, AND ANYONE WHO MURDERS WILL BE SUBJECT TO JUDGMENT.'

After this verse, Matthew 5:22 says: "*And if you call someone a fool, you will be in danger of the fire of hell.*" – Matthew 5:22.

This means you are like committing murder.

To Jesus, the problem is not only killing someone.

Have you heard people say: "I'm a good person. I haven't killed anyone."

Or: "Oh, thank you so much. I feel safe right now. You're not going to slice up my throat."

No. Jesus is saying: "No, it's not only murdering someone. You can actually murder someone with your words."

Have you ever murdered someone with your words?

Have you seen a three-year-old having a temper tantrum? Flailing arms. Lying on the floor. Trying to grab a toy. It's like it's the end of the world if he does not get this toy.

I have seen adults who act like toddlers or adult toddlers. They are grabbing for positions, titles, and stuff as if it is the end of the world if they don't get what they want. Is this resonating with you? I have also seen parents who are throwing temper tantrums like their children.

**HAVE YOU MURDERED PEOPLE
WITH YOUR WORDS?**



5 Comments Parents Should Never Say

1 REJECTION

Parents, have you ever said any of these in a fit of rage and regret saying them later on?

*"I'm through with you."
"I wish I never had kids."
"Don't call me mother."*



2 COMPARISONS

*"My goodness, why can't you be like your sister?"
"Look at how well your friend is doing. Why can't you do the same?"*

If there's a parent beside you, tell that parent: "Please stop saying that. That's poison."

3 ABSOLUTES

In our fit of rage, we say: *"You **never** do anything right."
"You're **always** late." "No one will be lazier than you."*

4 DISMISSIVE

"For that petty ridiculous thing, you're upset?"

If you only rewind your life when you were at that age and then a friend did not text you, you felt it was the end of the world already. You were affected by these things. Now that you're an adult, you look down at your children.

No. What you want to do is you want to listen. You want to validate.

5 RETALIATION

"I hate you too."
Why? Because your child said: "I hate you too."

For crying out loud, your child is prone to say those things because his prefrontal cortex is not yet very formed-- because he's a child. By age 24 or 25, that's when the brain gets fully formed.

But you, you're already an adult.

ARE YOU PRONE TO TEMPER TANTRUMS?

Friends, are you prone to tender tantrums? If so, this is what I want you to do. I want you to cry out to God and say: "Lord, help me. Help me."

Whenever you feel the anger rising, I want you to take 10 deep breaths. I want you to pause. I want you to sing.

I want you to say: "Praise the Lord."

I want you to go out of your conversation, take a walk, and regain calmness so you will not say things that you will regret later on.

I want you to believe: "God is making me brand new."

I was talking with my brother-in-law, Rainard.

He was telling me, "Bo, I have a problem with anger all my life."

He was telling me that he's been following the Lord. He's asking God for help.

So, he drove to a grocery store and the parking lot was packed. He waited for a car to leave. After a few minutes of waiting, he saw the car in front of him was about to leave. He was happy. He had to back off so that the car could leave the parking slot. When the car left the parking slot, another car came and slipped in like a stealth missile. Oh my gosh! Rainard exploded.

He opened the window and he said, "Hey, I'm waiting here."

The other guy just went out of his car, closed the door, looked at Rainard and said, "I was also waiting."

Rainard knew he was lying. He shouted at him and the man just walked away.

Rainard said, "May karma hit you!"

For some reason, that sentence hit a nerve...

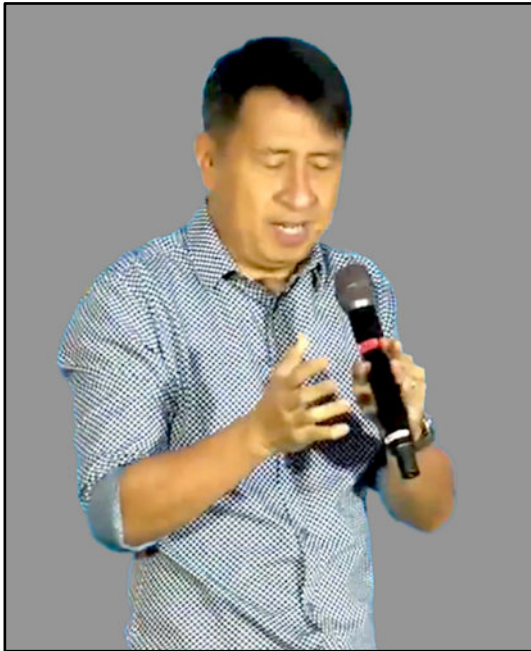
Rainard felt like he won the battle. He closed his car and marched into the grocery store. While he was pushing his cart, putting grocery in, he felt something he never felt before. He felt remorse. Why did he say those things and the manner by which he spoke them? You know what he did? He searched for the other driver in the store. He wanted to ask forgiveness.

Never did he experience that.

What do you call that? God is making him brand new.



“GOD IS MAKING ME BRAND NEW!”



2

RESENTMENT

The second expression of bad anger, Resentment, is a different kind of expression. The Sermon on the Mount talks about it as well. Matthew 5: 23-25:

MT 5:
23-26
NIV

23 "THEREFORE, IF YOU ARE OFFERING YOUR GIFT AT THE ALTAR AND THERE REMEMBER THAT YOUR BROTHER OR SISTER HAS SOMETHING AGAINST YOU,

24 LEAVE YOUR GIFT THERE IN FRONT OF THE ALTAR. FIRST GO AND BE RECONCILED TO THEM; THEN COME AND OFFER YOUR GIFT

25 SETTLE MATTERS QUICKLY WITH YOUR ADVERSARY WHO IS TAKING YOU TO COURT. DO IT WHILE YOU ARE STILL TOGETHER ON THE WAY, OR YOUR ADVERSARY MAY HAND YOU OVER TO THE JUDGE, AND THE JUDGE MAY HAND YOU OVER TO THE OFFICER, AND YOU MAY BE THROWN INTO PRISON.

What is God saying here? You cannot worship God if you do not give a gift of peace to the person that you have a conflict with.

That's crazy. That's absolutely nuts.

Jesus says: "We cannot worship God if we fail to give peace to others."

Every Sunday, we go to The Feast and we worship the Lord but we haven't given peace.

Tell somebody beside you: "Alas, we're wrong."

A few years ago, a company donated a big ship to our Feast Community. We were so happy that we were already imagining floating Feast on the sea. After a few months, we returned the donation.

We said, "Sorry, thank you-- but *no*. Thank you." The big ship was beautiful on the outside but there was already rust on the inside. The experts told us that we would have to remove the rust and to refurbish and that we would have to do it every year. How much? Millions which we don't have-- so, we returned it.

My Friends, rust and resentment are the same. Rust does not destroy you. What destroy are rust plus time.

If you scrape rust regularly, you'll be okay.

Forgiveness has to be done every day. As Nico said, you've got to take a bath every day. It's normal to get angry at people who hurt us. Our daily job is to scrape off anger from our soul.

JESUS SAYS WE CANNOT WORSHIP GOD IF WE FAIL TO GIVE PEACE TO OTHERS.

**RUST AND RESENTMENT ARE THE SAME.
IT'S NOT RUST THAT DESTROYS, BUT RUST PLUS TIME.**

**IT'S NORMAL TO GET ANGRY AT PEOPLE WHO HURT US.
OUR DAILY JOB IS TO SCRAPE OFF ANGER FROM OUR SOUL.**

3 Common Practical Questions

1 DOES RECONCILIATION MEAN GOING BACK TO HOW THE RELATIONSHIP WAS BEFORE THE HURT?
ANSWER: NOT NECESSARILY, BECAUSE FORGIVENESS IS GIVEN. BUT TRUST IS EARNED.

God wants you to forgive but he's not asking you to trust again. Trust has to be earned over time. When you forgive someone in your heart, you give the gift of *peace*, not *proximity*.

When you forgive someone, it doesn't mean that you'll be chummy-chummy again.

For example, you're serving together in a ministry. Because of personality and background differences, you have a conflict-- and it's a very painful conflict. But then God calls you to forgive. So, you forgive each other. Will it mean serving in the same team again? Yes. Should they serve in the same team? It depends.

My advice is try serving again together but if you see that there's always friction, you can say: "Let's serve in two separate teams and maybe, enjoy the friendship outside the working together."

2 WHAT IF I'M NOT READY TO FORGIVE?
ANSWER: GOD IS ASKING YOU TO FORGIVE, NOT FEEL FORGIVING.

Forgiveness is a decision. Forgiveness is an action. When you decide to forgive, the feelings of hurt will come back. Angry feelings will come back. That's okay. But God wants you to make a decision to forgive.

If you think that you cannot forgive, this is what you do: Cry out to God. Raise your right hand. Wave at God. Let's say a prayer: *Lord, You know I still can't stand him. Help me forgive those who don't deserve to be forgiven.*

You cry out to God and God will take you from where you are. God will move you from that position and He'll be the One to lead you.

That prayer, "*Lord, help me to forgive,*" is the opening that God needs for His grace to trickle in your heart.

3 WHAT IF I REACHED OUT TO THE OTHER PARTY, BUT SHE'S NOT READY TO FORGIVE—CAN I STILL WORSHIP?
ANSWER: YES, BECAUSE YOU OFFERED PEACE TO HER AND YOU RESPECT WHEN SHE'LL ACCEPT IT.

You gave the gift but together with the gift of peace, you also need to give the gift of respect and wait for the person to accept that gift. But your role is done.

What is the role of anger in our life? Why did God give us the ability to be angry? Maybe it would have been better if God made us all like Winnie the Pooh, not get angry at all. God gave us the gift of anger.



IS THERE GOOD ANGER?

ANSWER: GOOD ANGER HAS A GOD-ORDAINED ROLE IN OUR LIVES.

3 Purposes of Good Anger:

1

CONFRONT INJUSTICE

When evil is happening, when co-workers are being exploited, and when someone is being abused, anger can give us the courage to confront. That's why, God gives us the ability to get angry. But... good anger must be controlled anger.

When Jesus got angry, He never turned to violence. People wanted Him to take arms to kick out the Romans and the conniving priests. But Jesus never did that.



GOOD ANGER MUST BE CONTROLLED ANGER.

Anger gives you protective instinct. People who are being emotionally and physically abused need to get angry.

If you are being abused physically, emotionally in your marriage, let your anger rise so that you can walk out of that relationship. Protect yourself and never return until that person gets rehabilitated.

I have met battered women who do not have that anger within them and that is why they stay in exploitative and abusive relationships.

Anger is always an invitation for you to get to know yourself.

Whenever you get angry, you ask three deeper questions:

THREE DEEPER QUESTIONS

**IS THE SITUATION UNFAIR?
OR DO I HAVE UNFAIR EXPECTATIONS?**

**AM I VALUING SOMETHING TOO MUCH—
THAT'S WHY I'M ANGRY?**

**WHAT PAST TRAUMAS DO I HAVE—THAT'S
WHY I'M GETTING TRIGGERED?**

It takes a lot of humility to ask those questions.

Here is my warning: Without humility, anger and arrogance are deadly. They will destroy.

But good anger is always planted in the soil of humility.

**WARNING: ANGER AND ARROGANCE ARE DEADLY. IT WILL DESTROY.
BUT GOOD ANGER IS ALWAYS PLANTED IN THE SOIL OF HUMILITY.**

Bad anger will dehumanize yourself and the people around you. And that's what we do not want.

**BAD ANGER DEHUMANIZES YOU
AND CAUSES YOU TO DEHUMANIZE OTHERS.**

This Is What God Wants...

Have you ever experienced getting angry at yourself?

When I meet a person who is angry at himself, at his family, at life, and at the world, I believe it's usually a projection of self-hatred.

I've been in this Ministry for 45 years. I've met many people who are very angry. Bottom line, angry people are angry with themselves.

What happens is they dehumanize themselves. They don't see their worth and their beauty.

Connecting to what I said at the start of this Talk: They always question themselves: "What's *wrong* with me?"

Today, God is asking, "What is *right* about you? To look at your beauty, to look at your worth, to look at your dignity, to look at how blessed you are.

Fr. Clive was saying this a while ago. You are so loved. You are so blessed.

When there is so much love in your heart, it's so difficult to get angry at yourself.

When you know how loved you are, it's so difficult to get angry also, at other people.

Do you see your worth?

Do you see your value?

Do you see your immeasurable dignity and divine identity-- that you have those fingerprints of God all over your soul, and that you were made in His image and likeness?

If you do, it will be a bit difficult to get angry at yourself and at others.



Creation of Adam-- Michelangelo
<https://stock.adobe.com> › search :

Nemi's Story

I'm going to close with one story.

I was attending a wake of a 67-year-old woman. Then, I saw this older woman walk near me. Immediately, I sensed her relaxed and effervescent joy.

She approached me and said, "Bro. Bo, I watch you."

I said, "Wow, fantastic."

She introduced herself: "My name is Nemi."

She looked at the picture of the one who died. She said, "She died so young.

My daughter is older than her. My daughter is 68. She's over there."

I broke all decorum about being polite. You don't ask this to a woman-- I asked her, "How old are you?"

With a big smile, she said, "I'm 91."

I asked her, "What exercise do you do?"

She said, "I don't like to exercise."

I asked her diet.



She said, "When I want to lose weight, I eat Almond Roca chocolate."

She was laughing and I was laughing. She said one line that I will never forget for a long time.

The secret to her youth, beauty, happiness, and joy is this:

She said...

"In the past 91 years, I have not held one negative thought against anyone."

Boom! Mic drop!

She also said, "My friends would tell me, 'Nemi, why are you like that? When we make mistakes and we do something against you, you're the one who approaches us to talk to us...'"

Her answer is: "That's who I am."



**IN THE PAST 91 YEARS, I HAVE
NOT HELD ONE NEGATIVE THOUGHT AGAINST ANYONE.**

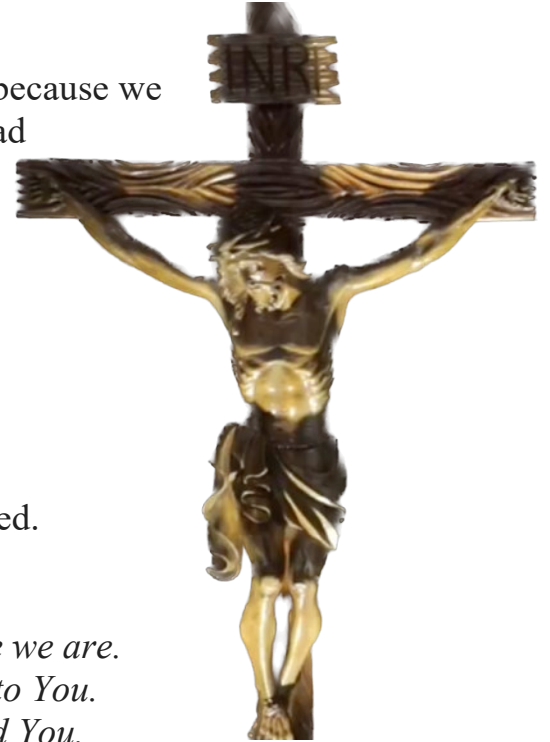
Surrender

Forgive those who do not deserve to be forgiven because we worship a God who was hanging on that cross. Instead of carrying grudges, He carried the cross for you and for me.

Jesus said, "Father, forgive them. They do not know what they are doing."

We do not deserve to be forgiven. Yet, to this day, Jesus says: "Come."

My Friends, let's be part of this Kingdom that will last forever. This Kingdom where every human being is made worthy, loved, and blessed.

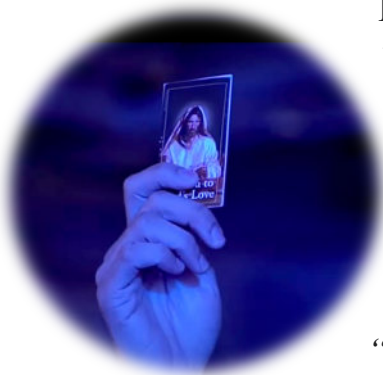


*Heavenly Father, here we are.
We surrender ourselves to You.
We're so broken. We need You.
We need Your help.
Please come. Change me. Transform me.
In Jesus' Mighty Name. Amen.*



Commitment

I'm going to invite you to give Your life to Jesus now. I also invite you to surrender to Him your dreams, whatever petitions that you have in your heart, whatever you wrote down on your copy of the Novena to God's Love. Pull it out and lift it to God.



Let's give our lives to Jesus, Everybody-- including our dreams, whatever hurts us, whatever worries us, all our fears, surrender them to Jesus.

Everybody, say:

"Jesus, I give my life to You. Forgive me for all my sins.

Save me. I want to follow You all the days of my life.

Jesus, my life is Yours. And I surrender my worries, my fears, my doubts, my brokenness. Heal me. Change me. Transform me. And I believe You will bless me more. In Jesus' Name. Amen."





Thank You!

The Feast Family, now organized as the Feast Mercy Ministries, is a spin-off ministry of the Light of Jesus Family founded by Bro. Bo Sanchez.

Earlier named as Kerygma Family, The Feast Family is a unique online, non-physical, borderless, international community of friends who support each other's personal growth.

Partner beneficiaries of the Feast Mercy Ministries flourish because of your generous support.

Thank you for being with us. We pray that you find your daily source of inspiration from the resources that we send to you. We pray too that you may consider giving to The Feast Mercy Ministries. No gift is too small.

Thank you very much in advance for your gift. Our prayer is that God will continue to reward you as you give.

FOR EXISTING DONORS:

Thank you for the Love. Your monthly donation helps us to continue extending support to our Light of Jesus spin-off organizations, including our partner beneficiaries. Your gift will sustain our operations and, we hope, help us reach out to the persons our Lord has called us to make disciples and give them renewed hope.

Be a Feast Family member. Write or call us. Now.

Email Address: jocelyn@kerygmfamily.com

Website: <https://kerygmfamily.com>

Our Partner Beneficiaries

Jeremiah 33 Foundation
is a shelter for minor girls particularly victims of sexual abuse.



Grace To Be Born
is a halfway home for pregnant women in crisis.



He Cares Mission
provides shelter and pastoral care for street children.

Pag-asa ng Pamilya Foundation
grants scholarships to indigent students.



Jesus Christ Cares for Cancer
provides financial assistance and pastoral care for indigent cancer patients.

The Light of Jesus Pastoral Care Center
ministers to those who are emotionally and spiritually wounded.



H.A.I.L. MARY is acronym for Healthcare Assistance for Indigents and Lepers of Mary, adopting the Blessed Mother as the patroness of its mission to eradicate leprosy in Abra within 8–10 years.



The Light of Jesus Disaster Recovery Ministry
provides evacuation assistance, relief goods, financial aid, and other needs of calamity victims.

The Light of Jesus Prison Ministry
brings Jesus to the Correctional Institution for Women to give them hope for a new life of dignity.



Anawim Lay Missions Foundation provides a home for poor elderly who have been abandoned by their family and have nowhere else to go.

CHOOSE HOW YOU WANT TO GIVE

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FAMILY ONLINE NEWSMAGAZINE

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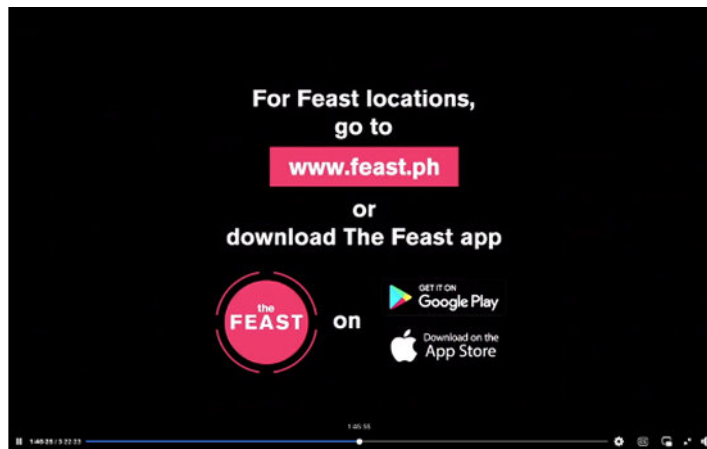
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Go and make disciples of all men.
— Matthew 28:19

