

## Training Mind, Heart and Emotions

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World Peace and Unification Sanctuary - USA

### The Greatest Gift God Gave Us



Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing. *James 1:2-4*

"The truly victorious sons and daughters are the ones who are willing to die for the cause, and they go right into the realm of heart." "If we don't want the ones, we love the most to carry the cross, we must take it ourselves." "An adopted son can never enter the realm of heart. Only after we become true sons can we go into the realm of heart." SMM **"Victorious Sons and Daughters" (Lancaster Gate, London - June 28, 1978)**

Hello,

Gregg Noll started by giving a children's service. He asked the children what was the greatest gift that Heavenly Father gave to us. God said all the things he gave us, such as flowers, birds, stars, the rainbow, were good. What did God say about people? he said "very good."

God also said "be fruitful (become a good person), multiply (join with a spouse and make a peaceful, beautiful family) and make a peaceful and beautiful world. The first task is to become a good person and learn to get along with others in your family.



### [Sanctuary Service 9/13/2026](#)

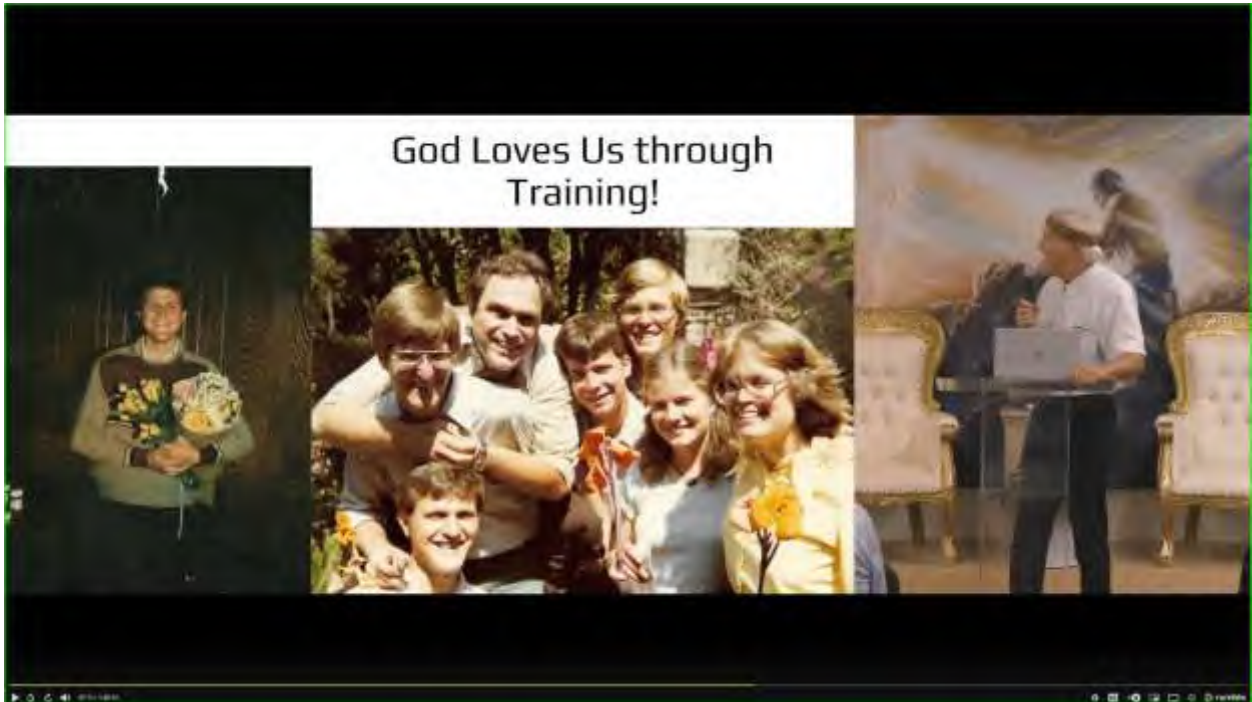
Then Gregg showed a message from the 2nd King that mentioned the importance of prayer, fasting and training in learning to deal with challenges and stress. Western Christianity has lost the importance of training for spiritual warfare while America is collapsing.

He expressed concern about the actions of Republicans and the influence of Israel and its supporters in the U.S. The Democrat party must be defeated, but the Right has to be led by people who have more isolationist policies. Every storm passes, in the end God is in control.

After the video ended, Gregg spoke about "Being Fruitful." He showed a 3 minute clip from a sermon by True Father about what it means to be a true man. Holy things are natural things, birds singing, etc. that God made. The only difference between us and True Father is that he feels extremes of emotions.



Jesus was the first true man who fulfilled his responsibility before God. He understood God's heart. He was raised in a difficult home and community situation in Galilee. He was likely raised in the building and construction industry working with stones.



Father also grew up in a difficult situation in Japanese-occupied Korea. They were forced to worship at Shinto shrines but worshipped as Christians in secret.



["Tribute to True Father"](#)

To be fruitful means to develop a righteous mind that can dominate your body for a God-centered purpose. Involuntary training from situations forced upon us are one way to be trained. How we respond

is the question. Some escape to drugs or alcohol. Others choose to overcome.

*Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing. James 1:2-4*



### [SMM to teens about "Love, Life and Lineage"](#)

Jesus had to walk a tragic course but developed the victorious attitude of love and forgiveness he showed on the Cross. Because of that he was able to offer salvation.

Similarly, Father underwent the 7 deaths and resurrections. "even if I was put in prison and tortured to the point of vomiting blood.. I could never complain."

About his time in Hungnam prison: Even today, I think it was the best time of my life because I could attend God and always lived by His principles under the most miserable of situations."



Voluntary training is training we choose to improve ourselves or to offer as a condition. Higher ownership because we initiate it. Develop mind-body unity.

*For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it. Hebrews 12:11*

As the 2nd King teaches us to say as we breathe in and out: I am ALIVE. Thank you, Father! Gregg spoke about the "Biblio" diet without the common artificial ingredients in processed foods.

True Father invited brothers and sisters to train in Kodiak Alaska involving fishing and in the Amazon jungle. Gregg is grateful for 7 years of MFT training. He often worked 16 hour days.

Gregg shared about his upbringing. His mom and dad often argued. His father drank a lot. It shattered his heart at age 12 when they divorced. He started to hang out with a rough crowd that did thievery. Three of his friends were caught.

He confessed what he did to his parents and fortunately was not arrested. They gave him serious work for him to do. Gregg decided to live a better life. He got involved in sports and martial arts. If you live a life of no discipline, your destiny will not be good. Each of us must learn control over mind, heart and emotions, to live for the sake of others.



### True Father- "Love Your Enemy"

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### SMM Speech in San Francisco on 1/18/1974

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May God bless you and your families!

Sincerely,

Richard

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"Sanctuary Church" is short-hand for "World Peace and Unification Sanctuary" which is from calligraphy on a scroll presented to Hyung Jin Moon by his father, Rev. Sun Myung Moon. The purpose of the "World Peace and Unification Sanctuary, Inc." is to "preserve and propagate the Biblically-based teachings of Reverend Sun Myung Moon."

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