



## *Soul-Crushing Grind*

MANY hate their jobs.

The soul-crushing monotony doesn't start at 8 A.M.-- but much earlier, when their alarm clock drags their still-exhausted body out of bed.

And when people commute through congested traffic, surrounded by a sea of faces etched with the same weary resignation—like prisoners being ferried to work in the mines—you almost smell the dread they have to face *again* their difficult bosses, impossible deadlines, office politics, chronic conflicts...

Alas, when we define good and evil apart from God, we end up creating *Fake-Sabbaths*. We do this by overworking, or at the opposite extreme, sitting on the couch and mindlessly *Tiktoking* for hours.

Today, in the second Talk of our amazing series, *RESTED*, we will go deeper into how Sabbath is the solution.

Have a lifestyle-altering Feast today!

May your dreams come true,

**Bo Sanchez**

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**WELCOME**  
**to our ongoing**  
**Feast Talk Series:**  
***RESTED***  
**Talk 2: *Work***

## ***Back to Work...and Fun!***



FOR the rice farmer, as the folk song goes, *Planting rice is never fun. Bent from morn till the set of sun. Cannot stand and cannot sit, cannot rest for a little bit.*

The man in the parable of last Sunday’s Gospel is luckier. He scatters seed on the land, he sleeps, when he awakes the seed is sprouting and growing. Such is the Kingdom of God. Why and how? Fr. Joel Jason explained in his homily in last Sunday Feast, *page 3*.



Planting, or working in general, is not fun? Bro. Bo Sanchez has a lot to say about this in his Feast talk today, the second in our series, *RESTED*. The title of Talk 2 is, you guessed right: *Work*. Intro on *page 1*. But if you’re after fun, check outfirst his Talk 1: *Rest*, *page 15*.



Speaking of work, those who know what it’s really like are fathers. Bro. Audee Villaraza, our Feast Bay Area Builder, led us in honoring them last Sunday, Father’s Day, *page 12*.



Speaking of fun, Bro. Ben Sanchez (*left*) knows what it’s really like in Camp, the Youth Ministry’s yes, fun event, *page 9*.

And speaking of work and fun, look, Bro. Hermie Morelos, serving as president of Anawim Lay Missions, is simply happy chatting with a lola during the 29<sup>th</sup> Founding Anniversary of our Anawim Home for Abandoned Elderly.



Part 1 of the fun-work starts on *page 26*.

Okay, back to work, guys. Have fun!

All for God’s Glory,

**Randy Borrromeo**  
Media Ministry  
Executive Director

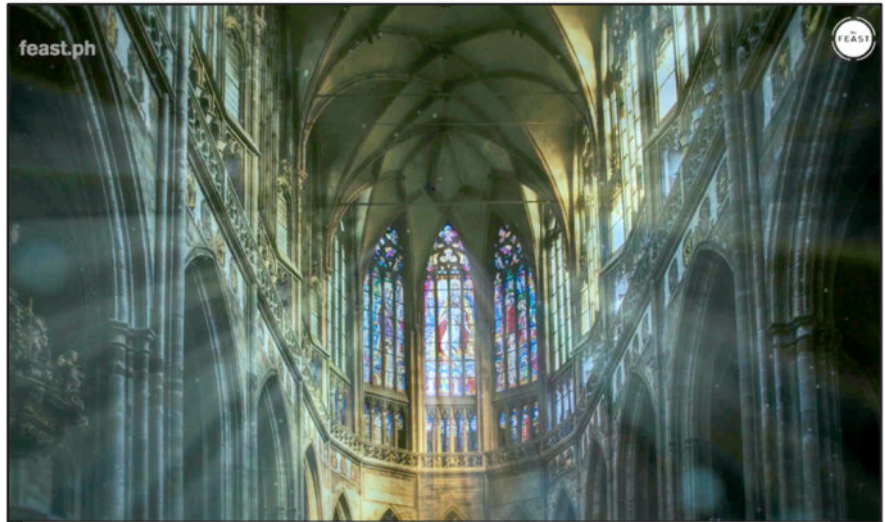




# FLASHBACK!

JUNE 16, 2024

## Holy Mass



ELEVENTH SUNDAY IN ORDINARY TIME

## Homily

REV. FR. JOEL JASON  
on the Gospel Mark 4:26-34

Excerpts:

IN today's Gospel, Jesus uses two images to explain to us the Kingdom of God.

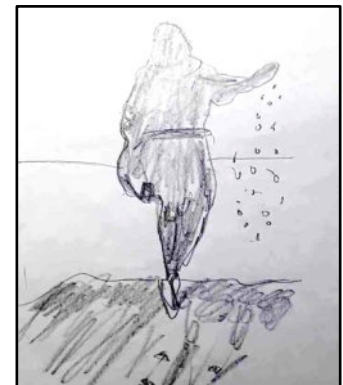
The first is the image of a sower spreading seeds on the land. After sowing, he goes to sleep and waits. When he wakes up, he sees that his planted seed has grown.

The same with the Kingdom of God.

Second, Jesus uses the image of the mustard seed, the smallest of all the seeds. But once planted on the ground, it grows and becomes the biggest of shrubs.

These two images teach us lessons about God's Kingdom.

I call my reflection today *Lessons from the Mustard Seed*.



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## Lessons from the Mustard Seed

### First: Take time-- but don't waste time.

We are impatient people. We don't want to take time because we live in a world where everything is swift.

In the movie *Top Gun*, the character played by Tom Cruise said, "I feel the need for speed."

The Gospel says that we must take time-- but don't waste time. When you take time, you are careful and deliberate. When you waste time, you are lazy, and you lose time in the process.

Taking your time means you're not rushing into things-- but you're not slow-moving either. When you take time, you achieve more. When you're slow-moving, you lose more.

It's the same with God's Kingdom. The Gospel says that we need to take time because, for things to develop, they need time.

Let's use the agricultural image. When we plant seeds, we want them to bear fruit right away. So, we put into the plant calcium carbide (chemical powder acting as a ripening agent) for a bountiful harvest immediately. We cannot wait for nature to take its course.

Have you tasted a mango with calcium carbide? It tastes sour. But a mango that ripened naturally tastes sweet. That is a good agricultural technique but that is also a good principle in life.

Parents, a lot of you get impatient with your children. But the Lord tells you to be patient with their process.



### First Reading: Ezekiel 17:22-24

*22 Thus says the Lord God: I, too, will take from the crest of the cedar, from its topmost branches tear off a tender shoot, and plant it on a high and lofty mountain; 23 on the mountain heights of Israel I will plant it. It shall put forth branches and bear fruit, and become a majestic cedar. Birds of every kind shall dwell beneath it, every winged thing in the shade of its boughs. 24 And all the trees of the field shall know that I, the Lord, bring low the high tree, lift high the lowly tree, wither up the green tree, and make the withered tree bloom. As I, the Lord, have spoken, so will I do.*

[Type here]

## How I Became a Priest

I remember the story of a kingdom led by a Turtle King afflicted with depression.

The King's Minister called all the animals in the kingdom.

The Minister said, "Whoever can make the Turtle King laugh, half of the kingdom shall be his. But if you fail, you will be sent to your death."

The first one that tried was the monkey. The monkey delivered jokes, but they didn't make the Turtle King smile. So, the monkey was sent to his death.

The second one that attempted was the giraffe. But there was no reaction from the Turtle King. So, the giraffe was sent right away to the guillotine.

The third one was the horse. But before the horse could even begin his act, the Turtle King laughed.

So, the Minister asked, "Turtle King, why are you laughing?"

The Turtle King said, "The joke of the monkey was very good."

It turned out that the Turtle King was slow in thinking. He didn't immediately understand the jokes of the monkey.

We must be patient with the process. We think differently from each other. Sometimes, I would hear fathers complain that their children don't like going to church with them or don't like to pray the Rosary.

When I was a kid, I didn't like praying the Rosary because I found it boring.

But my father was very patient with me. We would pray the Rosary after dinner. But I would escape from it by eating fast and then pretending to be asleep.

My father never forced me. But every night, I would see him kneeling along with my mother and siblings. I would peek at them to check what they were doing. I believe that those nights that I saw them praying implanted the seeds of religiosity in my heart.

Now, I don't only pray the Rosary. I've become a priest.

Fathers, be patient with your children's process. Things take time. Like the sower, you need to wait for nature to take its course. So, what do we need to do? Just continue planting seeds. Parents, continue to plant seeds of goodness and religiosity in your children. Allow the grace of God to work on them.

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## Second: Be little but don't belittle

Be humble and be small. Not all of us are comfortable with being small. So, we belittle other people. We belittle being little.

But our Gospel is telling us to be comfortable with being little or small.

All big things started with being small. All plenty started with being few. The Gospel tells us to be comfortable with littleness.

The saints knew this. This was the principle of St. Therese of Lisieux.

She called herself "The Little Flower" because she did everything with great love. In the end, everything she did became fruitful.

Today, let us make this commitment: "Lord, I will be comfortable with being little."

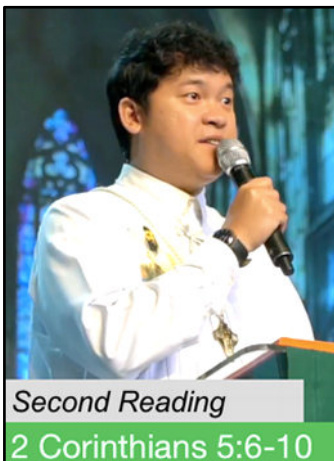
Sometimes, we want to be rich right away. But sudden wealth can also turn into sudden loss. I know that Bro. Bo teaches people how to handle money and I'm sure he tells people to veer away from quick-rich schemes.

Investing should be done little by little-- but in time, it will bear fruit.

It's the same with our spiritual life.



Bro. Bo Sanchez's Truly Rich Club Facebook Profile: Using wealth for discipleship mission.



## Second Reading: 2 Corinthians 5:6-10

*Brothers and sisters: We are always courageous, although we know that while we are at home in the body we are away from the Lord, 7 for we walk by faith, not by sight. 8 Yet we are courageous, and we would rather leave the body and go home to the Lord. 9 Therefore, we aspire to please him, whether we are at home or away. 10 For we must all appear before the judgment seat of Christ, so that each one may receive recompense, according to what he did in the body, whether good or evil.*

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## The Feast Process

God plants little seeds of conversion in your heart.

If you attend The Feast for the first time, it may not result in conversion right away. Maybe you brought a friend here because you want him or her to grow in faith. But don't be frustrated when nothing happens after one attendance.

All of us go through the process of spirituality. We need to go through it again and again and again.

Together with being patient, we need to be comfortable with beginning small. After beginning small, we can be confident that God's grace will be there to nourish the little seeds that He plants-- and in time, it'll become big.

My dear friends, Jesus talks about the Kingdom of God in the Gospel today.

We declare, "Lord, I want to be part of Your Kingdom."

But what do we need to do? What disposition do we need to have?

First, take time but don't waste time.

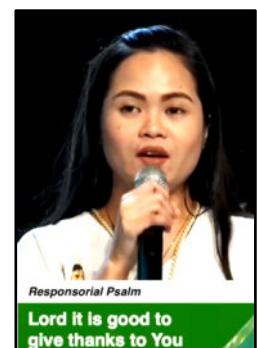
Second, be little but don't belittle.

## Responsorial Psalm: Psalm 92:2-3, 13-14, 15-16

*2 It is good to give thanks to the Lord, to sing praise to your name, Most High, 3 to proclaim your kindness at dawn and your faithfulness throughout the night. (R)*

*13 The just one shall flourish like the palm tree, like a cedar of Lebanon shall he grow. 14 They that are planted in the house of the Lord shall flourish in the courts of our God. (R)*

*15 They shall bear fruit even in old age; vigorous and sturdy shall they be, 16 declaring how just is the Lord, my Rock, in whom there is no wrong. (R)*



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# Worship!



*Been So Good*  
By Elevation Worship  
Featuring Tiffany Hudson  
Producer: Chris Brown  
Writers: Steven Furtick  
Chandler Moore,  
and Brandon Lake

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# Welcome!



## **BRO. BEN SANCHEZ:**

Let out the shout of joy to the King of Kings! He is good! He is faithful!

Wow, what a joy to be here at church, at The Feast today! My name is Ben. I'm one of the Youth leaders here.

Guys, may I see a raise of hands to all the first-timers. Welcome! This is your home now. We want you to know that no matter where you've come from, no matter what your life story is, you're welcome here at The Feast.

There's something I want to talk about, to give tribute to from my heart at. It's Camp.

Camp is one of the biggest highlights of our Youth Ministry. So, every year, we hold summer camps. This year, we're going to be adjusting to the multiple semestral breaks that the different schools have.

So, now the camp is coming around.

One thing that makes it difficult for many young people to join Camp is the camp fee... They're working students. For them, even P1,000.00 is already a lot. And normally, they save up like, every week trying to put away a bit of their allowance-- and it's a big commitment-- to invest their hard-earned savings to go to Camp.

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### Life-Changing

If any of you here have gone to youth camp, you know how life-changing that camp can be for you.

I went to Camp for the first time 12 years ago and I have this picture of me. That's what I look like 12 years ago. And now my hair is down-- so, obviously there's an improvement that happens when you go to Camp.



So, Camp is coming around and if you're interested in supporting these young people with a camp fee-- if that's you somewhere in the crowd, you feel like God is knocking on your heart-- I want to personally invite you to come to the Youth Table (at the lobby) so you can talk to the team and explore ways how you can support these young people that need to go to Camp.

Like I said, something really changed my life and maybe for that one young person, that could be the groundbreaking haircut/ meeting Jesus experience that they need just like what happened to me.

The first batch will be from July 12 to July 15. This is for high school and college students. There's going to be a second batch in August for those who are in tri-sem (three semesters system). Details at the Youth Table.

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# Love Offering



Let's go into the Giving.  
If you have your Love Offering envelope why don't you raise it as we pray:

*In the Name of the Father, the Son and the Holy Spirit.*

*Jesus it's our joy to give to You, Lord. We know that in this Community we get to partner with You to bless all the different Feast Mercy Ministries, to bless all these people from different walks of life-- from young people, to couples, to people who are living graciously and living their best life, to those in their later years.*



*Lord, we're grateful that this is a Community that does life together. And so, as we chip in to participate in what You're doing in this Community, our prayer is that You just bless this giving, Lord. We're not just giving because we have to-- but because we want to. Because we trust that You're going to do something with this offering that is even bigger than we could ever possibly imagine. We entrust our lives to You.*

*In the Name of the Father, the Son, and the Holy Spirit. Amen.*

**FEAST** Help the Feast Mercy Ministries. Help them all.

 Anselm Lay Missions Foundation, Inc.	 Grace to Be Born Maternity Home and Nursery	 Ho Care Foundation Street Children Caring Center	 Jeremiah 33:6-7 Foundation	 Pagasa ng Pamilya Scholarship Foundation
 LOJ Prison Ministry	 LOJ Pastoral Care Center	 HAIL Mary of Alora	 Jesus Christ Cares for Cancer	 Shepherd's Voice Radio and Television Foundation, Inc.

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## *Happy Father's Day!*

**BRO. AUDEE VILLARAZA:**

Today, we celebrate all the dads in this house right now. Come on, all the dads, lift your hands. Whether you are a dad right now, or you are soon to be dad. Or you're praying to be a dad, or you're a spiritual dad, you're a father figure to someone--we celebrate you today.

But most especially, we celebrate our Heavenly Father, our God up above the One who loved you first. The One who forgave you while you were still a sinner. The One who puts food on your table every day. The One who heals you when you're broken .

Today, we get to celebrate God our Father.

*And we get to say Thank You, God for every mountain that You moved in our life. For every hurt that You have healed. For every problem that You've solved. For everything You've done. For being our Friend when there was nobody left in our life. Thank You, God. Thank You for being a good Father. Thank You for being a loving Father. Today we get to celebrate You! Happy Father's Day. Amen.*

Come on, Friends, put your hands together for our good Father. Come on, let's celebrate. Give Him a shout. Thank You, God Thank, You Jesus.



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## Blessings

We want to do something very meaningful for the VIPs in the room right now. All the daddies may we pray for you?

*Father, we join our hearts to lift all the fathers here. Whether they are dads right now or they're praying to be one, or they will be soon, or maybe they are spiritual fathers, they stand as father figure for some people.*

*Father we just lift all their dreams. We believe that You have special plans for them. We pray that Your joy will always be their strength and that they will move from grace to grace. Father, whatever their need, in this season of their life, empower them, use them to be ministers and instruments to influence people, to bring their family closer to You.*

*So, love them oh, God. Heal their inner wounds so they can always walk in strength, in grace, and in favor. Fill their love banks to the full right now so they can overflow to their family. Thank You so much.*

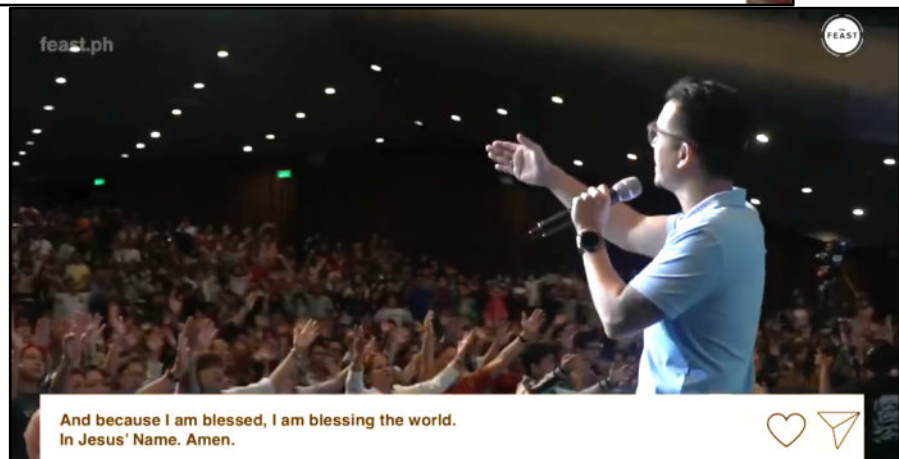
*We pray also for the dads who have gone before us, who are already with You. Care for them oh, God. Give them love, from here. This we pray in Jesus' Name. Amen.*



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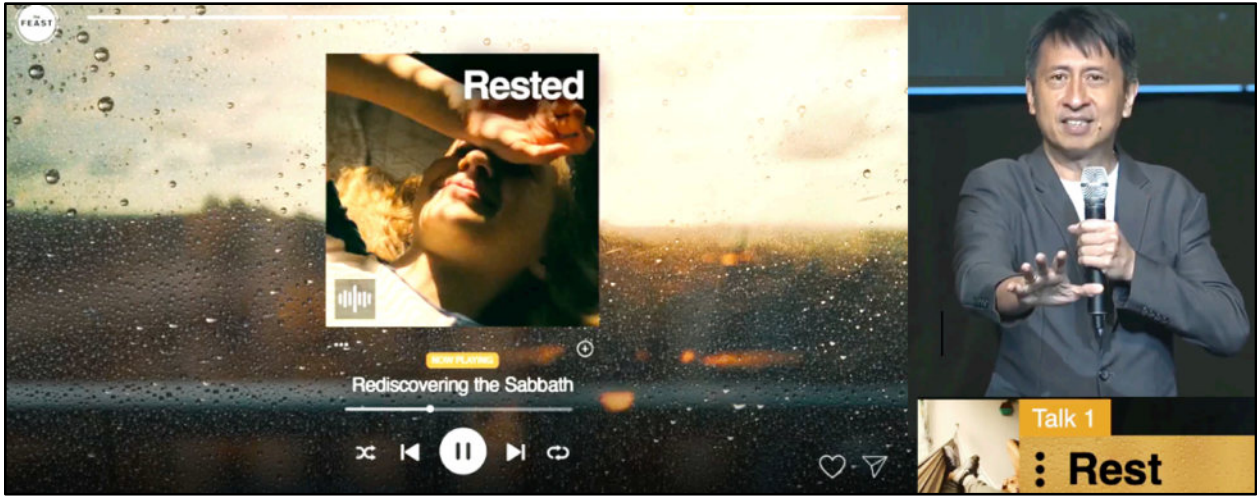
# NOVENA TO GOD'S LOVE DECLARATION OF ABUNDANCE

Are you ready  
for God's Word  
to be spoken over your life?  
If you are, lift both hands  
and say this with me:



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# Talk



## **BRO. BO SANCHEZ:**

This Course that will happen for seven weeks will change your life and will save some of you -- your family and your health.

I need to tell you this: There are some of you in this room whose current lifestyle is depleting little by little. You don't know it but it's siphoning your health and your family. In a way, it's also taking away your love, inner peace and joy. It's collapsing the infrastructure of your life.

I'm telling you: You need this 7-week Course. So, extend your hands towards the Word, Everybody, and just sing this with me, with faith:



*Thy Word  
is a Lamp  
unto my feet  
and a Light  
unto my path.*

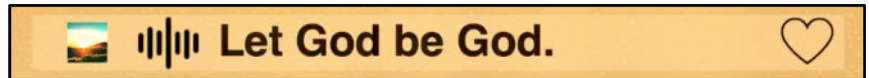
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God rested. But here we are acting like supermen, superwomen, acting like little gods -- not resting.

I want to preach this Word for you: "Let God be God."



Put your hands on your chest and say:

*"Jesus, speak to me. Change my life. Reconfigure my schedule. But most of all, my heart. Bless these seven weeks. In Jesus' Name. Amen."*

*Thy Word is a Lamp unto my feet  
and a Light unto my path.*



Happy Fathers' Day again. I don't have a dad anymore. He has been in Heaven for years now.

But I really thank God for Community. I said last week no one can replace a mother's hug. And I know that no one can replace a father's hug, either. One day, in Heaven, my dad will embrace me. But while I am waiting for that day, I'm surrounded by family and people I love.

Before you sit down, can you just hug some people around you? If it's too weird for you, then don't do it. But if you're comfortable, then give some people a hug.

Yes, we need each other. We're more fragile than we think we are. We think we're strong but we're more vulnerable than that.

Tell somebody beside you: "God will speak to you today."

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## Is This You?

Raise your hand if you agree that people are tired.

Whenever I go around and I ask people, "How are you?"

One of the most common answers I get is: "I'm tired but still beautiful."

I have yet to hear someone say, "I'm rested and I'm gorgeous."

We're an exhausted bunch of people. I will describe to you in one sentence the human condition today:



We normally say, "You're so OA or overacting."

But now, I will say, "You're so OU-- overworking but underliving."

OU is the phenomenon that is happening right now. OU is a pandemic. Millions of people are living this way.

If what I will describe will resonate with you, raise your hand and say, "That's me."

But if you think that the person beside you is doing what I am describing but his hand is down because he's in denial, I want you to get that arm and raise it.

How many of you have no energy to engage with your family when you go home because of overtime work?

How many of you are so tired at night that you just flop on the couch? Instead of talking or laughing with someone, you're so exhausted that you just watch something mindlessly, or you scroll through *Tiktok*.

Even in the middle of exhaustion, you're still checking your messenger to see if your officemate, your customer, or your boss is asking something. And then you just fall sleep -- only to wake up the next morning...

And your phone is beside you. Then, the first thing you do is you check your phone. Why? Because there are important national emergencies that wait for your response☺!

This is insane. What you do is you put priority on the agenda of others-- by taking your phone first thing in the morning-- before you exercise, pray, and meditate. You attend to the agenda of others before your own survival!

Raise your hand if this is you. Raise the hand of the person next to you if he's not raising his hand.

I can hear you saying, "Bro. Bo, that's my life but I take vacations.

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## Why are we overworking but underliving?

Let me describe some people's vacations...

Your vacation is that you try to cram as many activities as you can into a 24-hour schedule so that you can visit 11 tourist sites in one day. But you do not experience anything of that place because you are so busy taking 258 pictures that later, you will not even look at-- because when you go home, you are so busy.

Raise your hand.

Why is that so? I'll describe our lifestyle.

Imagine you're driving this brand-new car. You press on the gas pedal. The engine roars. You feel that beneath you is the power of that engine. You feel good. You go faster. It is amazing. 100 kph... But suddenly, it's getting too fast.

So, you remove your foot from the gas pedal. You press on the breaks. To your horror, nothing happens. The car continues to barrel through the road and speeds forward. You pump the break many times. Nothing happens. The speedometer goes faster and faster... 120kph...140 kph...150kph... You're swerving right and left like a maniac. Overtaking cars... You miss the cars coming from the opposite direction by a hairline.

My Friend, that is exactly the picture of many people's lives today-- because we have lost our ability to slow down.

There are many reasons we are overworking and underliving but here are five common reasons:

### Reason 1

## You're fixing a financial crisis.

### 1. You're fixing a financial crisis.

Your income is just not enough for the basic needs.

Possibly, there was also a catastrophe that happened in your life. Maybe someone got sick in the family, and you had to take a big loan. You're paying off your debt, so you take two jobs right now. You even have a sideline. You do overtime work just so you can generate more income. Or there was a fire. Maybe, you also got scammed that your life savings went kaput. Maybe someone in the family fell into gambling addiction.

I just want to warn you that if there is anyone in this room that is doing online gambling, I beg you, on my two knees on the floor, to stop that.

I'm warning the Philippines and many countries around the world being eaten up by online gambling to stop it-- if you love your family and future.



## 5 Reasons

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## A Feaster's Story

I met a lady and I was so inspired by her story.

She had to borrow P800,000.00 from friends, relatives, and employer, for the cancer treatment of her mom. She was a school teacher and you know how much school teachers earn, right? It was really hard for her.

Even if she was already getting a full teaching load, she asked her school to give her more overtime work so she could pay her debts. On weekends, she would tutor kids.

In the end, she told me, "Bro. Bo, I paid my whole debt."

Now, her husband told her, "Darling, you can resign from your job now because my income can pay for both of us."

She was able to get out of that financial crisis. She's a Feaster and she and her husband are Ministry servants.

If you are in a financial crisis right now and you have no choice but to overwork and underlive, I want you to know that better days are ahead. Hold on to your faith.

### Reason 2

**You stayed in your stretch season for too long.**

## 2. You stayed in your stretch season for too long.

I was a single missionary for 18 years. Then, I got married when I was 32. I knew I was going to be in a stretch season because I was going to start a family while doing ministry. I was also starting businesses so I could put food on the table.

That was my stretch season.

I told my wife that it would be difficult for a while because I was juggling a lot of things. But what saved me from burnout and from exhaustion-- even I was in my stretch season-- was I stayed committed to my non-negotiables. Such as spending time with my family, with my Community, and with my God.

Whenever I spent time with my family, I thought I was doing it for them. But later, I realized that I was doing it for myself. It was for my own sanity. It saved me. My stretch season passed.

I want to share this lesson to you from experience:

### WARNING

We can get used to a feverish pace of work, where what was supposed to be a stretch season can turn into a permanent condition in your life.



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### Reason 3

## You escape through work.

### 3. You escape through work.

Maybe you know that there's something wrong inside you but you don't know what it is and you don't want to know what it is because you don't want to face your inner demons. You just escape through work.

To avoid fixing people's brokenness, they distract themselves with busyness.

If this is you, go before the Lord and face what needs to be faced.

### 4. You get praised for overwork.

Some people carry this low-grade exhaustion like a badge of honor.

### Reason 4

## You get praised for overwork.

If you go around saying, "I'm tired," people will tell you, "Wow, you're so productive!"

But if you go around and you're not tired, then you must be lazy. You're depending on someone who's overworking while you keep on leeching off the resources of that person.

The society now praises people who overwork.

### Reason 5

## You're trapped in a lifestyle you cannot afford.

### 5. You're trapped in a lifestyle you cannot afford.

This might be you. If only you throttle back your expenses, you would not have to overwork.

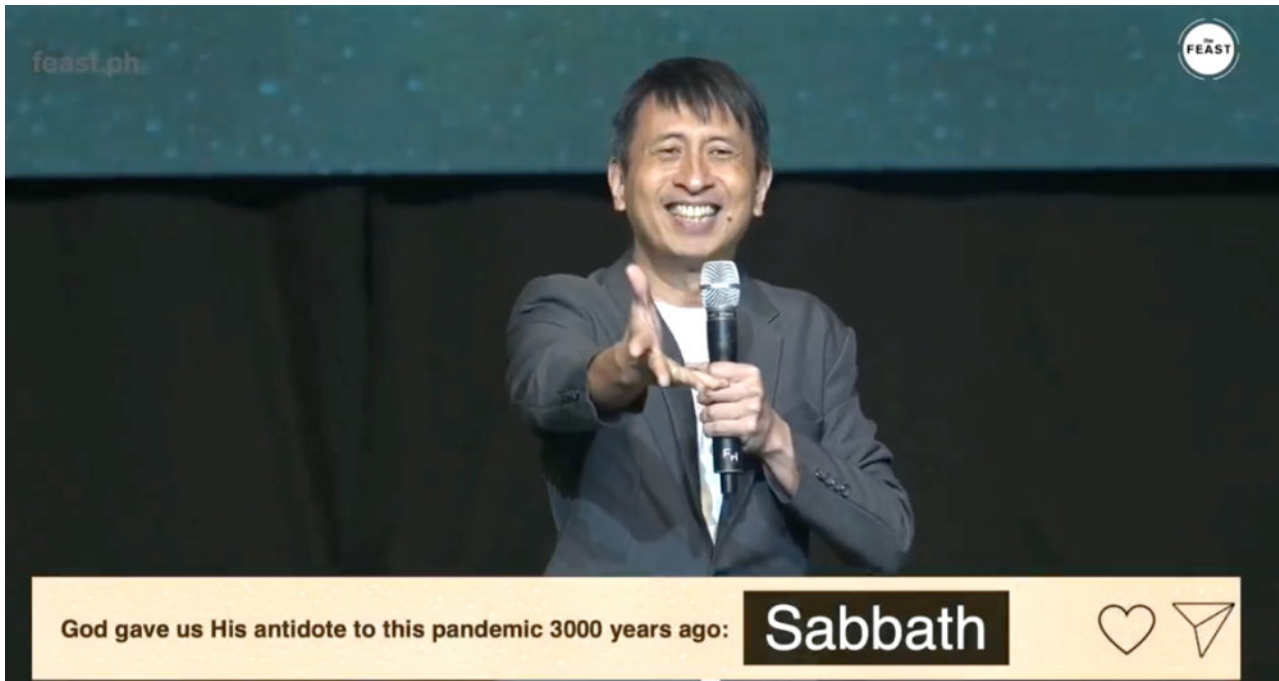
Maybe because we got addicted to a certain lifestyle where we are spending so much --for gadgets, clothes, travels, and so on -- we just have to overwork.

When you overwork, your exhaustion is through the roof. Stress affects your health, your relationships are empty already, there is no love in your marriage, your kids don't even know you, and your home is like an Airbnb where strangers come and go.

And if all of those are happening, you know there's something wrong. But since your bills are too much and you want to maintain a certain lifestyle, you have to keep on overworking because you cannot stop overspending.

So, here I am sharing with you these reasons.

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Friends, if OU is a pandemic, I have good news: God has already given the antidote. It has been there for the past 3,000 years and it is called Sabbath.

In Hebrew, *Shabbath* which literally means *stop*.

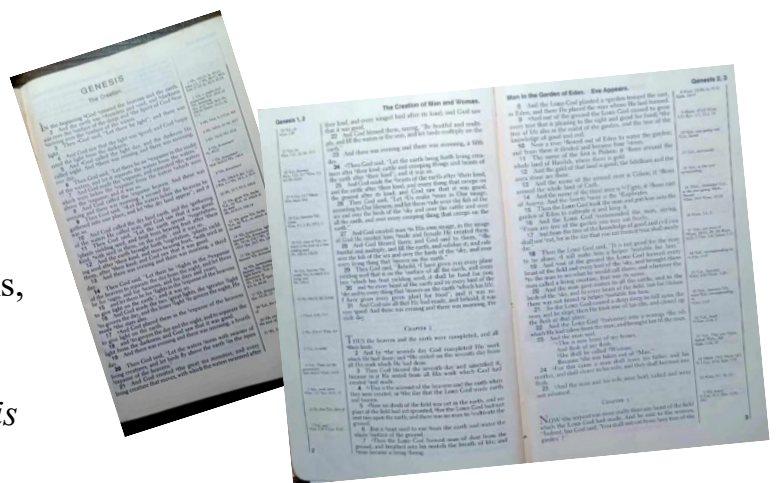
Genesis 2:1-3 says:

**Shabbat = Stop**

**Genesis 2:1-3 NLT**  
**So the creation of the heavens and the earth and everything in them was completed. On the seventh day God had finished his work of creation, so he rested from all his work. And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.**

By the way, for those of you who are new at The Feast-- those who are old, you're kind of so used to this-- you might be wondering why we always refer to *Genesis*. Those who are new, I want you to know that Biblical authors, whenever they wrote their books, they used *Genesis* as a lens.

So, the way to read Scripture is to always use *Genesis* as a lens.



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# Two Great Blessings That Sabbath Gives Us



## 1. A Rhythm of Rest

**Work is holy.**

**Rest is holy, too.**

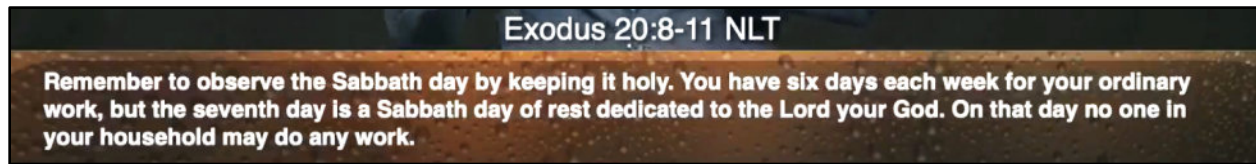
But some people may not know that rest is holy too. Work is holy because you're building the Kingdom of God. You're a partner in God's work. But when you rest, God smiles. Some people need to hear that. Some people feel guilty when they rest.

In Exodus 20:8:11, we read the Ten Commandments. And in the Ten Commandments is the command to have a Sabbath:

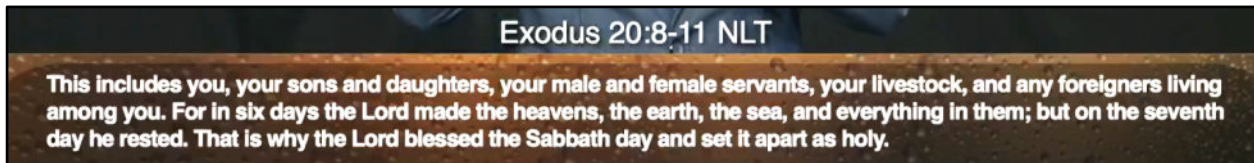


**Partnering with God does not only mean working with Him, but also resting with Him.**

♡ ♡



God has installed into your schedule a specific time where you rest.



God rested! Why did He rest? Was He tired? I don't think so. I think what He did was He was giving us a template for life.

Today, as modern Christians, we don't think of Sabbath too much. For us, Sabbath is passé. It's antiquated. It's old-fashion.

That's why Christians live a six-day Christianity.

We don't know what to do with the seventh day.

**Christians live the Six-Day Christianity.**

But through this Course, we'll learn in seven weeks how to express Sabbath.



Blessing 2  
**A Rhythm of Relationship**

## 2. A Rhythm of Relationship

I'm going to answer a very existential question: Why did God create the universe? Why is there such thing as existence? Let me solve this philosophical question.

God created the universe for one purpose: **Relationship**

When Jesus was asked what the greatest commandment was, He said, "Love God. Love others."

Just those two. That's the purpose of Creation. The purpose of your life is Creation. God created the Sabbath to give you space, and time, and energy to build those two relationships.

Let me do a little Bible study.

In *Exodus*, the Ten Commandments is there. The Ten Commandments appear in another section of the Bible: *Deuteronomy*.

In *Exodus*, the Hebrew word used for the word *Sabbath* was *Shabbath*. But there is a line in *Deuteronomy* where another Hebrew word was used-- which was *Nuakh*.

The second meaning of Sabbath is not only to stop, to rest. But Sabbath is also for relationship. When God rested on the seventh day, He did not hibernate. He did not go to bed and sleep. What God did was live with man in the Garden.

God prepared that Garden so that He and the man could walk together.

God gave Sabbath so He could hang out with you. At the end of the day, all relationships are about trust. Sabbath was given to you so you can really learn to trust in God. At the end of the day this is about trust.

Think about this: If you're paid P1,000.00 a day to work and you don't take a day off, you will earn P365,000.00 in a year.

But the guy who took a day off once a week would earn only P313,000.00 at the end of the year. He was at a disadvantage, right?

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**FIRST**  
Sabbath is about growing closer to God.

In Deuteronomy, the authors chose another Hebrew word for Sabbath—not Shabbat but **Nuakh**—which means, dwelling or settling.

On the 7th Day, God stays to live in the Garden with man.

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### 3 Messages of Sabbath

So, why take a Sabbath?

Let me pause for a while, take one step backward, and say, “Isn’t what’s essential in life is like that?”

If I have a date with my wife, am I making more money? I'm not. I'm actually losing money☺ If I play with my child, do I gain more money in my bank account? No. If I have a weekly family dinner, am I getting richer? The answer is no.

My Friends, Sabbath may not put money in your pocket. But without Sabbath, or without dates with wife, or playing with child, or family dinners, no matter how much money you make in the world, you will be very poor.

God does not want that. God gave you Sabbath for you to have a personal relationship with Him and to become closer with one another, with the people around you.

I want to close my talk with these three messages of Sabbath:

**1. Your work is not the center of the universe.** There are more things important than your work -- God, family, relationships, health, peace, joy, and kindness, and the coming Kingdom.

**2. Not everything depends on you.** You are not the only one keeping yourself afloat. God is your provider. He is the source of all your blessings. That’s why you can rest, relax, rejuvenate, and recharge.

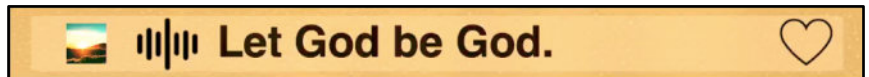
**3. Many things are not in your control.** You cannot control others. You cannot control the economy. You cannot control your future.

That’s why you must let God be God. Stop playing God. Stop getting all your burdens there and take all the responsibilities.

God is telling you: Rest.



Hands of God and Adam  
from the painting  
of Michelangelo Buonarroti



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## Surrender

In Matthew 11:28, Jesus said:

Matthew 11:28 NLT

**Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.**

Jesus came and carried the Cross. He died for you and for me so that He can give us rest. Will you receive that rest today?



*In the Name of the Father, and of the Son, and of the Holy Spirit. Amen*

Put your hand over your chest and say this with me:

*Jesus, I need you. I need that rest.*

My dear Friends, there is no rest unless you trust. You cannot find real rest unless you trust Him. Do you trust Him? Do you entrust your life to Him?

Make that decision now.

Give your heart, your mind, your soul to the Lord.

Lift your hands in surrender.

And Everybody say:

*Lord, I surrender. Help me, Lord, to follow You through all the days of my life. And that means trusting You. I trust You, Lord, with my past, with my present, and with my future. I trust You with my working and I trust You with my resting. I trust You with my schedules. I trust You with my lifestyle. I entrust my whole life to You. You will provide. You will bless me.*

*I trust You. In Jesus' Name. Amen.*



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## MERCY MINISTRIES

*God blesses those who are merciful,  
for they will be shown mercy.*

--Matthew 5:7

### ANAWIM HOME FOR ABANDONED ELDERLY

*Year 29: And Then There Is Light*



YOU are looking at a couple of cottages of our Anawim Home for Abandoned Elderly. *At left, 29 years ago. At right, nowadays.*

We started in the early 1990s. Some members of the Light of Jesus Family wanted to serve the Lord and become missionaries, even ready to give up their lucrative jobs.

God was more than ready to grant their wish, providing them a mission field on a five-hectare land located at Sitio Tañag, Barangay San Isidro, Montalban, Rizal...

And by Divine Grace, Bro.Bo Sanchez, founder of the Light of Jesus, was led to put up a haven for abandoned elderly, which he called Anawim-- after the Hebrew word which means *God's poor*.

In December 1994, Anawim Lay Missions was born, putting up our Anawim Home for Abandoned Elderly.

Yes, we started in a dark forest-- now as bright as the smiles of our lolos and lolas.

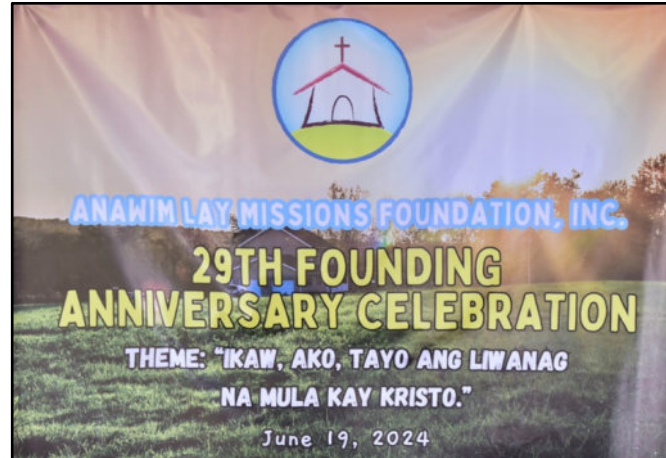
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## We Are the Light

Fast forward to June 19, 2024. On this day, we celebrated the 29<sup>th</sup> Founding Anniversary of Anawim Home for Abandoned Elderly centering on the theme *Ikaw, Ako, Tayo ang Liwanag na Mula Kay Kristo -- You, I, We are the Light Emanating from Christ.*

Here, we share first part of our photo story...



**THANKSGIVING MASS** presided by Fr. Joseph Pumihic (*left*) with co-celebrant Fr. Benoit Bambili



At the frontline, *from left*: Sis. Reng Morelos and husband Hermie Morelos, president, Anawim Lay Missions and head, LOJ Mercy Ministries; Bro. Bo Sanchez. *Behind them*, Sis. Marowe Sanchez, and her mom, Sis. Linda Lopez.  
**More Next Sunday Feast**

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## **Thank You!**

The Feast Family, now organized as the Feast Mercy Ministries, is a spin-off ministry of the Light of Jesus Family founded by Bro. Bo Sanchez. Earlier named as Kerygma Family, The Feast Family is a unique online, non-physical, borderless, international community of friends who support each other's personal growth.

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

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

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

### **FOR EXISTING DONORS:**

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

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

Email Address: [jocelyn@kerygmfamily.com](mailto:jocelyn@kerygmfamily.com)

Website: <https://kerygmfamily.com>

## Our Partner Beneficiaries

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



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



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

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



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

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



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



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

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



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

## CHOOSE HOW YOU WANT TO GIVE

1. Donate ONLINE (through credit card) Go to [www.kerygmfamily.com](http://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 Shepherd's Voice Radio and Television Foundation Inc. 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 Inc. and mail (registered mail) to Shepherd's Voice, 60 Chicago St., Cubao, Quezon City, Philippines 1109.

4. Directly Deposit to Our Bank Accounts. Deposit to Shepherd's Voice Account in any branch of these banks:  
Account name: Shepherd's Voice Radio and Television Foundation Inc.  
BPI: Savings Account no: 0123-4849-67 Cubao Aurora Branch  
Banco de Oro Savings Account no: 003970019804 General Araneta, Cubao Branch  
Banco de Oro - Savings Account no. 000160506123 SM Cubao Branch  
PNB - Current Account no. 108410089566 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 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](mailto:support@kerygmfamily.com) or text us at (63) 922-828-9890/ (63) 998-968-4416 or Fax to (+632) 725-1230.

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# **FAMILY ONLINE NEWSMAGAZINE**

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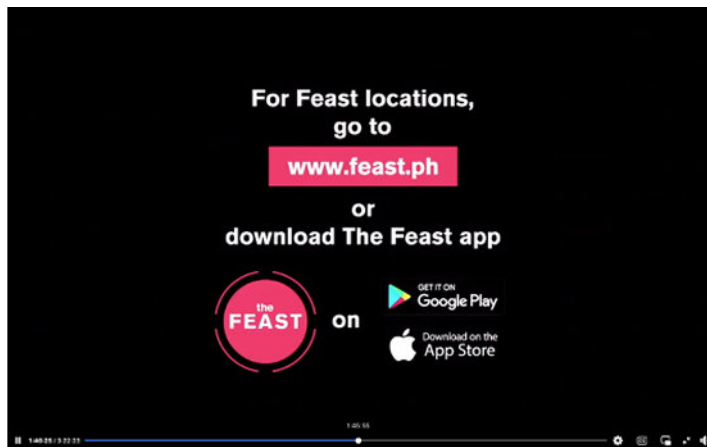
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Mobile phone: 0998-953-0657

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

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