



NEWSLETTER
October 9, 2022



My 3-Step Life Hack for Mental Health

I RECEIVE thousands of messages from people telling me about their problems. In the past two years of the Coronavirus Disease (COVID) Pandemic, there was a huge uptick of people telling me, “Brother Bo, I’m having an anxiety attack,” or “Pray for my mental health.”

After assuring them that they’re normal and I go through this thing too, I share what I do to recalibrate myself emotionally and spiritually.

First, I identify the agitation I’m feeling-- whether it’s worry or fear or anger, or sadness. I acknowledge the feelings. I allow myself to feel them in God’s Presence. *These emotions can be doorways that lead you to Him.*

Second, I close my eyes, take a few long breaths, and quiet my mind.

Third, I make a faith declaration. One of my favorites is saying, very slowly and deliberately, “*God is with me.*” I say it multiple times.

Before I know it, I feel at peace.

Today, we’ll explore that powerful truth that God is always with us.

Welcome to Talk 3 of our Feast series, *Exodus*.

Have a miracle-filled Feast today!

May your dreams come true,

Bo Sanchez



LETTERS

Planting Itty-Bitfi Seeds of Faith

YOU know the terms *p.l.by.titp.:s*, *p.l.by.titg.:s* if you move around the Internet, especially social media. The terms are going viral, especially during this still ongoing Coronavirus Disease (COVID) Pandemic when lockdowns — yes, locked us home, and not a few went into planting— ornamentals, veggies-- and by this time already proudly posting their produce.

During his homily at last Sunday's Feast Mass, Fr. Stephen Mj's d posed a challenge: how about planting a mulberry tree? What's that got to do with your faith? Read on, *page 3*.

Our founder, Bro. Bo Sanchez, who's an online mainstay, is not planting. He's hacking—that's what he says in his intro to today's Feast talk series, *page 1*.

Leading Worship, Feast Builder and Preacher Bro. D.idoy **Lqba)on** is not planting either—just doing the best to increase faith: simply call Jesus to show His greatness, *page 9*.

Bro. Audee ill grid , our speaker, pointed out what you should plant in your heart: embrace yourself, *pages 10-29*.



In our Mercy *Ministries* section, meet two plgg tds: First, Sis. J). i.i.o, social worker for Grace To Be

Born, lovingly planting faith and hope in women in crisis; and second, Elle, a young Grace mother, sharing her produce, since she planted Jesus in her heart, *page 30*.
Yes, planting faith is so much fun!



Glory,

Randy Borromeo
Media Ministry
Executive Director

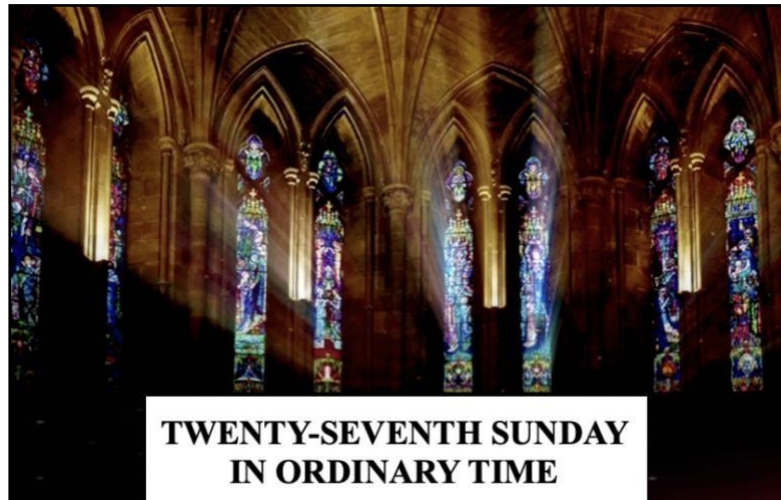




FLASHBACK!

OCTOBER 2, 2022

Holy Mass



FR. STEPHEN MIFSUD

on the Gospel: Luke 17:5-10

Faith as a Mustard Seed

Edited Excerpts...

I don't know if you have ever moved a mulberry tree. We have just planted a tree in our garden.

Even Jesus said that if you have faith, you can move mountains. Has anyone here moved a mountain?

What is Jesus saying today? Are any of us here able to move mountains or trees? Jesus said if you have faith the size of a mustard seed, you can move these.

What does it mean? None of us here has enough faith, not even as small as a mustard seed.

And the apostles, when they were talking to Jesus and heard this, they said, "Increase our faith."

They realized that they didn't have enough faith. Like us.

Can faith be increased?

What Is Faith?

Faith is obeying the Ten Commandments or The Creed that we'll say later. You cannot increase that one.

What is faith? Is it observing the religious practice that we have so we can say, "If I go to Mass every Sunday or pray the Rosary, I do my devotions, then my faith will increase."

Not necessarily. I know people who went to Mass even every day. There were days they lost their faith. It did not increase-- but decreased.

Religious practices are important. For example, making the Sign of the Cross when we pass near a church. It's important, but if I do it just for superstition or because it's *ugali*-- a tradition or out of habit-- and not from the heart and the spirit, then there is something missing. There is no faith.

For example, if I make the Sign of the Cross before I start driving, and I do it only for protection (from traffic hazards), there's a lack of faith there.

We make the Sign of the Cross to live that moment as a Christian, as a follower of Jesus. So, if I drive and make the Sign of the Cross and don't care about the lights and don't care about others, then I don't think there is faith there.

And I am afraid that when we practice our religion without faith, then it will be a joke in the eyes of non-believers. It will be an embarrassment for us.

What is faith?

Faith is when I trust in the Lord. When the Lord in my life becomes the center of my thoughts and attitude. Faith is when I listen to the Word and I follow what the Lord is saying. That's why it's difficult to have faith. We lack faith because it's not easy to follow what Jesus tells us to do.

Reading I: Habakkuk 1:2-3; 2:2-4

How long, O LORD? I cry for help but you do not listen! I cry out to you, "Violence!" but you do not intervene. Why do you let me see ruin; why must I look at misery? Destruction and violence are before me; there is strife, and clamorous discord. Then the LORD answered me and said: Write down the vision clearly upon the tablets, so that one can read it readily. For the vision still has its time, presses on to fulfillment, and will not disappoint; if it delays, wait for it, it will surely come, it will not be late.

The rash one has no integrity; but the just one, because of his faith, shall live.



‘Increase Our Faith’

The Gospel of today starts with the apostles telling the Lord, “Increase our faith.”

What was Jesus saying before? Jesus was telling the apostles about forgiveness.

He said, “If someone trespasses against you seven times in a day and turns to you, saying, “I repent,” you shall forgive him.

And then the apostles said, "Hindi kaya.— Can't do it."

How can we forgive seven times a day a person who's against us? We don't have enough faith to do this.

And so, the apostles asked the Lord to increase their faith.

Jesus asks us some things that for us are beyond comprehension.

For example, we aspire to be great, we aspire to be at the center, we aspire to be important, and appreciated by others-- and then here comes Jesus telling us the greatest has to be the smallest, has to pass through the narrow road.

These are mandates which really, when we hear these words, we will say, “Lord, increase our faith. It's too difficult for us to comprehend and to follow you.”

And when Jesus heard this plea to "increase our faith" from his apostles, what did He do?

He did not put up his hand and say, “You will be filled with faith.”

No. He brought up the example of the mulberry tree.

The mulberry tree was uprooted and planted near the sea. If you have faith, you can uproot, remove the plant from the root, and put it near the sea, near the water.

What does this mean?

Reading II: 2 Timothy 1:6-8, 13-14

Beloved: I remind you, to stir into flame the gift of God that you have through the imposition of my hands.⁷ For God did not give us a spirit of cowardice but rather of power and love and self-control.⁸ So do not be ashamed of your testimony to our Lord, nor of me, a prisoner for his sake; but bear your share of hardship for the gospel with the strength that comes from God.

¹³ Take as your norm the sound words that you heard from me, in the faith and love that are in Christ Jesus.



Faith Can Do Miracles

Faith in Christ is able to take out from the heart the roots that seem impossible to remove.

And I bring an example. Each of us has a mulberry tree in the heart—with roots. Maybe a vice -- as I said at the beginning of the Mass. A vice that is rooted.

When I feel the Lord telling me to stop doing some things or thinking about some things, I would say, “It’s too rooted. I cannot do it.”

Jesus is saying today, “If you have faith in Me, you can uproot this mulberry tree.”

There is nothing impossible. Faith can do miracles.

Even in the Gospel, there was this father of the epileptic who said, “Lord, can you do something?”

And Jesus said, “Everything is possible for the one who believes.”

So, if we have this belief in Christ, then anything can be uprooted.

For example, you receive a very big offense. I pass through this week, someone really hurt me with her actions. What will happen if I see this person in need? Shall I forgive her? Shall I help her or I will say, "Karma!?"

As a Christian, I am obliged to forgive and help even those who sinned against me. We say it when we pray the *Our Father* every day.

That’s why we need to always ask the Lord, “Lord, increase my faith so that I can follow You, so that I can live according to Your will.”

And I can experience the joy of being with the Lord. The joy of living as Jesus lived in this world.”

So, we pray to the Lord today to stay in us as St. Paul said. The gift of God in us, we already have it, but still, this gift is like the *uling* (charcoal), when you are doing barbeque. The *uling* is there, it’s hot, but you need to set it aflame so that the fire will be stronger.

We all have faith but we need the Holy Spirit-- the breath, the wind-- so that our faith may be set ablaze and we can really change even the world-- into a more loving and faithful environment.



Worship!

EXHORTATIONS



KRIZIA OCOMA: Good morning, brothers and sisters! May I invite you to get on your feet? Is everybody in here ready to worship our God today?

Church, with faith, no matter how small, we believe that our God is always with us. Amen?

So, I ask that question again: Is everybody in here ready to worship our Lord today?

Everyone, let's shout our praises to God. Let's go!

PAULINE GUEVARRA: The Lord says in 2 Corinthians 12:9: *"My grace is all you need. My power works best in weakness."*

So, now I am glad to boast about my weakness so that the power of Christ can work through me.

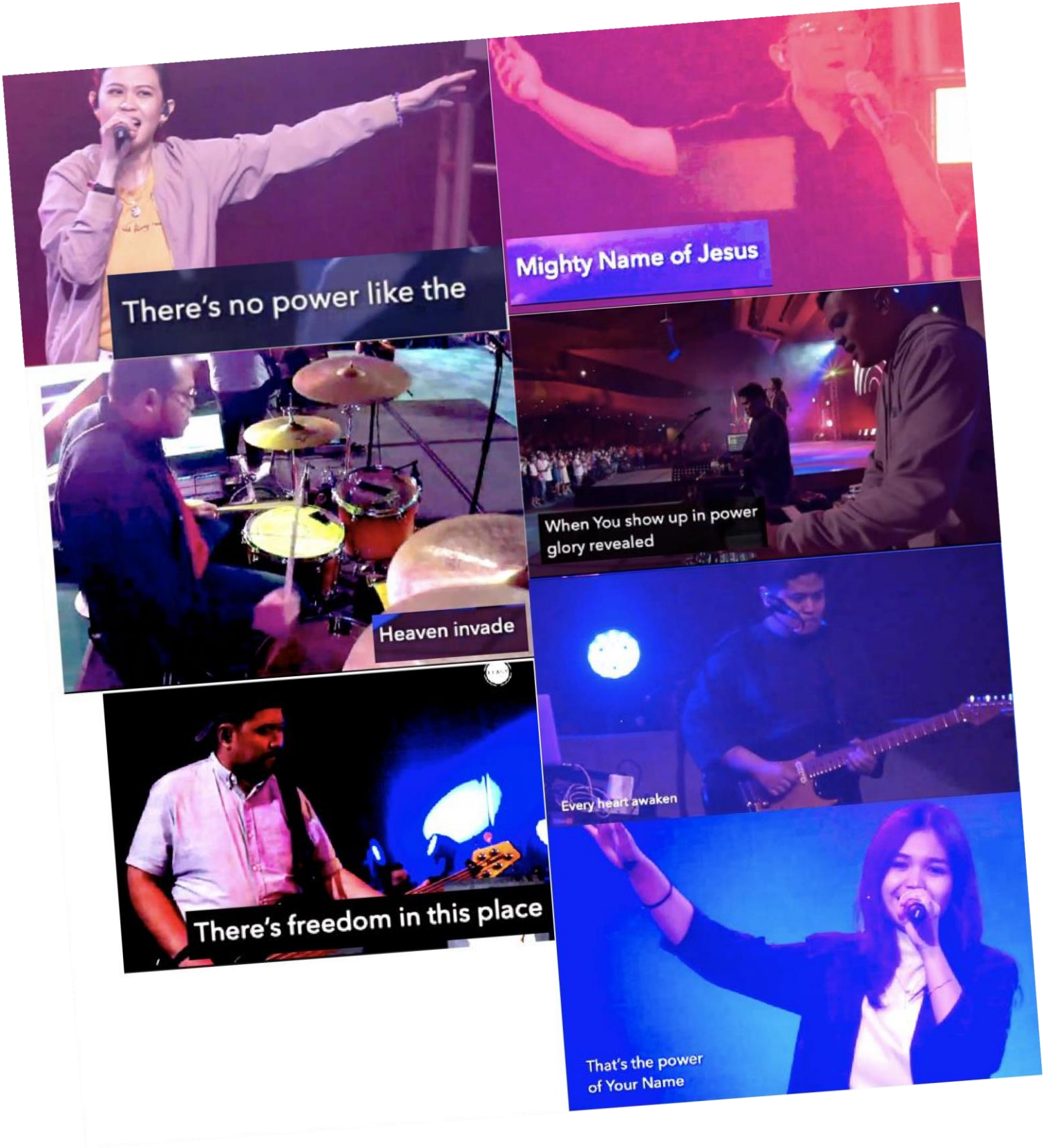
So now, we're going to boast about our weaknesses. We're going to boast about our struggles, we're going to boast about our failures so that the power of Christ can work through us.

You know, we have access to the same power that raised Jesus from the dead. And with that same power, we're going to have the courage to stand up and lift our hands in praise no matter what we're going through, knowing well enough that we have a God who is powerful and we have a God whom we can trust.

So, in this moment of Worship, I invite you to boast all the more gladly about our weaknesses, of our struggles so that the power of God, the power of Jesus, and the power of that Cross can work through us.

As we come into Worship, if you're comfortable with this: why don't we just open our hands and praise in surrender as we make the greatest sign of His love: In the name of the Father, and of the Son, and of the Holy Spirit. Amen!





There's no power like the

Mighty Name of Jesus

Heaven invade

When You show up in power
glory revealed

Every heart awaken

There's freedom in this place

That's the power
of Your Name

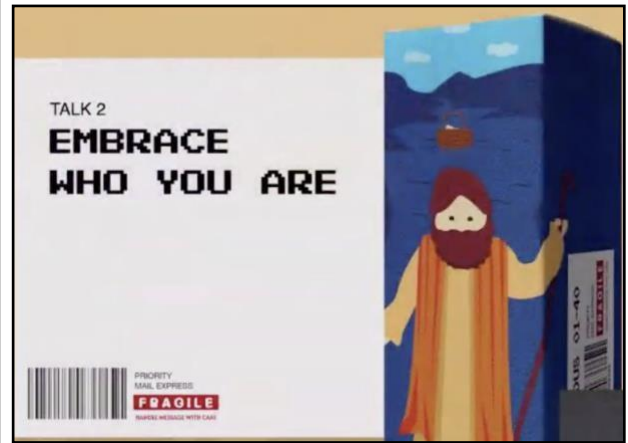
DIDOY LUBATON: Let's pray together!

Dear family, call on the Name of Jesus. The Name above every other name. At the mention of His Name evil flees away. The Name of Jesus that raised the dead raises our spirit back to life. The Name of Jesus that heals our brokenness, our illnesses. The Name of Jesus that provides for our everyday needs. Let's call on the Name of Jesus!

Oh, Jesus, Jesus, we see You. We feel You in this place! So, come, do Your mighty work in us. Do Your miracles. Do that spiritual surgery if You want to. Have your way with all of us. And that is our family prayer, Lord. We are nothing without You but we have everything in you. So, go ahead, Lord. Show us Your power. Show us your greatness!



Talk



AUDEE VILLARAZA: I love this— every Sunday, we get to be here at The. Feast because when you think about it, I mean, we can come together in spite of our differences, in spite of our different preferences in life, and really just embrace one another and accept that the persons sitting next to you might not have the same surname, might not have the same blood running through their veins, but you accept them because they are children of God. And so, we praise the Lord that He brings us together, we are under the banner of the Name of Jesus.

I want to give you our big message for today and if it's okay, like I always say, I want you to preach this to as many people as you can.



EMBRACE WHO YOU ARE.

Friend, *Embrace Who You Are.*
This is a personal message
that I hope will bless you today.



I have a question. Answer me honestly: Do you like who you are?
Like, really *like* who you are. Because I know there are three types of people:

1. The first type is the group composed of those who like themselves but sometimes there are some aspects that they don't like about them. We're all like that. That's the normal person— balanced.

2. But there are also those on the second spectrum— those who are just so madly in love with themselves— love to the max.

Yung tipong, "Gusto ko sanang mag-absent sa trabaho, gusto ko sanang mag-absent sa eskwelahan. Kaso, paano naman yung mga pumasok para lang makita ako?— I'd like to be absent from work. I'd like to be absent from school. But how about those who just came to see me?

That level. So in love, believing in themselves, so thinking they are so beautiful. Like, there's a commotion in one corner—you go find out what's happening, and you realize your ID fell and people are scrambling to possess it!

That level.

3. But then on the opposite spectrum, the third type is the group composed of those who don't like themselves. They see so many aspects that are wrong— with the way they look, the way they talk, the way they dress, the way they are. They always find something to complain about— they just don't like themselves.



Lessons About Loving Yourself

Here is the first lesson. I hope you can take it home today: Unless you fully embrace who you are in God's eyes, you will never be happy. You will never be truly happy if you don't embrace who you are *in* God's eyes.

That's why, you know, if there's a person in your life— or maybe that's even you— but if it's a friend, a family member, a co-worker you know who needs to know this message about loving who they are in God's eyes, please tag their names right now. Do us a favor and get this message out to somebody who needs encouragement today.

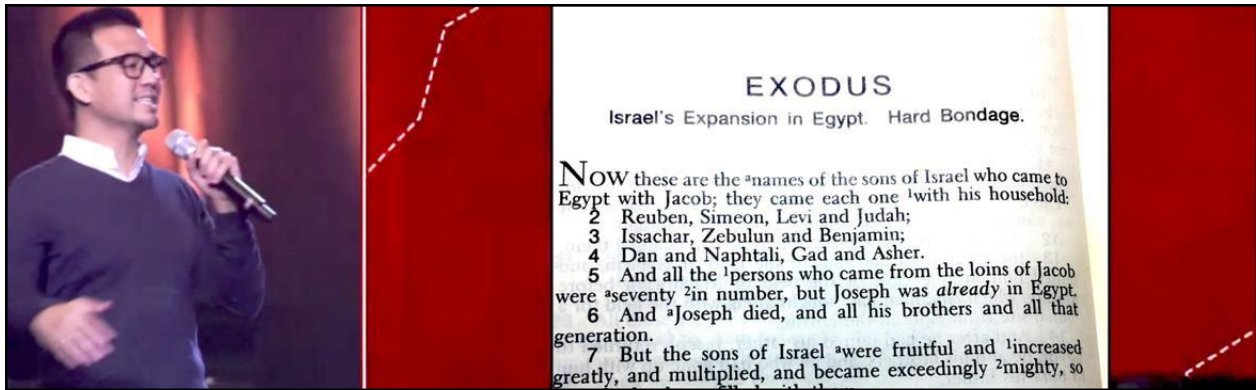
Our goal today is very simple. My prayer and declaration are that at the end of this talk, you will walk out of this place completely accepting who you are in God's eyes, embracing that, and walking in that encouragement.

But just a quick recap...

We are in the new series called *Special Delivery*. We are studying the book of *Exodus*. It's a beautiful book and I hope that you can journey with us. We are in this part of *Exodus* Chapter 2.

Last Sunday (September 25, 2022) Didoy Lubaton talked about where *Genesis* ended-- with Joseph. The Israelites experienced prosperity under the leadership of Joseph. But what happened was that over time, people forgot about Joseph and his family. And then the new Pharaoh was now oppressing the Israelites and so all of a sudden, they found themselves being oppressed — slaves once again in Egypt.





So, this is where we find ourselves in the story today, *Exodus* Chapter 2. And you are going to realize this:

The Pharaoh felt so threatened by the Israelites. Why? Because they were growing in number. They weren't practicing family planning.:

So, the Pharaoh was so afraid that one day the Israelites would replace all of the Egyptians. So, he came up with a decree— and check this out—that every Hebrew child would be thrown into the Nile River— they would be drowned.

Here's the lesson: Throughout history, you will find this— that whenever leaders are insecure, you know what they do? They start bullying people. They start bullying especially the ones who are weakest. And in this case, the babies.

Do you know some insecure leaders? Maybe you've got one in your company? Maybe you've got one in your organization? Maybe you've got one in your family? Or, get this: Maybe you've got one you see every day in your mirror?

I cannot be blind to this message. And I've got to tell you this: Sometimes, I'm like that. Sometimes, when my pride is hurt, I lash out— even at people I serve, or people I need to take care of.

Because when leaders are insecure, they are very dangerous. When their pride is threatened, they become irrational.

When you are threatened, you become *unlike*-Christ.

So, what I hope is that today, you will walk out of this room completely realizing God's message for you— that you don't become an insecure leader.

And we're going to learn today, for the first time, about somebody God would use to defeat one of the biggest bullies of his time. This is the guy God used to deliver an entire nation out of slavery. His name is Moses.



So, let's turn to *Exodus* Chapter 2. What we're going to do is unpack the verses line by line. And then, we hope we learn four messages from these verses.

So, let's go to Exodus 2: 1-2:

I want to pause here for a moment.

I like that part: *special baby*.

Because when I was reading that, I was like, "Why in the world would you have to put that word *special* to describe the baby? Because, after all, aren't all babies special? The author was very particular about saying *special baby*."

When you realize who wrote that passage, it's going to be funny to you. Didoy kind of hinted at this last Sunday when he said the first five books of the Old Testament were called the Pentateuch. The Jews called them the Torah. To them, the five books were the most authoritative instructions and they followed the instructions up to the last letter.

But get this: Tradition says that the first five books—*Genesis, Exodus, Numbers, Leviticus, and Deuteronomy* were written by one person: Moses.

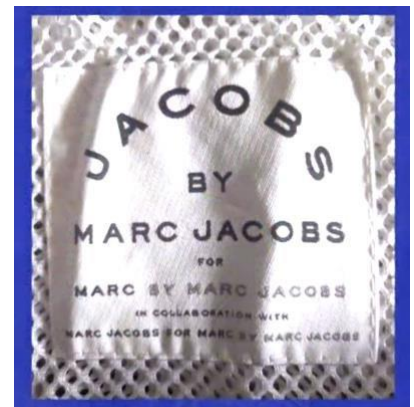
Although some Bible scholars, Bible experts, would say that it wasn't exactly Moses but people who came after—like a thousand years after Moses's time, who compiled his oral work. But if we follow the belief that Moses wrote the books, wouldn't it be funny? That Moses was writing about himself and then he called himself *special*? Was Moses trying to put himself on a pedestal?

This reminded me of this fashion designer by the name of Marc Jacobs. He's an American designer. Whenever you buy his clothes, you'll see this tag: *Jacobs by Marc Jacobs—For Marc by Marc Jacobs—In collaboration with Marc Jacobs for Marc by Marc Jacobs*.

So in love with his name!

Exodus 2:1-2 NLT

**"About this time, a man and woman from the tribe of Levi got married.
 2The woman became pregnant and gave birth to a son. She saw that he was a *special baby* and kept him hidden for three months."**





Was that what was happening in this passage? What was the message of the author here? I think whether or not Moses actually wrote that passage, I think that's not important anymore to us. Because what's important is as we're reading it and we're seeing "*special baby*."

I believe the author is trying to tell us this: It's not boastfulness when you acknowledge that God is in you. That you are good because God is in you. Because it's not about you. It's about God. It's about the goodness that He has in you.

Question: When was the last time you actually celebrated the goodness of God in you?

I'm not talking about looking at yourself in the mirror and then really appreciating how you look... I'm talking about sitting down and thinking about in the middle of all your weaknesses, your failures, and your imperfections, you can say, "God sees goodness in me."

Have you ever celebrated that? I think a lot of people forget. I believe that some people don't even know because some people have never really heard that... They grew up in an environment where they were called names: Bobo— Dumb; Tamad— Lazy; Buwisit— Annoying, Bad Luck; Walang Kwenta— Good for nothing.

So, we grew up with all these titles and labels. So, nobody ever told you that you are good because God made you good. Or sometimes, we forget— because we're influenced by the world. And sometimes, the people we hang out with are bad influences and so, we get influenced by them, and we forget that there's goodness in us.

But the moment you absorb and digest this message, then hey, there's actually goodness in you. Can you imagine the kind of potential that you can unlock every day when you know that God created you to be good, in His own goodness, in His own image and likeness? You would go out into the world to be an unstoppable force of goodness. It's time that you know that. There's goodness in you. And it's time you unleash it to the world.



Here's the second message:
You can trust God because He is consistent.

Let's continue:

If you are somebody who loves finding connections, you're going to love this passage because it's full of hyperlinks. Remember last Sunday, Didoy said *Exodus* is just really a continuation of *Genesis*. That's why every book in the first five books of the Bible started with the word *and*. Because the books were intersecting story after story. So, the books were just complementing one another.

I will give you one hyperlink. The verse (*above*) says that when the mother of Moses could no longer hide him, she got a papyrus *basket*.

In the original Hebrew language, the word used was not actually *basket*. Baby Moses was not placed in a literal *basket*. But the word used (for where Moses was placed) was the same word—get this—that the author used when describing the *ark* that Noah rode on.

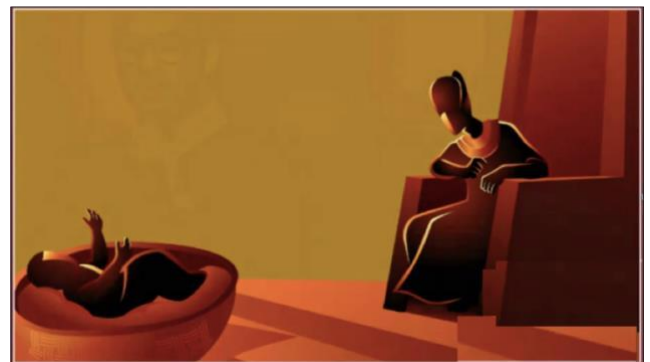
So, you see the connection Noah-Moses. What was the author trying to say? To the readers back then, they were remembering... the vehicle that was used to rescue Noah, is now the same vehicle being used to rescue Moses.

God used an ark to spare both Noah and Moses from a watery death.

Bible scholars also believe that the method the mom of Moses used to waterproof his mini-ark was the same method Noah used to waterproof his ark.

Exodus 2:3-4 NIV

"But when she could hide him no longer, she got a papyrus *basket* for him and coated it with tar and pitch. Then she placed the child in it and put it among the *reeds* along the bank of the Nile. ⁴ His sister stood at a distance to see what would happen to him."





1. God rescued Noah in the past
2. God is rescuing Moses in the present
3. God will rescue the Israelites in the future

There's a second hyperlink. The second hyperlink happened when the mom of Moses placed the child in the mini-ark and put it among the reeds along the bank of the Nile. If you read the passages before this, you will not find the word *reeds* anywhere. You know where you're going to find it? You'll find it 15 chapters later. When? The time when the Israelites would come across the Red Sea, and God would use the Red Sea to rescue them.

Now, what's the point of view of the author?

God rescued Noah. Where? In the past, right? You remember? Now God is rescuing Moses in the present. But that's not all. God will rescue the Israelites in the future.

If there's anything that you can learn from this passage, it's this: You can trust God. Why? Because He is consistent. God is the same yesterday, today, and tomorrow.

You can say: "I don't have to be afraid, Lord. Why? Because I know You rescued me in the past, and whatever problem I have right now – whatever struggles I'm carrying, I know God will rescue me in this present moment. And God will continue to rescue me."

It's the process of transformation and sanctification: God saved me. God is saving me. God will continue to save me. That's so beautiful.

But you know the problem with us, my friends, is we forget. We have amnesia. Because we have various problems.

Before, you had financial debt. But God rescued you from financial debt. Now my problem is health. And you forgot that God rescued you from that financial debt. Then God rescued you from your health problem. Now your problem is brokenness--relationship problems. You forget that along the way God has been blessing you.

We forget because we have trust issues.



When you apply to a company for a job, what is the thing that they ask from you? A resume, right? A resume is nothing more but a list of accomplishments – a list of the things that you’ve done, a list of the accolades, the jobs that you’ve done.

You know what? I have another word for *resume*. I call it a *track record*. So, if you have trouble trusting God, you know what you need to do?

You need to take a look at His track record.

Has God been faithful to you? Because if He’d been faithful to you, why won’t He be faithful to you now? Sometimes with your amnesia, you forget.

King David said something when he was still a shepherd. He wasn’t even a king yet. David had been in some battles in his life. He fought with a bear and won. He fought with a lion and won. And now, he’s in front of this giant called Goliath. You know what he said?

He says, “The same God who rescued me from the paw of the bear, from the paw of the lion, will rescue me from the hand of this Philistine. “

What was David doing? He was remembering the track record of God...

My good friend Victor gave me this book just now when he was about to enter the room. It’s titled *Life Is Messy*. And I agree with the author of this book. But you know what I realized about mess is this: My wife is a baker. She’s a fantastic baker. She’s a fantastic cook. And you know what whenever I see the kitchen messy, I love it. Why? Because it tells me that she’s preparing something good for the family.

Sometimes, we see the mess from what it truly is. But we don’t see it from God’s perspective-- that messes are just miracles in the making. They are just miracles waiting to happen. So, the next time you come upon messes in your life, my friend, believe that God is cooking something good for you. Because God’s plan is amazing, right?

I believe that you need to trust God because I believe if you can trust God over anything, you really can triumph over everything.



Here's the third message.: *With God, nothing is impossible.*
So here's what happens next:

Exodus 2:5-9 NLT

Soon Pharaoh's daughter came down to bathe in the river, and her attendants walked along the riverbank. When the princess saw the basket among the reeds, she sent her maid to get it for her.

Exodus 2:5-9 NLT

⁷ Then the baby's sister approached the princess. "Should I go and find one of the Hebrew women to nurse the baby for you?" she asked. ⁸ "Yes, do!" the princess replied. So the girl went and called the baby's mother. ⁹ "Take this baby and nurse him for me," the princess told the baby's mother. "I will pay you for your help." So the woman took her baby home and nursed him.

You probably remember this scene in *The Ten Commandments* -- if you saw that film. The Princess is minding her own business and all of a sudden, she sees this basket flowing toward her. She wonders what's inside the basket, she opens it, and she sees a baby—crying.

She says, "It must be one of the Hebrew babies."

And she says, "Let's take care of him."

So, at the suggestion of the baby's sister, his mother was called to take care of the baby and she nursed him.

And you know the rest of the story. Moses grows up as royalty in Egypt.

The reason I love this passage so much—and I hope you will receive this the way I did this week—is this: it had been a long time since the Israelites experienced prosperity in their land-- because remember that the new Pharaoh replaced the old Pharaoh. And the new Pharaoh was very insecure.

He was demanding a lot of things from the Israelites. They were suffering under the leadership of this Pharaoh. It had been a long time since they saw Joseph, one of their own, rising through the ranks. So, you can say that they had not experienced a miracle for so long.



Sometimes, it happens in your life-- where you feel like the last miracle that you experienced was many years ago-- decades. And God is not doing something in your life.

But I want you to know this: Just when the Israelites thought that God was done doing miracles, God does something.

And what I want you to know is that just because you don't see something moving, it doesn't mean that God is not working in your life. Sometimes, God is already orchestrating a blessing for you but because you don't see it, you don't see how He works in the background.

But I'm going to show you something. Remember how God used Joseph to save Egypt—from famine, from hunger? He turned this lowly slave from being a prisoner to a governor. Only God could do that. That was a miracle.

The Israelites, they didn't know that. They needed a fresh miracle. So, what was happening here?

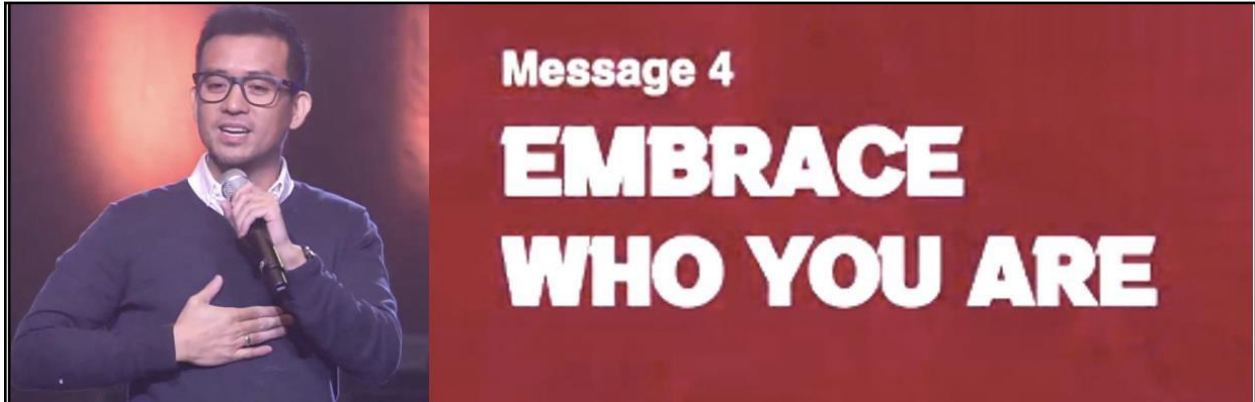
The Pharaoh told his soldiers, "Throw every Hebrew child into the Nile River."

Why? Because he didn't want any Hebrew leader rising from the ranks. He wanted to destroy the Israelites. But you see, at that moment, that very same moment, what the enemy was using for the harm of the Israelites, God. was about to use for the good. How?

Drown every baby in the river. A baby comes floating to Egypt. And in the process, that very same baby that the Pharaoh was afraid of, Egypt would take care of that baby--protect, nurture him until he grows up.

What am I trying to say? It's simple. Sometimes, God will even use the enemy's resources to provide for you. God is so amazing. Sometimes, God will use the very things that the enemy meant to destroy you to deliver you, to rescue you.

Again, the mess in your life, it's a miracle in the making.



So, you can trust God because He is consistent. With God nothing is impossible. And there is goodness in you. Those are the three messages.

Here's the last message, Message No. 4: *Embrace who you are.*

The verse says:

Exodus 2:10 NLT

Later, when the boy was older, his mother brought him back to Pharaoh's daughter, who adopted him as her own son.

The princess named him *Moses*, for she explained, "I lifted him out of the water."

The NIV version says, "*I drew him out of the water.*"

So, you see, my friends, if you are reading this book for the first time, you'll find out that this is the first time that the Israelites come to know the hero of the story.

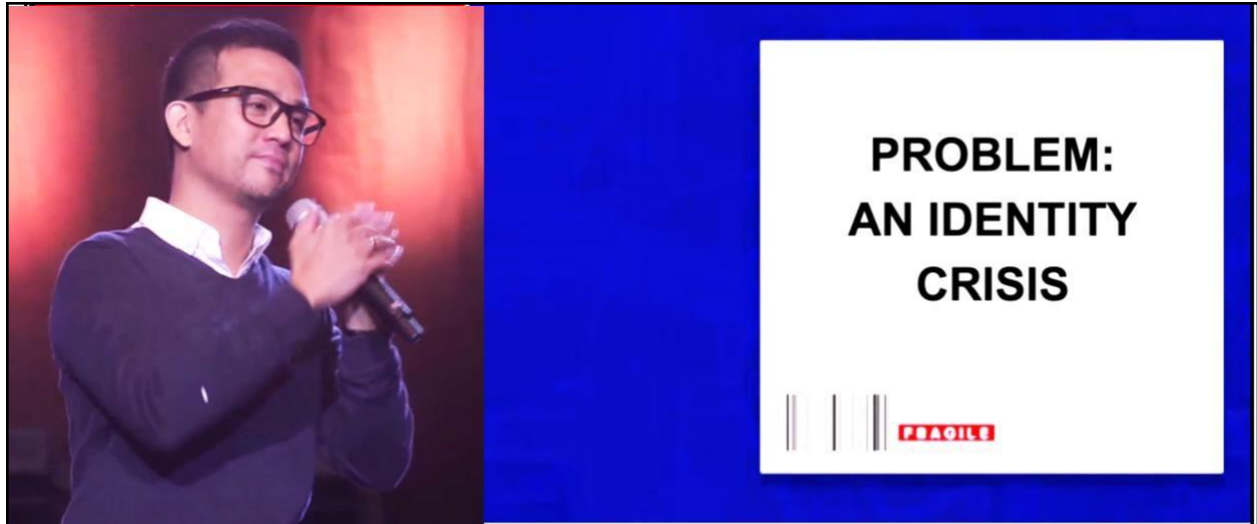
Like, "Oh, *Moses* is his name."

For us, no problem, because we already know that his name is Moses. But this is the first time the Israelites hear the name, *Moses*. And if you're a Hebrew you know the word *moses* means *to lift out, to draw out*.

So, imagine, there was already a prophecy that one day, this guy would lift out an entire nation from oppression. So, you can say this: since the day Moses was born, his calling was already attached to his identity.

His name already said, "You're going to lift out people from bondage."

That's why the question for you right now is this: Do you know the significance of your name? If you don't, please research your name. Because who knows? God might already have a prophetic calling on you—based on your name, based on your identity.



Here's the problem: The issue is that Moses had an identity crisis. Why? He was born a Hebrew. And then he was adopted by Egyptian royalty. So, one day, he would need to make a crucial decision. Let's go to Verse 11:

Exodus 2:11-12 NRSV

One day, after Moses had grown up, he went out to his people and saw their forced labour. He saw an Egyptian beating a Hebrew, one of his kinsfolk. ¹² He looked this way and that, and seeing no one he killed *the Egyptian* and hid him in the sand.

Moses had to make a decision: "Who am I going to be? Am I going to be a Hebrew? Or am I going to be an Egyptian?"

Here's my belief, my personal conviction: That Moses made a decision right there and then by killing that Egyptian.

You know what he's killing? He was also killing the identity that he was royalty. He was choosing to be Hebrew. But something happened:

Exodus 2:13-15 NRSV

"When he went out the next day, he saw two Hebrews fighting; and he said to the one who was in the wrong, 'Why do you strike your fellow Hebrew?' ¹⁴ He answered, 'Who made you a ruler and judge over us? Do you mean to kill me as you killed the Egyptian?' Then Moses was afraid and thought, 'Surely the thing is known.'"

Look at this: Moses chose to be a Hebrew. And what did the Hebrews do? They rejected him.

Has that ever happened to you? You chose to do the right thing and then your friends burned you for it, they rejected you for it, they doubted you for it?

What do you need to do?



Let's learn. Here's what happened:

Exodus 2:13-15 NRSV

¹⁵ When Pharaoh heard of it, he sought to kill Moses. But Moses fled from Pharaoh. He settled in the land of Midian, and sat down by a well.

Exodus 2:16-18 NRSV

The priest of Midian had seven daughters. They came to draw water, and filled the troughs to water their father's flock. ¹⁷ But some shepherds came and drove them away. Moses got up and came to their defense and watered their flock. ¹⁸ When they returned to their father Reuel, he said, "How is it that you have come back so soon today?"

It's a picture of Moses. You know that Moses has an identity crisis. He's Hebrew, but he's also Egyptian: "Which am I? Am I Hebrew? Am I Egyptian?"

Some of us struggle with that thought, sometimes. And the reason we know Moses is struggling is he doesn't even identify himself to the people. The seven daughters, you know what they called him? They called him an Egyptian—not even by his name.

And then to prove my point: What was the name of his son? *Gershom*. What is the meaning of *Gershom*? *I am an alien in a foreign land*.

Exodus 2:19-22 NRSV

They said, 'An Egyptian helped us against the shepherds; he even drew water for us and watered the flock.' ²⁰ He said to his daughters, 'Where is he? Why did you leave the man? Invite him to break bread.' ²¹ Moses agreed to stay with the man, and he gave Moses his daughter Zipporah in marriage. ²² She bore a son, and he named him Gershom; for he said, 'I have been an alien residing in a foreign land.'



You know, I have a friend who many years ago gave me good news that she's now a Canadian citizen. Praise God. A lot of people love migrating for a better future, better hope for their family, and my friend was so excited. But she had a problem.

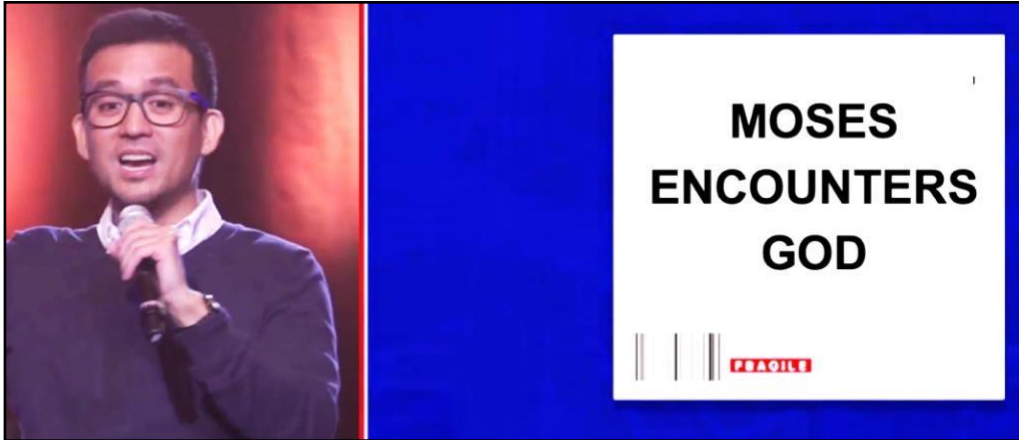
She told me, "Brother, I don't know if I'm supposed to celebrate or not. But my issue is this: I am Filipino by blood, but now I'm Canadian by heart. I love Canada. What do I do?"

I want to share with you my answer—what I told her—because I believe that we go through the same issue, sometimes. That's why we think we need to stay loyal only to the people we're close to. There are people who are loyal only to the company they work for. Nothing wrong with that. But sometimes you forget that there are other people you need to help as well. Sometimes, there are people who are loyal only to the people with the last name as theirs. Because we think we need to just stay loyal to the people we are connected to.

But then I told my friend, "You know what? I believe that your nationality is really just a formality. Because what's more important than your nationality is really your humanity. You're Canadian now-- on paper. But you're Filipino by blood. But get this: At the end of the day, you're a child of God. So, be loyal to God."

Sometimes, we're loyal only to our political preferences, to the people we love the most. To other people? We cancel them.

Moses was like that. He was choosing: "Should I be Hebrew? Should I be Egyptian?"



I want to close with this passage. We're studying Exodus 2. I want to take you to Exodus 3—just a glimpse.

So, Moses now, we know that he's struggling with his identity. He's choosing... But he's running away. He fled from Egypt. He fled from his people. And it seemed he was still in a land where he was not happy with who he is. Until one moment in Chapter 3, verse 11, where Moses has an encounter with the Lord.

And most of you will probably know this from watching *The Ten Commandments*. You know, my struggle when I was studying this? I knew the Ten Commandments by heart. And so, when I was reading the verses, I was like, "This is a different version of what I saw in the movie."

There were so many struggles that Moses went through, that the movie did not show us. That's why it's so good to read the Bible.

So now, Moses is about to encounter God through the burning bush. And God would tell Moses that He would entrust to him the task of leading the people out of Egypt. But then Verse 11 says:

Exodus 3:11- 13 NLT

But Moses protested to God, "Who am I to appear before Pharaoh? Who am I to lead the people of Israel out of Egypt?" ¹² God answered, "I will be with you. And this is your sign that I am the one who has sent you: When you have brought the people out of Egypt, you will worship God at this very mountain."

Exodus 3:11- 13 NLT

¹³ But Moses protested, "If I go to the people of Israel and tell them, 'The God of your ancestors has sent me to you,' they will ask me, 'What is his name?' Then what should I tell them?"

Moses is so insecure, right? He's somebody who will lead an entire nation, and yet he's not sure of himself.



May I share a personal story. A confession. I've had about six official girl friends, now ex-girlfriends. I'm not bragging, or anything. I'm just being honest. And I never overlapped, mind you. When one affair ended, there was always one ready to come in. I never overlapped.

Until I realized something a very good friend pointed out. This is how you can tell if a friend is a good friend: when he tells you the truth right in front of your face and not be scared of hurting you—because that's love to him.

And so, my friend comes up to me and says, "You know, I notice something in you. In every relationship that you've had, I've noticed this: you have various identities... You had this ex-girlfriend who loved partying, and so, you were a party person. And then you had a girlfriend who loved fashion shows, so all of a sudden, you started attending fashion shows."

I mean, do I look like the kind of guy who attends fashion shows? Nothing against guys who attend fashion shows. It's just not me.

And my friend continues: "And then there was your ex-girlfriend who loved going out on vacations, and then all of a sudden, you started traveling. And then there was your girlfriend who loved drugs, and then you started taking drugs."

My friend was like, "What's really your identity?"

It hit me: It's true. I tried to fit who I was with the person that I was with. And I realized I didn't really know who I was. I became so many different versions and different layers of who I was... Until, at the age of 25, I had an encounter with the Lord and He completely revealed to me who I was and I started embracing who I am in God's eyes. And you know what happened?

God sent me somebody who would love me for who I am. My last ex-girlfriend, now my wife. I never had to change who I am before her.

Like, "This is who I am. Love me for who I am."



You know how this Exodus passage ended? Moses protests to God again. and again.

And God replies—in 1, 2, 3, 4, 5 words: “I AM WHO I AM.”

If you’re suffering from an identity crisis-- not knowing who you really are in God’s eyes... When you go to a world that’s so broken and ask, “Who am I in your eyes?” When you ask your parents, when you ask your friend, when you ask your best friend, “Who am I?”

And then they give you this label, they call you names, they call you titles that might not be who you are... When you go to a world that’s broken, you know what you’ll end up with? A broken identity. But instead of going to the world for your identity, why don’t you go to the One who is sure of Who He is: *I am who I am*. There’s no doubt Who He is. When you’ve got doubts, go to the One Who is certain about Who He is.

And I remember there was a man who also had a double identity. His name is Jesus. Jesus had a dual identity. He was God and He was Man. He had powers and yet He felt pain. He was human and He was Divine. But you know what? Jesus never had an identity crisis. I’m so glad that God gave us Jesus. Why? Because what God could not teach us with all these things that the people were learning then, He showed us through the life of Jesus. Because what Jesus did is an example of what we need to do if we’re broken in our identity—if we don’t really know who we really are, we do what Jesus did. He went to the Father again and again. Because in the eyes of the Father, that’s how Jesus got His identity. He didn’t get it from the world. He got it from the Lord. He got it from the Father. When you come before the Father, you get who you are in His eyes. And God said it in His own words: The only way to Me is through My Son Jesus.



Jesus says, “I am the way, the truth, and the Life. I am the way to the Father.”

So, go to the Father through Jesus. And Jesus will accept you for who you are. Because He knows you. He was like you. He knows the pain that you’ve been through. He knows the confusion that you’re going through. He knows the baggage that you’re carrying right now.

So, go to the One Who understands who you are, embraces you for who you are, Who embraces your past even if it’s dirty, who embraces your present even if it’s messy-- who’ll embrace you in the future because He knows it’s glorious.

Go to Jesus.

And you know, the beautiful blessing when we go to Jesus, when we go to the Father through Jesus? Because God is good, you know what happens? You imbibe that goodness again. You remember that goodness. So, you become good.

So, go to the Father. He’s a good father. And in turn, the good Father will help you, will remind you, and encourage you that you are good. You might have forgotten it, but you’re good. God made you in His own image and likeness. You’re good. Don’t ever let what people tell you behind your back, or in your face that you’re not worthy of God’s love. You *are!* You’re *good*. We’re all *good*.



And in the Presence of our good, good Father, right now, may I ask you to raise your hands. Come on, every single person who received this message today.

Father, we thank You, from the bottom of our hearts, we thank You that your Presence is here and we love you for accepting and embracing who we are in your eyes-- in spite of our faults, in spite of our sins, in spite of our shame, in spite of the things that we are still going to do to sin against You.

We thank You that You love us for who we are. But we don't allow this love to just remain there. We welcome it so that it can change us. So that we move from glory to glory, from grace to grace, from strength to strength.

We don't want to remain who we are as a broken person. But we want to be changed by You.

And so, we come before You, Jesus. Thank you for accepting who we are and we just declare that You are good-- and because You are good, we're also good. Thank You, Jesus.

Let's worship Him right now. Expose your heart to the Lord. Be vulnerable right now in His Presence and let God love you for who you are.



MERCY MINISTRIES

GRACE TO BE BORN PART 1

Climbing Out of Poverty

By JINKY T. GILO

I SERVE as a social worker in Grace To Be Born. Social work is helping vulnerable individuals to face their dire situation and guiding them toward a better life. Social workers are committed to the welfare of those in need.

Like me. Yes, I was close to being a welfare case myself. And it had been a hard climb for me to get out of poverty.

I come from a rural village in Iloilo. My father Rodrigo is a farmer, a solo parent for us six children—as our mother Lourdes succumbed to a heart ailment when we were just kids.

Yes, I know poverty, the reason I chose social work as my profession. By God’s grace, I earned a bachelor’s degree in social work at Central Philippine University in Iloilo on October 26, 2014.

By this time, my father was not getting any younger. So, I took over as the breadwinner of our family.

I left Iloilo to work in Manila. I started with a three-month contract with the Baclaran Church as a graveyard shift social worker at its Crisis Intervention Center. Yes, it was only a casual job. When my contract expired, I was jobless, unable to send money to my family.

Desperate, I thought I’d just go back home. But I would be going back to our old house that sorely needed fixing.



Blessed Journey

It's been a blessed journey. I stayed in Manila, struggling to find work, scouring recruitment websites. I found several offers. But what I got interested in was this hiring post on JobStreet.com. for a social worker for Grace To Be Born. I applied for the post, and promptly, I got a call from Ester Palacio (*right*), director of Grace. I went for the interview, passed it, and so, I started serving in Grace in April 2016.



With a regular job, I've been able to better fend for my family. We were able to fix our house. I got to help my brother Mark in finishing his studies. He's now done college and he's now supporting our family too.

Along my journey, I met the love of my life, John Kenneth Gilo. We tied the knot first, through a civil wedding.



Here we are celebrating, *from left*: my sister Ritchel; brother Roland; John, and yours truly; my father Rodrigo; and brothers Mark, Vicente, and Randy.

Later, John and I went on for a good and honest blessed church wedding.

And a most precious blessing: serving the Lord through serving the mothers and children of Grace.

Thus, for me, God has well fulfilled His promise in Jeremiah 29:11: *For I know the plans I have for you declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future.*

This is a promise God is definitely fulfilling in Grace-- yes, giving every child the grace to be born.

Blessings



Lessons I'm Teaching My Baby

JUST call me Elle. I am using a pseudonym to protect the privacy of the people, especially my family, involved in my story.

I must admit at the outset, I would not be the kind my loved ones would be proud of.

I was a lazy kid, procrastinating in doing household chores, hardly motivated to attend to my studies. There were times when I forgot about my homework, so I would submit nothing the next day.

Along the way, I became pregnant, and... sorry, I am not really comfortable sharing this part of my life.

By Divine Grace, as I struggled with my pregnancy, I got to know a social worker from Bethany, a shelter for children who have no family or have been abandoned by their parents.

And the social worker introduced me to Grace To Be Born. Thus began my new life of dignity and spiritual nourishment through Holy Mass, like above, prayer gatherings, and pastoral care.

Trustworthy Message



On June 27, 2022, my father, my uncle, and the social worker brought me to Grace To Be Born.

Grace kindly, warmly accepted me, and life has never been better for me as I live here.

First, I found a loving family— the Admin leaders, personnel, health care volunteers, social workers — heroic front liners all— and my co-beneficiaries.

Second, I love the lessons I’ve learned. Grace has taught me the real value of life and so, I’ve been able to accept and nurture the baby in my womb.

Third, I really appreciate the livelihood training courses Grace provides, preparing me to fend for myself and my baby when we go and live in the world outside.

And fourth, the best ever, I treasure the spiritual nourishment I get from the Holy Mass, the Light of Jesus Family’s faith gathering, The Feast, the pastoral care, and all.

I learned from a preacher that I cannot learn lessons in life if I cannot pay attention to God and praise and serve Him.

I’ve been spiritually awakened here as I’ve come to know Jesus and accepted Him as my Lord and Savior. I’m so amazed that He loves me and He has forgiven me!

Here, I learned what is now my favorite Bible verse, Titus 1:9: *“He must hold firmly to the trustworthy message as it has been taught so that he can encourage others by sound doctrine and refute those who oppose it.”*

For me, first among “others” in that verse is my baby to whom I hope to pass on lessons I am learning in Grace.

Praise and glory to God!

— *As told to Cybill P. Bayto*



FAMILY

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 end pastoral care
for indigent cancer patients.

The Ligh4 of Jesus Pastoral Care Center ministers to those
who are emotionally and spiritiinlly wounded.



H.A.I.L. MARY is acronym for Healthcare Assistance
for Indigents end Lepers of Mary, adopting the Blessed
Mother as the patroness of its mission to eradicate leprosy
in Abro 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 hove nowhere
else to go.

CHOOSE HOW YOU WANT TO GIVE

1. Donate ONLINE (through credit card) Go to www.kerygmfamily.com and click 'DONATE' box Paypal I US Donations.
2. Pick Up from Your House or Office (Metro Manila Only) Cash or Checks
Address Checks to Shepherds
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 For US and CANADA: Address Checks to Kerygma Family, 848
Rainbow Blvd # 1937, Las Vegas, NV 89107 For Other Countries/Philippines: Address Check to Shepherd's
Voice Radio and Television Foundation and mail (registered mail) to Shepherds Voice, 60 Chicago St., Cubao, Quezon City, Philippines 1109
4. Directly Deposit to Our Bank Accounts. Deposit to Shepherds Voice Account in any branch of these banks:
Account name: Shepherd's Voice Radio and Television Foundation
BPI: Savings Account no: 0123-4849-67 Cubao Aurora Branch
Banco de Oro Savings Account no: 3970019804 General Araneta, Cubao Branch
Banco de Oro - Savings Account no. 160506123 SM Cubao Branch
PNB - Current Account no. 371157500015 SSS branch
Metrobank-Savings Account no. 265-3-26509112-2 e Rodriguez Branch
Allied Bank Savings Account no. 3160-12345-1 E Rodriguez Branch
Union Bank Savings Account no. 00-206-000940-1 Tektite Branch

Note: Text, Fax or email to us your name, date and amount of deposit, and the branch of the bank where you deposited your donation, or fax the deposit slip to us.

Email us at support@kerygmfamily.com or text us at (63) 922-828-9890/ (63) 998-968-4416 or Fax to (+632) 725-1230.



**FAMILY
ONLINE
NEWSMAGAZINE**

The Feast Family online newsmagazine is produced by the Shepherd's Voice Radio and Television Foundation, which is also our partner beneficiary, with editorial services by the Light of Jesus Family Library Ministry.

Founder: Bo Sanchez

Mercy Ministries Chairman
Hermie Morelos

Editor-in-Chief
Cynthia U. Santiago

Chief Photographer
Edmundo L. Santiago

**Feast International
Region Head**
Vic Español

Reporter-Writer
Cybill P. Bayto

Media Ministries Head
Randy Borromeo

Contributors
The Feast Builders

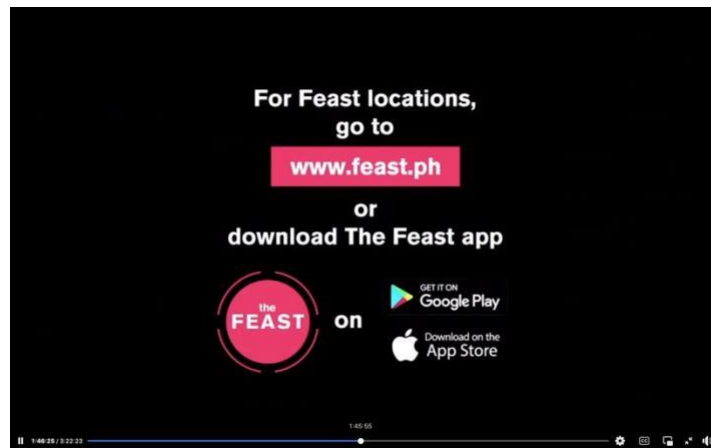
Finance Officer
Rowena Cequeña

Publication Consultant
Chelle Crisanto

Human Resources Manager
Erika Ventura



Shepherd's Voice
Radio and TV Foundation Inc.



For comments, article contributions, write or call us:
Email Address: 1ojlibrary2819@gmail.com
Landline phone numbers: 8725-9999, Fax 725-1230
Mobile phone: 0998-953-0657

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