

## 2020.08.02 Sunday Sermon <Heavenly Father's Wish>

**1 Thessalonians 5:16** *Rejoice always*

**Philippians 4:4** *Rejoice in the Lord always. I will say it again: Rejoice!*

### **Proverbs 4:20-27**

<sup>20</sup> *My son, pay attention to what I say; turn your ear to my words.*

<sup>21</sup> *Do not let them out of your sight, keep them within your heart;*

<sup>22</sup> *for they are life to those who find them and health to one's whole body.*

<sup>23</sup> *Above all else, guard your heart, for everything you do flows from it.*

<sup>24</sup> *Keep your mouth free of perversity; keep corrupt talk far from your lips.*

<sup>25</sup> *Let your eyes look straight ahead; fix your gaze directly before you.*

<sup>26</sup> *Give careful thought to the<sup>[a]</sup> paths for your feet and be steadfast in all your ways.*

<sup>27</sup> *Do not turn to the right or the left; keep your foot from evil.*

### **\*Image of Fall Foliage:**

- In today's scripture, we read about Solomon's wish for his children to live beautifully and happily.
- Solomon's wish is the same wish Our Father has for all of us.
- Let us think more about the today's scripture and see what the Lord is telling us to make our lives happy and beautiful.

### **1. Healthy Body**

- In order to seek happy and beautiful life, we must have healthy bodies.

**Proverbs 4:22** *for they are life to those who find them and health to one's whole body.*

- To have healthy body, following items are important.

(1) Food - **Proverbs 25:27** *It is not good to eat too much honey, nor is it honorable to search out matters that are too deep.*

(2) Exercise - **Proverbs 6:6** *Go to the ant, you sluggard; consider its ways and be wise!*

- One research shows following about walking at age over 65.
  - 4,000 steps per day can help prevent depression
  - 5,000 steps per day can help prevent dementia, heart disease, stroke
  - 7,000 steps per day can help prevent osteoporosis, cancer
  - 8,000 steps per day can help prevent high blood pressure, diabetes
  - 10,000 steps per day can help prevent metabolic syndrome

### **2. Beautiful Heart**

- Aside from the physical health, we also need inner beauty in order to seek happy life

**Proverbs 4:23** *Above all else, guard your heart, for everything you do flows from it.*

**Proverbs 14:30** *A heart at peace gives life to the body, but envy rots the bones.*

- To seek beautiful heart, we must seek following.

(1) Mouth - **Proverbs 4:24** *Keep your mouth free of perversity; keep corrupt talk far from your lips.*

(2) Eyes - **Proverbs 4:25** *Let your eyes look straight ahead; fix your gaze directly before you.*

(3) Feet - **Proverbs 4:26-27**

<sup>26</sup> *Give careful thought to the<sup>[a]</sup> paths for your feet and be steadfast in all your ways.*

<sup>27</sup> *Do not turn to the right or the left; keep your foot from evil.*

- Story of Robert Schuman - was a Luxembourg-born French statesman. Schuman was a Christian Democrat (Popular Republican Movement) political thinker and activist. One day he was riding the train, and by mistake he stepped into a lady's foot. The lady screamed and cursed him out. When she saw Robert's face and realized who he was, he apologized and said "I thought you were my husband."

### 3. Rich Soul

- Lastly, in order to have happy and beautiful life, we need to have rich soul.
- In order to receive this, we need to do following.

(1) Listen to the Lord's Words

**Proverbs 4:20** *My son, pay attention to what I say; turn your ear to my words.*

(2) Read the Lord's Words

**Proverbs 4:21a** *Do not let them out of your sight,*

(3) Remember the Lord's Words

**Proverbs 4:21b** *keep them within your heart;*

**3 John 2** *Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.*

**Matthew 4:4** *Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'*

**Psalms 1:1-2**

<sup>1</sup> *Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers,*

<sup>2</sup> *but whose delight is in the law of the Lord, and who meditates on his law day and night.*

- Story of father and son flying the kite:  
The father was flying a kite and his young son was watching him. The kite started to go up high into the sky to the point you couldn't see. The son asked, "Dad, the kite is still flying? I can't see!" The father answered, "Yes, the kite is flying because I can feel the kite moving in my hands."
- Just as this father feels the kite, we can also realize that God is watching and holding us by reading the bible. We can see this in story of Noah.  
**Genesis 6:9 Noah and the Flood**  
<sup>9</sup> *This is the account of Noah and his family. Noah was a righteous man, blameless among the people of his time, and he walked faithfully with God.*

#### Summary of Our Heavenly Father's Wish:

1. He wants us to have healthy bodies
2. He wants us to have beautiful hearts
3. He wants us to have rich souls

Let us pray...Heavenly Father, hold us closer to you day by day. Embrace all of us in your arms and provide us with blessed eternal life. I pray that till the day we meet in heaven above, we will live happily and beautifully on this earth.