



NEWSLETTER
September 18, 2022



Miracles Happen!

WE are now in Talk 4 of our Feast series, *Thrive*, focusing on money, finances, bringing these into the Lordship of Jesus.

In the last three talks, you learned about income streams, you discovered the genius in you, and how God renews you.

Today, we will learn that miracles happen. Yes, we already know that miracles do happen. Our speaker, Dr. Ryan Capitulo, Feast. SM Manila Builder, has more Good News for you.

Have an abundant, miracles-filled Feast!

May your dreams come true,

Bo Sanchez

THRIVE

Talk 4: Make Miracles Happen!

TODAY, we continue with our life-affirming series called *Thrive*. And in Talk 4, I shall preach the message *Make Miracles Happen!*

Miracles are unbelievable events that cannot be explained by natural or scientific laws, and are often attributed to a Higher Being! Accomplishments that are highly improbable and extraordinarily amazing are also called miracles. If that's the case, the UP Maroons winning this year's UAAP men's basketball championship is a miracle. In the same manner, my perseverance to not eat rice for 6 months and lose 65 pounds in the process is also a miracle!



Only God Performs Miracles

We know that God is the source of all miracles. After studying the Gospel of St. Matthew for two years here in The Feast, we are convinced that only Jesus can perform miracles...

There are two points in common among all of these miracles. First: The Miracle-giver is Jesus. Second: The miracle-receivers got their miracles only because someone else made them happen.

Miracles Happen in The Feast

Miracles happen in The Feast all the time!
How many miracles have we witnessed in the life of Feast servants and attendees? Families are reunited, sick people experience healing, repentant sinners are reconciled with the Lord, those who've reached rock bottom are able to rise again. The Feast made these miracles happen. The people who invited them to attend The Feast made these miracles happen. Indeed, The Feast is filled with God's providence.

DR. RYAN B. CAPITULO

Feast Builder

The Feast SM Manila



LETTERS

Do You Believe?

“YES!” That’s our resounding answer because with *The Feast Family*, our online newsmagazine, we have been witnesses to miracles after miracles shared with us by participants in The Feast, our Sunday faith gathering, which we cover week after week.

“YES!” That’s what we heard Fr. Paolo Asprer, priest presider in The Feast last Sunday, September 11, 2021, was saying, as he presented the Gospel on *The Parable of the Lost Sheep* and the miracles about how God finds us when we go astray, away from Him, *page 4*.

“YES!” That’s what we hear from our founder, Bro. Bo Sanchez, and Feast Builder and Preacher Bro. Lep Sumera, as we review last Sunday’s Feast Talk, Talk 3 of *Thrive, God Wants to Renew You*, *pages 12-25*.

“YES!” That’s what Bro. Bo and Feast Builder and Preacher

Bro. Ryan Capitulo (*below, right*) are saying as they introduce today’s Feast Talk, Talk 4 of *Thrive, pages 1-2*.

“YES!” That’s definitely the answer of Bro. Melvin Magno (*left*), a civil engineer who, witnessing miracles for street children in our He Cares Mission, decided to be a missionary for He Cares’ Promised Land, *page 26*.

“YES!” We know that’s your answer because you, like all of us God’s creation, are His amazing miracles!

Glory,

Randy Borromeo
Media Ministry
Executive Director

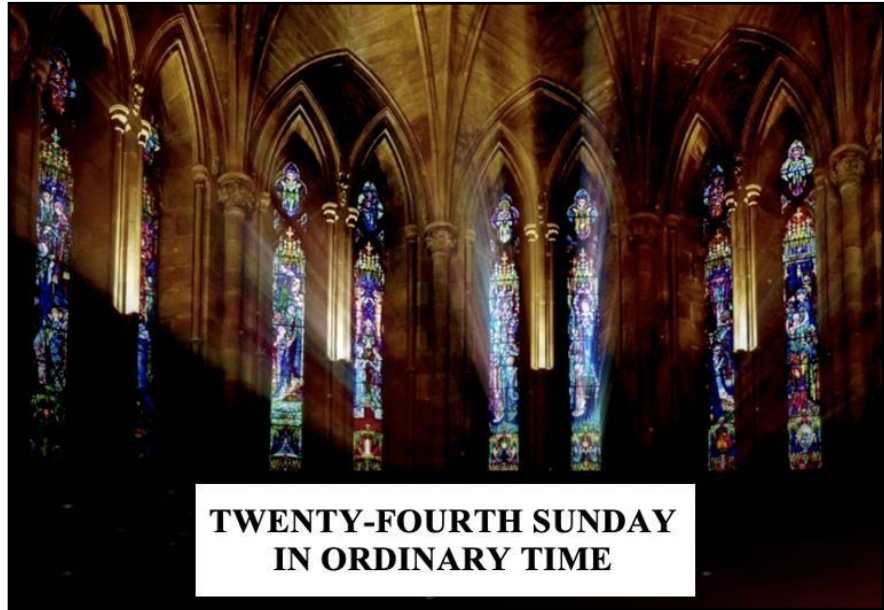




FLASHBACK!

SEPTEMBER 11, 2022

Holy Mass



FR. PAOLO ASPRER

on the Gospel: Luke 15:1-32 *The Parable of the Lost Sheep*

Edited Excerpts...

I hope that you are in the best of health, in the best dispositions to receive the good news of hope and healing through our Feast today.

I've been a priest for almost seven years now and it is my joy and challenge to minister to families.

You know, my family is far from perfect. We have our own joy-filled and grace-filled experiences to celebrate, but we also have our own messy issues to deal with. But indeed, there are families who have deep gaping wounds that would last even for decades.

One time, I was invited by a family to a Christmas dinner. The mother and the father are already in their 70s, going 80s, and they have four children. Also grandchildren and great grandchildren. Such a happy family, such a religious family helping the Church. But like all happy families, they also have sad secrets.

Have You Been Lost?

You know, this family actually have not only four children. They have five.

Many years ago, their daughter had a fiancé and they wanted to get married. But the parents didn't want them to.

And the parents asked their daughter, “Choose: family or fiancé?”

Who did she choose? The fiancé. And since then, they have not seen their daughter-- for almost 30 years now.

So, during that Christmas dinner where I was invited, the mother said, “Sana ay bumalik na ang anak ko. I wish my daughter would already come back.”

One grandchild said, “Eh, bakit, Lola? Bakit mo hahanapin yung wala? Why, Lola? Why are you looking for someone who's not here? We are here present. Why would you look for someone who is absent?”

And what is the response of the grandfather? “Iba pa rin kapag kumpleto— It's way different when we're complete.”

Have you been lost? Have you experienced being lost? Nawala ka, o nawalan ka? We all have experiences about losses. We lost our loved ones, perhaps health, power, security, beauty, achievements, and so on and so forth.

We have been lost and indeed as is often said, “Ang binabalewala ay mawawala-- What we don't look after, we lose. We have been lost spiritually, existentially, geographically. And this is indeed our journey as Christians. From being lost, to being found, to rejoicing-- because we have been found by the Lord.

But there are times when we don't understand ourselves. Kapag nandiyan ang tao ay hindi mo pinapahalagahan, pero kapag wala na siya doon mo ma-re-realize na sila ay mahalaga. --When someone is just around, you tend not to see his value. But when he's gone, that's when you realize his worth.

I remember my friend-- you know, suffering from a heartbreak. We asked her, “Eh, papaano kung si ex ay bumalik?-- What if he returns?”

Her reply, “Eh, Father, kung siya ay bumalik, ihahatid ko pa rin siya kasi baka naliligaw lang ‘yan. --If he comes back, I will still guide him back to where he came from. I know he just lost his way and ended up here.”



Our Christian Journey

That's our Christian journey—being lost, being found, and we rejoice.

And those are our Readings this 24th Sunday in ordinary time. From threefold parables in the Gospel of Luke: *The Parable of the Lost Sheep, The Parable of the Lost Coin, The Parable of the Lost Son.*

And, in the Second Reading, from the experience of St. Paul-- from being a fierce prosecutor of Christians, and then meeting Jesus, and thus being transformed by that grace of conversion.

And indeed, he said to himself, "Everything is rubbish. I was lost and I was found by the transforming love of Jesus."

Even in the First Reading, that's the journey of the Israelites. With their hardheadedness, they were indeed *nawalan ng landas*, they got lost. They worshipped idols. But again, here, Moses interceded and they were spared from that destruction.

Reading I: Exodus 32:7-11, 13-14

The LORD said to Moses, "Go down at once to your people, whom you brought out of the land of Egypt, for they have become depraved. They have soon turned aside from the way I pointed out to them, making for themselves a molten calf and worshiping it, sacrificing to it and crying out,

This is your God, O Israel, who brought you out of the land of Egypt!

"I see how stiff-necked this people is, " continued the LORD to Moses. Let me alone, then, that my wrath may blaze up against them to consume them. Then I will make of you a great nation."

But Moses implored the LORD, his God, saying, "Why, O LORD, should your wrath blaze up against your own people, whom you brought out of the land of Egypt with such great power and with so strong a hand? Remember your servants Abraham, Isaac, and Israel, and how you swore to them by your own self, saying, 'I will make your descendants as numerous as the stars in the sky; and all this land that I promised, I will give your descendants as their perpetual heritage.'"

So, the LORD relented in the punishment he had threatened to inflict on his people.



The First Step to Find Our Way to God



My dear friends, that's our Christian journey.

We are lost and we are being found. But the good news is that the first step for us to find our way doesn't come from us. The first step, the first initiative, always comes from God.

And God doesn't seek for us because we are sinful-- but because He is our Savior. Meaning to say, if we simply focus on our sinfulness, our brokenness, we will not find our way back to God. Because, actually, it is above all grace to be found—being lost and being found.

God always seeks for us. Hinahanap-hanap tayo.

Like in the Parables: 99 sheep stayed but one is lost.

Again, among a woman's 10 coins, one is lost. Hahanapin pa rin niya yung nawawala. The Parable of the prodigal son,

one lost, and one stayed. But the one who stayed para din siyang nawawala-- he seemed lost too (and he needed to be found). Why? Because God would not settle for something which is incomplete. Gusto ni Lord kumpleto tayo. Gusto ni Lord sama-sama tayo. God wants us to be complete. God wants us to be together.

He is already complete but again, He feels incomplete without you, without me, without us—complete in His loving embrace.

So, does it mean the 99 sheep were less valued and the one is more valued? No. It only means that God knows who are the people who really need His grace -- and He is there, attending to the lost one.

Reading II: 1 Timothy 1:12-17

Beloved:

I am grateful to him who has strengthened me, Christ Jesus our Lord, because he considered me trustworthy in appointing me to the ministry. I was once a blasphemer and a persecutor and arrogant, but I have been mercifully treated because I acted out of ignorance in my unbelief. Indeed, the grace of our Lord has been abundant, along with the faith and love that are in Christ Jesus. This saying is trustworthy and deserves full acceptance: Christ Jesus came into the world to save sinners. Of these I am the foremost. But for that reason, I was mercifully treated, so that in me, as the foremost, Christ Jesus might display all his patience as an example for those who would come to believe in him for everlasting life. To the king of ages, incorruptible, invisible, the only God, honor and glory forever and ever. Amen.



The Joy of God

My dear friends, in our journey of faith, we ask many times: “How can we know God? How can we find God?”
As if God is lost?

Well, actually, the real questions are not, “How can I find God?” “How can I know God?”

Actually, the right questions are:

“How do we allow ourselves to be found by God?”

“How can we allow ourselves to be known by God?”

Those are the important questions. Not, “How can I find God?”

God is always present.

It is we who are not present in His presence.

It is we who lack awareness, consciousness of that loving Presence.

So, instead of asking
“How can I find God?”

We ask: “Paano ko mapapahintulutan ang aking sarili na ako ay matagpuan at masumpungan ng Diyos?”

-- "How do I allow myself to be found by God?"

My dear friends, it doesn't matter how much we wander in our journey of faith. In our life, there is always the joy of God—the joy of God to seek us, to run excitedly, to seek for us persistently-- until we are in His loving embrace, until we are reunited with Him, with our loved ones, with our deepest core or identity as the *beloved* of God. Amen.



Worship!

EXHORTATION

KIM PAGUIO: Every Sunday, we come here for The Feast. We have our own various journeys, right? We have different dispositions, right? Maybe, some of us here were feeling blessed, amazed with this week. Well, maybe some of us also are feeling a little stressed because of the busy, hectic week.

But you know what? The Bible says, “Rejoice always, pray unceasingly and give thanks in all circumstances.”

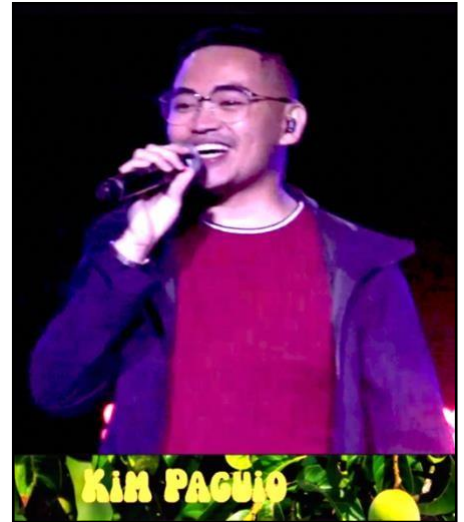
God said *in all circumstances*. That means, whatever it is we’re going through. If we are feeling happy, then we’re going to lift our praise to Jesus today. Whatever circumstance, situation we are in, we’re going to lift our *Hallelujahs* to our King!

If you came here today feeling grateful to be alive, to be breathing, in God’s Presence today... Let’s sing this together. Sing *Hallelujah!*

If you came here today struggling, if you are in the middle of a trial, in the middle of suffering, still, we’re going to sing our *Hallelujah!* Even if it’s difficult! Come on, sing *Hallelujah!*

If you came here today and you’re praying for something, you’re waiting for an answered prayer, we’re going to sing *Hallelujah!*

And as God’s people, if you are ready to worship Him, sing *Hallelujah!*





Hallelujah



Glory to God in the highest
And peace to God's people on earth



God of my past
God of my present and future



As I worship
You make all things new



From the ends of the earth
All creation sing



Unbounded by time
Unchanging forever and ever

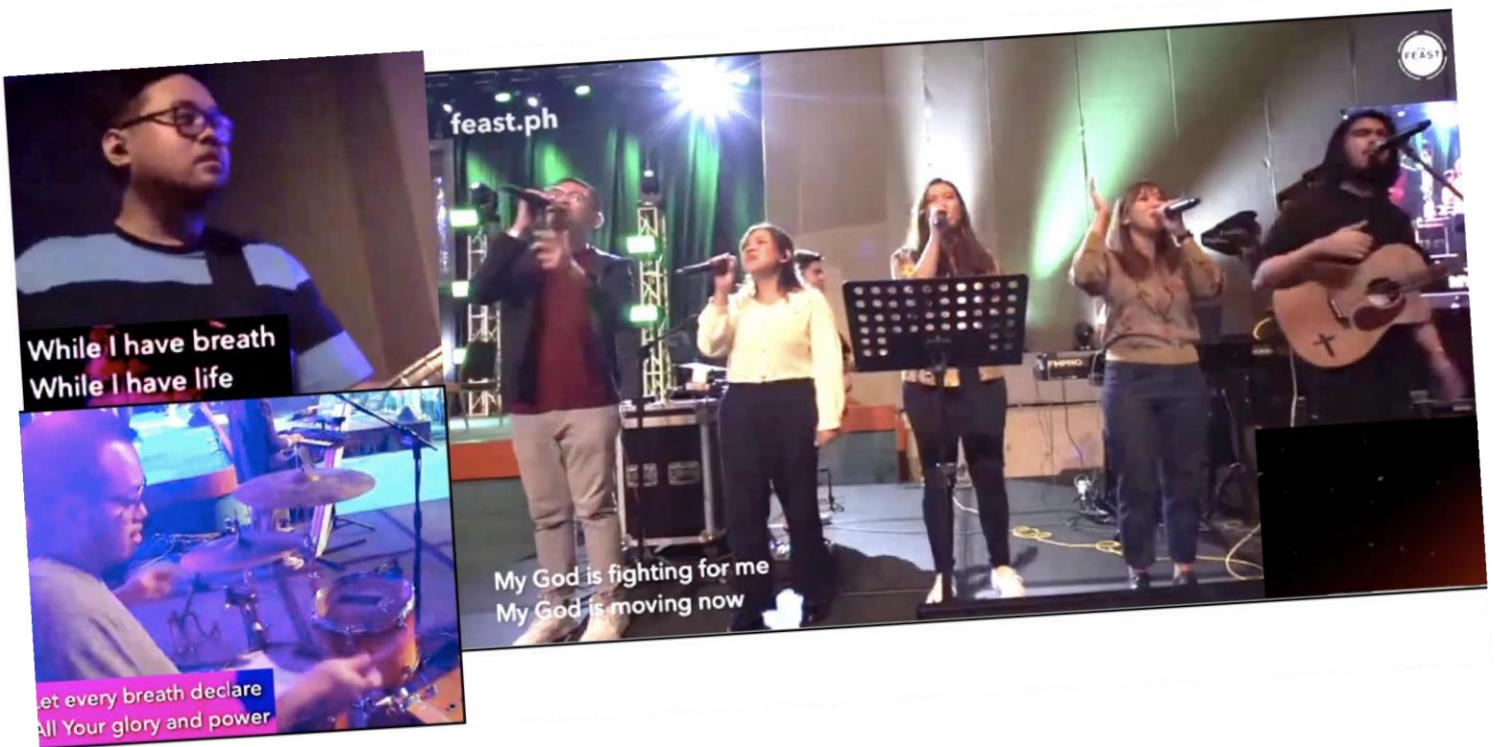


DIDOY LUBATON: Let's stay in prayer. Father in Heaven, we come to you as a Feast Family with many needs. Some of us are in search for meaning, for purpose. Some of us are in pain. Some of us are hungry. Some of us are so thirsty. Some of us are sick. We're looking for satisfaction. We're looking for what is enough. But maybe we're asking for the wrong thing. It is not what we need. It is who we really need. And in this moment of worship, in surrender we look to You – our All in All.

And we declare, as a family, nothing in this world could satisfy our soul, the meaning of our life, nothing else. No earthly pursuit. But only You and You alone.

And so, Lord, look at us as a Feast. Family. We want to worship You. We worship You while we have breath, while we have life, we will sing. We will worship You—until You call us back home to You, our Eternal Father. You are our everything and everything is in You.

So come, dwell in the praises of Your people. Our hearts are lifted to You. Be One with us. Bless us. We honor You. We praise you!



Talk



BO SANCHEZ: I have a little message that I received last night – just last night. You know, I receive hundreds, thousands of these kinds of messages, people asking me: “Bro. Bo, what keeps you moving, what keeps you waking up in the morning and serving God all these past 42 years?”

Last September 9, we celebrated 42 years (of the founding of the Light of Jesus Family).

September 9, 1980, was the first Feast that was ever held and it was in our (family) garage. It was not called The Feast then. It was a little prayer meeting of 30 persons-- and 42 years later, we’re still here—in 26 countries, blessing the world.

The questions that people ask me: Why keep going? What keeps you going? Where’s the fire coming from? What’s your fuel?

Of course, I could easily say, the *Holy Spirit*. I could easily say, *the Love of God*.

But human as I am, I look at these letters that I receive on a *daily* basis.



We Are All Wounded

So, let me read one letter—just to give you a little insight of what I go through and what keeps me up:

I met Bro. Bo during the most trying emotional year of my life.

In February, I quit my job, started over.

In April, I was heartbroken.

In June, I did something major that I later regretted.

And in October, my niece died.

There were also multiple financial problems that contributed to my anxiety.

After I experienced emotional situations and crying a lot in the previous months, I saw light appeared in November.

Before my birthday, I went to The Feast – and it was the first time I cried with peace and joy.

Unexpectedly, a prayer was answered. After listening to the talk, and worshipping God, I no longer felt emotionally, physically, financially, or mentally drained. After all my heartaches and suffering, I was redeemed.

And then that's when I realized that when the world throws sadness and exhaustion at you, just keep going. —even if all you have is faith. I am very grateful because my outlook on life has changed since that day.

And then he quotes a message that I preached on that day, and he said that I said:

“We are all wounded but the wounds are necessary for God’s healing light to enter our beings. Without wounds, and failures, and defeats, there will be no opening for His brilliance to trickle in and invade our lives.

Sinabi ko talaga ito? —Did I really say this? Ang talino ko naman. I’m so intelligent... ☺





My dear friends, those kinds of miracles-- of how he looks at one moment at The Feast that changes his life forever-- happens again, and again, and again.

You have come to the right place and it's not actually *the place*—it's actually *the Person*. The center of this place is Jesus. And I want you to believe that this is a place of miracles.

The writer of the letter that I read to you is someone who experienced a miracle here. He said that all his emotional pains, and struggles, and exhaustion, and the financial drain—all of those just changed.

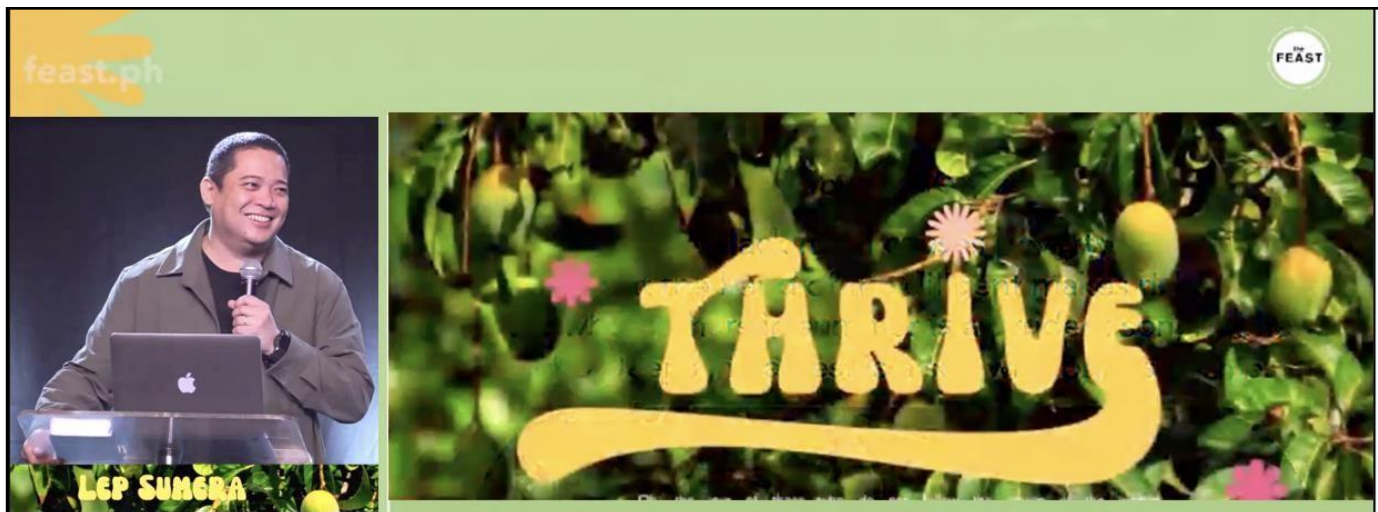
Now, I bet not all of his problems disappeared, right? But what changed was his mindset -- what changed was his outlook, what changed was his faith. He began to focus on God. And that's what we're trying to give you today.

And my dear friends, I want you to believe that you have come to the right place because you have come to the right *Person*. God will renew you. God *wants* to renew you.

But I've realized-- that before He renews you, He has to remove something.

Jesus said that before the seed becomes a tree and bears fruit, it has to die. It has to be planted and buried under the ground.

Before God renews you and gives you new life, there has to be a death that has to take place. That's why there are wounds and that's why there's frustration. That's why there is pain that we go through in our life. But God is performing a surgery, cutting you up. He's removing what needs to be removed – but when that thing is removed, there's space for the new thing that God is going to do in your life.



Talk 3: *God Wants to Renew You*

LEP SUMERA: Good Morning, Everybody. Tell the person beside you, "Merry Christmas!" And to the other one, "Regalo ko, ha, -- My gift, ha." :)

So happy to be here.

Who's hungry? Hallelujah! I hope you're hungry for the Word because God has something prepared for you.

My name is Philip Sumera, I'm one of the Feast Builders of Feast Manila. You may call me Kuya Lep. That's how the young call me. And *you* look young.

I want *first* to honor leaders of this Feast – Bro. Bo, Bro. Audee, Doc Didoy, and even all the Council members, the servants of The Feast—serving every Sunday.

I want to share this with you, guys: You know, they also have problems. But when you see them serving, you don't see the problems. They're welcoming you with arms wide open and with smile... If there's a servant near you today, can you give them a heart? And can we give Jesus a clap offering for all the leaders of this Feast?

And *second*, I also want to honor The Feast Worship team. Amazing guys. I just want to honor you guys for bringing songs filled with so much hope, making us feel Jesus. Every time I'm driving, you are my background sound and you accompany me during my journey. Please continue to be a blessing to the world. You are at a different level—not just to the highest level here, but to Heaven's level. That's how you bring Worship to us. Thank You, Jesus.



I want to begin with a story.

I have a family business-- we're one of the suppliers of uniforms in a school here in Manila.

One day, I was serving this customer, and I heard this mom, saying to her child, "Magpa-Pasko na. Ganyan ka pa rin. Hindi ka pa rin nagbabago. – It's going to be Christmas already. You're still the same. You haven't changed!"

And that line hit me. Everybody, say, "Change".

Change. This Coronavirus Disease (COVID) Pandemic has brought a lot of changes. So many changes. Now, part of our OOTD (Outfit of the Day) is our face mask. I'm sure some of you here have face masks in various colors. And you choose the color that matches your getup for the day.

Back then, we asked the person sitting beside us, "What's your perfume?"

But today, we ask the person beside us, "What's your alcohol? It smells good."

There are a lot of changes. And changes bring new things. But sad to say, some of us, if there's something new, we tend to be annoyed.

What should be our right reaction when there's something new?

We need to:

ADAPT

So, the question is:

**HOW DO YOU REACT
TO THESE CHANGES?**



“IF IT AIN’T NEW,
IT’S THROUGH.”

I have a friend who lost her job because of the Pandemic. And she started baking. Because that’s what she loves -- baking. She tried selling her products online and her effort worked. I’m one of her customers. Her pandesal tastes good.

And now, what changes have happened? The new things are now blessings.

Amid the Pandemic, I lost all my speaking engagements. But then I got the time to study. I began studying being a life coach. And now, I am enrolled in Don Bosco School of Theology, taking up my Master degree with fellow Feast Builders.

New things. Changes. Blessings. Can you see the pattern?

If there’s a change, you need to adapt and new things will happen, and there will be blessings. And this is applicable in all areas of our life—in our work, in our career, in our business, in our studies, in our ministry, in our finances, in our health, and even in our relationships.

When I say relationship, we need to have these new activities, new stuff, new things that you and your spouse are doing together.

Because, listen friends, if it ain’t new, it’s through.

How many of you have challenges?

You know what? When you think about it, these challenges are also God’s way of renewing us.

What? Challenges, problems, hardships? Yes!

I enjoy challenges now—now that I have this new perspective. Whenever I encounter new challenges, I say, “Lord, praise, praise You for these challenges.”

Because now, whenever I see challenges, I don’t see them as problems. I see them as opportunities—opportunities for me to be better, opportunities for growth, opportunities to be a blessing, opportunities to be renewed.



Romans 12:2 NLT

Don't copy the behavior and customs of this world,
but let God transform you into a new person
Then you will learn to *by changing the way you think.*
know God's will for you,
which is good and pleasing and perfect.

Three Areas Where You Can Re-define Your Life

Let's go now to our Scripture—Romans 12:2 (*above*).

God will renew you by changing the way you think. It starts with your thoughts.

Some of you, when Bro. Bo called me to preach today, you must have been like, “Ay, why not Bro. Audee? Sayang, sino ba yang preacher na ‘yan, laki ng tiyan? – “Why not Bro. Audee? Too bad. Whoever is that preacher with the big tummy?”

And you know what will happen? It starts with your thought: Hindi ka na makikinig.-- You won't listen anymore.

But when I was called, “Bro. Lep Sumera!”

When I entered, you're like, “Ah, someone new! Pogi rin naman.— Also, handsome. Pwede. -- Can be.”

You know what will happen? Action: You will be listening.

Some of you, “Wow, galing — Wow, he's good.”

Some are like, “Yes, true.”

It starts with your thoughts. And God will change you with the way you think.

Here are the Three Areas Where You Can Re-define Your Life:

1. Re-define Your Work

*The Lord God took the man and put him
in the garden to work it and take care of it.*
-- Genesis 3:17-19

I love this. I love this Word. It shows that man is working with God in the garden. They are together. And that made *work* enjoyable.

But *work* changed after the Fall of man. So, work became excruciating.

“Ang hirap! Ayoko nang magtrabaho!

– So hard! I don't like to work anymore!”

Happy Problem, Happy Hardship

I have a story for you.

I was talking to Bro. Bo backstage. And I was sharing, back then, during the Pandemic, my family and I, we were so worried with regard our business. Our business closed. We didn't know where to go. Again, we were suppliers of school uniforms. So, who needs uniforms during the Pandemic? (Because there were no classes, everyone studied from home.) So, some just wore the top of their uniform, over their pajamas.

But there were still those who ordered uniforms, and we saw this as a blessing. We're grateful for that. We're grateful for the gift of online. We shifted to online, doing business online.

And now, in Jesus' Name, the Pandemic is about to end-- everybody is adjusting again. When before we worried that we didn't have orders, now we are apprehensive that we might not meet the many demands for uniforms.

My Mom calls it "a happy problem."

I call it "happy hardship."

I believe that God does not have a scarcity mindset—but a growth mindset. There's more. I believe there's more, and we're getting ready for *more*.

And what I love with my Mom, she always acknowledges this business as a blessing.

She always says, "It's not only us who will level up. Our staff will level up. Even our sub-contract partners, our little sewers, we will bring them up. Because God gave this business not only to us-- we give it also to others. So, all of us will stand up. We will all be blessed."

That's why she loves this business so much. She really puts this business into her heart.

As the saying goes: "If you love what you do, you will never work a day in your life."



Start on Sunday

I have a question: It will be Monday tomorrow. Do you love your work?

Others are like: “Wish it’s already Friday.”

I have a suggestion: Start your week on Sunday—not Monday. Because you start your week seeking God’s grace, seeking God’s help, seeking God’s comfort, seeking God’s provision and abundance.

Because by your strength alone, you won’t be able to bear the challenges of the week.

Like, “Lunes pa lang pagod na ako.”

“It’s just Monday and I’m already tired.”

But when you start with God, you acknowledge God.

I’m telling you, “Bring it on!”

Bring it on: "Because I believe blessings are coming this week." "I believe miracles are happening this week." "I believe my promotion I’ve long been waiting for is going to happen this week." "I believe my client will say yes to my proposal."

Blessings are coming this week. You seek God first. You start with God.

So, today start thinking that you’re working for God and *with* God.

Not for your boss.

Think: “God gave me this job. This is God’s blessing.

Work for God and with God.”



Do this: Put your palm up, like you’re asking for something. I just want to pray for your hands:

Lord, I pray for the hands of everybody. May you bless them, Jesus. May you prosper these hands, oh Lord, God, and at the same time, Jesus, I pray these hands will be a blessing to others. In Jesus’ Name. Amen.

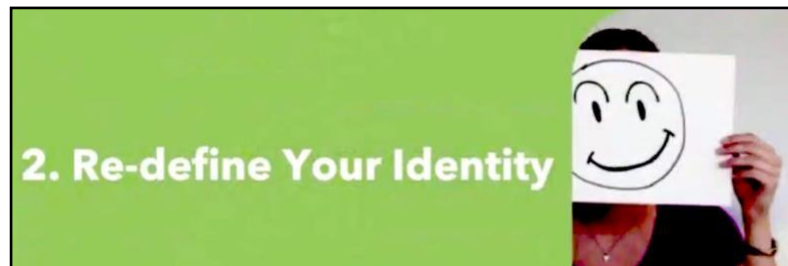
This time, fold your hands together. Imagine that those are God’s hand.

He’s saying, “*Anak, Child, let’s work on it together.*”





Second Way To Re-define Your Life:



Let's go back to Romans 12:2: *Don't copy the behavior and customs of this world...*

We are now living in a world filled with so many influencers. Wherever you look, on social media, there are a lot of influencers and they affect you-- with the way you think, the way you act, and the way you speak.

Notice some people—they already have a Korean accent.

The question is: Who is influencing you?

I have a story.

I know someone who went out with her troop, her barkada. They were there partying, happy-happy. And then she saw this classmate suddenly started smoking.

Her reaction was, “Wow, how *social* (high classy) she is!

She approached the girl, and asked her, “May I try smoking? You look so cool.”

So, she started smoking too, feeling *social*.

And then there's another friend who approached her and asked her, “Is that really you? Is that who you are?”

Again, there are a lot of influencers – influencing our life.

Question: Is your friend BI—Bad Influencer?

Today is September 11, 2022. And may we not forget this day for this is the day we will press the *Reset* button. We ask God today to restore us to our original setting as He made us.

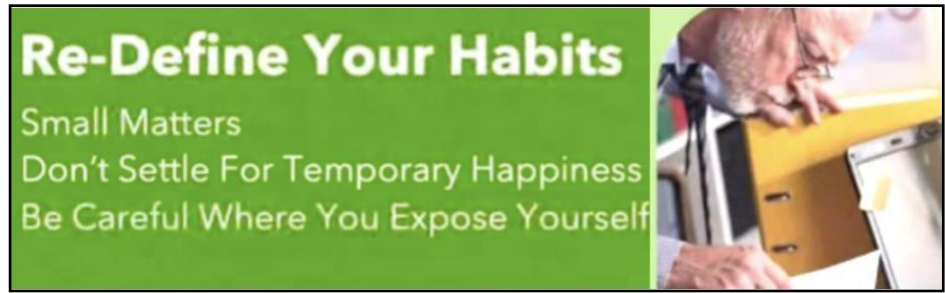
Because along the way, we have been influenced and we were derailed from God's original plan.

Today, it's going to be different. Today, it's going to be beautiful. Today we will be restored. We will be renewed-- to our true identity.

I want to remind you that you're God's beloved and you're God's powerful champion.



Third Way To Re-define Your Life:



Question: Who among you watch Korean Drama before sleeping? How many here love to exercise? How many of you love midnight snacks? How many you love to push this News button. How many of you love to attend The Feast every Sunday – you make it a point that you’re present. How many of you love tithing? Giving to God.

Friends, these are all *habits*. And I love the definition of Google. Google defines *habit* as an automatic reaction to a specific situation

“AN AUTOMATIC REACTION TO A SPECIFIC SITUATION.”

I’ll give you an example: When you go to your room, and it’s dark, what do you do? You turn on the light. That’s a habit. Automatic reaction. When you were a kid, you had to be taught how to do it. You learned. And now it’s a habit.

Another definition:

“A ROUTINE OF BEHAVIOR THAT IS REPEATED REGULARLY AND TENDS TO OCCUR SUBCONSCIOUSLY.”

Repeated regularly.
So, it starts as a small routine. Then it becomes a habit. Then it becomes your lifestyle.

I have a friend, sad to say, who changed. Before, he didn’t drink alcohol. But after work, his officemates influenced him to go with them to this certain bar and just drink two bottles. Sad to say, these two bottles became two bottles every day. After three weeks, two bottles became a bucket. After several months, no longer a bucket. —one case already. My friend is now addicted to alcohol.

Three lessons we can learn from this story:

1. **Small matters.** American author, journalist, and keynote speaker James Clear shared this in his book, *Atomic Habits*:

"IMPROVING BY 1% ISN'T PARTICULARLY NOTABLE, SOMETIMES IT ISN'T EVEN NOTICEABLE, BUT IT CAN BE FAR MORE MEANINGFUL - ESPECIALLY IN THE LONG RUN."



I will reveal to you: I am also a drummer. I had an alternative band. We did gigs in bars.

And I started learning to play the drums with a customized and imaginary drum set. I bought drum sticks – cheaper, compared to a drum set. I spread pillows and chairs. So, I started hitting the pillows while listening to songs.

Consistent small actions.

When you think about it, Jesus did not start discipling thousands. I believe He could have. But He focused on the 12. Because *small* matters.

So, friends, please keep improving – even by just 1%. Keep saving-- even just P50. Keep doing good—even in small ways. Keep serving—even small service. For *small* matters.

2. Don't settle for temporary happiness.

Our life goal is really to be happy. Yes, we have travel goals, we have relationship goals—but our ultimate goal is really to be happy. And when we talk about habits, there are four categories:

When we get the reward, it associates with our cravings, and it makes us happy. That's why it becomes routine. Because we are happy with what we are doing.

I have a story. One day, I was working and I noticed this trail of ants in my working area. And I noticed the ants were going to the trash that I was not able to throw away the other day.

Listen friends: Sometimes, we're like these ants. Why? Because we settle for trash. We settle for one-night stand. We settle for porn. We settle for pre-marital sex. We settle for gambling. We settle for scamming people. We settle for cheating. We settle for temporary happiness.

Listen: Don't settle for trash. God did not design you to collect garbage. Because true happiness is a life with God. Have an intimate relationship with Him. He *is* our reward. And He is enough.





3. Be careful where you expose yourself.

The year 2022 I started with COVID. I don't know where I got it, but I was exposed to the virus. And just like with COVID, you acquire habits with the people who surround you, and to the environment that you're exposed to. So, if you're surrounded by gossips, the tendency is you become a gossip too. If you're surrounded by worshippers, then you become you become a worshipper too. If you're surrounded by negative or toxic people, one way or another, you become *nega* too.

So, friends, please learn to filter.

When Jesus was tempted by Satan, He said, "Go away, Satan!"

You don't entertain the enemy. Go away. So you don't expose yourself to bad habits.

DON'T EXPOSE YOURSELF TO BAD HABITS

This is a beautiful reminder from Philippians 4:8: *Fix your thoughts on what is true, honorable, and right, and pure, and lovely, and admirable. Think about these things that are excellent and worthy of praise.*

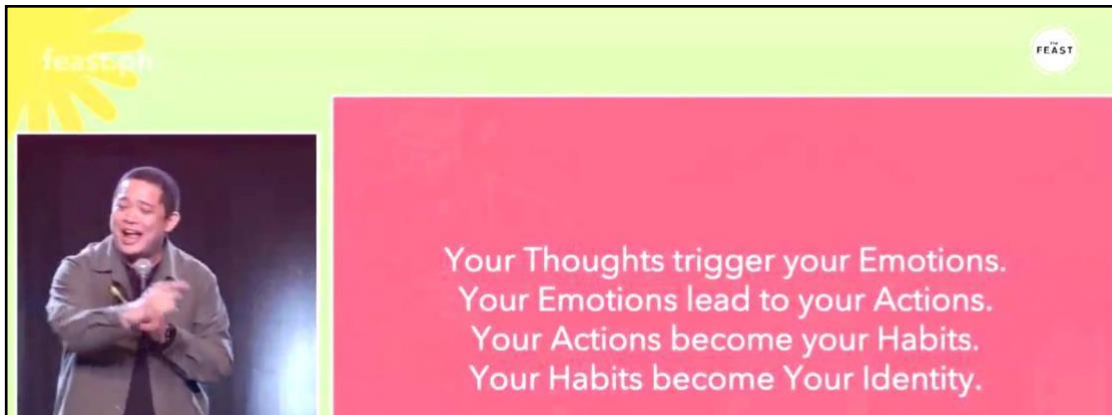


So, question: How many of you admit that you need a transformation? Can you just admit it to the Lord?

Yes, Lord, I am raising my hand because I too need to change.

That renewal —it starts with your willingness to change.

IT STARTS WITH YOUR WILLINGNESS.



Listen, friends. I said earlier, God starts with the way you think. Because your Thoughts trigger your Emotions. And your Emotions lead to your Actions. Your Actions become your Habits. Your Habits become Your Identity.

I love the story of the leper who approaches Jesus and seeks healing-- in Matthew 8:2:

Matthew 8:2
Suddenly, a man with leprosy approached him and knelt before him. "Lord," the man said, "if you are willing, you can heal me and make me clean."

I invite everybody, if you need that healing today, to stand up and

acknowledge God, that as you stand up you're admitting, *"Yes, Lord, I need that transformation. I need You, Lord, to change me. I am not perfect. Yes, Lord, I want to change. I want You to restore me. I want You to renew me."*

What I love about the leper is his humility and courage.

And now, it's our turn. Let's give God permission. Let's allow Him to change us today.

Heal, Lord, our wrong mindset, our wrong perspective. Heal, Lord, this wrong identity. Heal, Lord, these wrong habits.

And the response of Jesus to the leper is

His response to us today. Matthew 8:3:

Matthew 8:3
Jesus reached out and touched him. "I am willing," he said. "Be healed."

Imagine Jesus, reaching out to you today, touching you today, embracing you today.

And telling you, *"I am willing. Be healed. I love you. And You are my child."*

Friends, God wants to renew you today. Today is going to be a special day. For I sense the Holy Spirit working in this place. I sense Mama Mary roaming around in this place.

And I sense Jesus...He is Present, embracing each one of us today.

Be healed. Be restored. Be renewed. **God wants to renew you.**



MERCY MINISTRIES

“Be still and know that I am God.”

—Psalm 46:10

HE CARES MISSION PART 6

Promises Unlimited

STANDING side by side with He Cares Mission founder Bro. Joe Dean Sola is Bro. Melvin Magno serving at the He Cares Promised Land, a 5.3-hectare property in San Rafael, Bulacan.

He Cares named the property as the Promised Land based on the Biblical story of Abraham. Because of Abraham’s steadfast faith in God, God honored him by blessing him to become the father of the Israelite nation. And God promised He would grant Abraham land for his descendants. This land would be Canaan, located in the territory of the Southern Levant -- historically, the region along the eastern Mediterranean shores-- which is now known to include modern-day Israel.

By His amazing grace, God also gave He Cares Mission its own Promised Land through donations from the ministry’s supporters. He Cares is now developing the property into a farmland to provide food, livelihood training, and shelter for its beneficiaries—the street children gathered by Bro. Joe Dean to give them a chance to a new, good life.





Limitless Abundance

We have a God of Limitless Abundance. So, His promise is not limited to just granting He Cares this land. For we see that His promise includes sustaining the farmland.

And He fulfills His promise by touching donors to continue providing the Promised Land's basic needs. And calling volunteer professionals to share their expertise for proper development of the farmland.

Like Melvin Magno. Melvin is a civil engineer, earning his degree from the Central Luzon State University in Muñoz, Nueva Ecija.

He worked as civil engineer at Metric Construction Corporation Inc. (MCCI).

He also manages his own company, Tiara Anoui Psalm Construction and Engineering Services.



Divine Design

Melvin found out about our Light of Jesus Family through a friend, Gina Asor, in 2018. By 2019, he was already serving as lay minister at The Feast, our Sunday prayer gathering at the Philippine International Convention Center (PICC).

Now, by Divine Design, He Cares children happened to participate in Feast PICC's Christmas program in 2019. After their presentation, the host announced that He Cares is calling for a volunteer to help in the technical operations in the Promised Land. And who happened to be in the audience hearing the announcement? A civil engineer who knows everything about technical stuff: Melvin Magno. Without missing a beat, Melvin answered the call.

Melvin first served as volunteer technical consultant for two years. Then, in 2021, he decided to serve as full-time missionary-- as farm manager of He Cares Mission's Promised Land.

As farm manager, Melvin leads construction operations, serving side by side with Bro. Joe Dean. He also monitors development of farm animals.

Melvin is grateful he has found He Cares.

"Hindi ko na po kailangang hanapin ang sarili ko, ang purpose ko, kasi nakita ko na dito. -- I no longer need to find myself, my purpose because I've seen it already here," Melvin muses.

What's more, he has his family's full support: "Hindi lang po ako ang para dito. Kasama na rin ang family ko."

Here's Melvin with wife Roselle and below, the children, from left: Zeanen, Yeshua, Sealtiel, and Anoui.

"Many are looking for their purpose in life. As for my family and me, we have found our purpose in He Cares Mission-- and that's the greatest blessing for me," Melvin adds.

Indeed, we tend to think that when we help others, we are blessing them. On the contrary, we are the ones blessed by them.

Bro. Melvin is one of the many witnesses of God's grace and greatness.

--With reporting by Cybill P. Bayto





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, 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 Family. 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 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>

Telephone Numbers: 8725-9999/ Fax 725-1230

Our Partner Beneficiaries

Jeremiah 33 Foundation

is a shelter for girls particularly victims of sexual abuse.



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



He Cares Mission provides shelter for street children.

Pag-asa ng Pamilya Foundation gives scholarships to poor 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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2. Pick Up from Your House or Office

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Voice Radio and Television Foundation and call Joy at (+632) 725 -9999 loc 112 or text (+63) 922-828-9890 and we'll pick them up from your home or office.

3. Mail 12 Post-Dated Checks to Our Office

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Voice Radio and Television Foundation and mail (registered mail) to Shepherds Voice, 60 Chicago St., Cubao, Quezon City, Philippines 1109

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FAMILY ONLINE NEWSMAGAZINE

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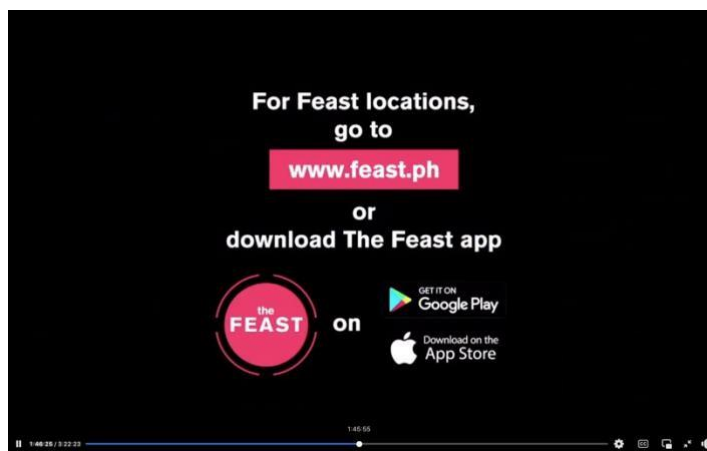
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Go and make disciples of all men.
— Matthew 28:19