

*My Life,
My Viewpoint
and My Dream*

The options of doing right vs. the result of doing wrong

2 Chronicles 16:9

*For the eyes of the LORD range throughout the earth
1 to strengthen those whose hearts are fully committed to him.
2 You have done a foolish thing, and from now on, you will
be at war.”*

God has a purpose for me

Romans 8:28

*We know that in all things, God works for the good of those
who love him,
Who have been called according to His purpose.*

My Rewards

Psalms 23:6

*Surely your goodness and love will follow me all the days of my life,
And I will dwell in the house of the LORD forever.*

God's command comes with His promises

Matthew 28:18-20

*18 Jesus said, “All authority in heaven and on earth has been
given to me.*

*19 Therefore go and make disciples of all nations, baptizing them in
the name of the Father and of the Son and of the Holy Spirit.*

*20 and teaching them to obey everything I have commanded you.
And surely I am with you always, to the very end of the age.*

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My Life, My Viewpoint, and My Dream

Life has many uncertainties and sudden twists and turns—some for the better, others for the worst. As I have reached my 70th birthday, I have realized more clearly that the years of my life on earth are in God's hands. God has a purpose in my life. For this reason, I am writing this memoir directly from my heart.

Then I asked myself. When must I write? Yesterday is gone, and tomorrow may not come. So now is the TIME.

I like to watch the news on TV, read emails, magazines, Facebook, and play computer games. I enjoy reading books about making money, what is happening in science & the reasons behind all the politics. But since I have a short attention span, I like books that are short & helpful.

As I looked back, I see many mistakes, failures, the bad, and the ugly things that I have done. I may have hurt people unintentionally or intentionally as well. God has taught me life lessons from my failures and struggles and His blessings with good gain and extraordinary successes.

There is a book that I have read numerous times over and over again. Each time I gain new insight and learn new things that I have missed out on in the past. This book is the words of God, the Holy Bible. All of these are by God's mercy and loving grace!

After spending the past 20 years with Usana Health Sciences and having been trained by numerous world-renowned nutritionists, I have learned so much about healthy living. And being one of the top leaders in the nutritional industry, I have been asked very often by friends and associates how to live a healthy life.

In my opinion, I should divide the health of a person into two parts for discussion purposes, the

physical and the mental. I would let the physicians and dietitians keep their jobs taking care of the physical side of health, and I will only share my viewpoint on the mental side.

Be Healthy to be Happy

To eat properly, sleep well, and wake up naturally is what I termed good health. If I were to go on with my daily hygiene without someone helping, that is the best physical welfare. I might have visits with my doctor for some physical check-ups, but not for any operation or surgery.

Every organ in our body is essential. The heart is the engine of the body. It drives the whole body system. When the heart stops working, then the person is dead.

When someone desires to show his affection to another, he would say, I love you with all my heart, or I am giving my heart to you. On Valentine's day, we use a heart to symbolize love. The whole heart represents unconditional and complete love. When someone does a good deed, we would comment: Oh, you have a "good heart." The opposite is to say, "Oh my, you are a 'black-hearted' person!" Thus, we see so many symbols of hearts around to represent love.

There is another symbol wherein an arrow has pierced through two hearts together. It is the arrow that unites the two souls. When the courtship is successful, we comment the couple as (sim-sim-siang-ai in Amoy, 心心相愛). Two hearts are chained together to represent their cooperative effort, chaining them into the oneness of heart and mind. People falling in love with each other are called sweethearts. If ever this courtship was not successful, we call the situation 'broken-hearted. There is a saying. Two is a good company, 3 is a crowd; some would rather be a wonderful one!

Come to think of how a person with only one heart shares his heart with multiple lovers. What kind of love is it? Is it for money? Is it for sex or what? How can a heart be broken into pieces so many persons can share?

Rose is the most popular flower in the world. Roses come in many colors, and all roses have thorns. Some roses can even change color. But a man may bring a bouquet of roses to express his love when he visits his girlfriend. Why?

In my opinion, the colors represent the kind of love: Part-time love, artificial love, leftover love, or complete love. All roses have thorns; which one you are willing to bleed for. In the desert, a cactus may be better than a rose.

How to take care of our hearts?

We should have a proper diet, instead of eating just anything we want. Not too much salt, sugar, or oily stuff. Everything in moderate proportion. Take the example of a car. One would use premium gasoline to make it runs well. We have only one heart, and we better take good care of it!

We need to have enough hours of sleep. Each person needs 7.5 hours to be healthy. There are times when I have only slept about a little over 6 hours, and I feel I am wide awake and would be ready to do my task. But then, I ask myself, to wake and rush into my work, what is the basis for me doing this? Why not lie down for another one and a half hour—so I could get around 7.5 hours of sleep? I learned this from my good friend, who never naps. Denis is in his eighties.

We need to do some physical exercises. We could either play golf or ride a bike around. If we have a garden, we could do some gardening work. We could also do some tai-chi exercise in our backyard or do a few physical activities to loosen the bones and train our bodies' muscles. By so doing, it would also improve blood circulation and make us feel much better.

Another subject that we may have to discuss. Do we need to smoke or not? To smoke cigarettes is allowing our lungs to roast over the blazing fire. When we take an X-ray on our lungs, we could see that our lungs are dark and black.

Let me share with you a true story. My father-in-law was the vice-president in charge of marketing for a prominent and well-known cigarette company. He needed to know the difference between their company's brands and those of the competitors. Therefore he must try each of the different products.

On a routine physical check-up, his doctor told him, "From now on, you do not have to come to see me." My father-in-law asked in surprise: "Why, how come? The doctor replied: "If you would not quit smoking, then you do not need to see me anymore." Then the doctor showed him the x-ray result of his lung, all dark and black!

When my father-in-law returned home that very day, he threw away all the cigarettes he had. Imagine, as the vice president of this company in charge of its marketing and sales, it was a tough decision for him to make.

Ramon is my wife's younger cousin. When he was working in my record production company, he smoked quite a lot. Whenever we talked, I would inquire, "Have you quit smoking, Ramon?" He would reply, saying, "It has been so many years that I have been smoking, Victor. Do not worry. It has been my pastime enjoyment." Sometime after his retirement, I received this phone call from a relative, telling me Ramon has incurred lung cancer, and there was no more cure!

There is another relative. His wife would constantly nag him for smoking at home, so he would then smoke outside his home.

People enjoy smoking, which is why some call these cigarettes fragrant cigarettes 香煙. But for the non-smoker, it's a foul stinky odor!

To describe how a lung cancer patient feels is likened to have one's whole head submerged down to a pool of waters without being able to get out. How painful this situation could be. Why should one choose to undergo such suffering? Why not merely quit? Oh, yes, I know it is so hard to stop smoking. But it is even harder to suffer and die!

Another element that causes illness is the stress we face in life. With so many unsolvable problems and challenges, we could be unable to breathe

well too. As we continue to live such a driven and pressured life, our time would run out.

Many thought that a wealthy person does not have stress and problems. It is only the poor. But the truth is not about being rich or poor; we all have issues of our own. Some people have all the money, and they are in the hospital due to their illness. Thus, to put our money on the weighing scale, our life is more precious than everything else in this world. We may possess many things in this world, but there is only one life to live. Therefore, relax a bit. Find time to spend with your family. It could be the most fulfilling thing of all to do.

Since God is the Creator of the universe, and we are His creation. We should be prudent to communicate with Him through Jesus Christ freely. Seek His help. Let us turn our worries and issues to our God, the Living God, the Almighty God, who is always graciously available to help us because of his love for us.

⁸For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will open for him. - Matthew 7:8

The Ten Commandments:

GOD

- 1: Do not worship any other gods
- 2: Do not make any idols
- 3: Do not misuse the name of God
- 4: Keep the Sabbath holy

MAN

- 5: Honour your father & mother
- 6: Do not murder
- 7: Do not commit adultery
- 8: Do not steal
- 9: Do not lie
- 10: Do not covet

I try to understand the Ten Commandments one by one.

Commandment # 1 to # 3. God is God. God is the only God that we worship.

Do not replace God with any idols; Do not misuse His name.

There is only one God that we worship. I wondered how you would feel that your children will call and recognize someone else as their father.

Second, say your children make an idol and recognize it as his father instead of you; how would you as his father feel when your children do such an insult to you and your name.

#4 Keep the Sabbath Holy. The Sabbath is a day of rest. God created the universe and everything in it, and He rested on the seventh day. God wanted us to keep Sabbath holy. He wanted us to set aside a day to refrain from the daily work routine and get rested to recharge our bodies.

#5 Honor our father and mother. If we do not honor our parents, we can be sure that our children will copy and treat us the same way we treat our parents. It is called bad Karma, and we do not want it, right?

#6-10 Be satisfied with what we have. Greed, jealousy, and dishonesty will lead us to do ill against others. And if we love others as we love ourselves, we can avoid committing these groups of sins, right?

Time and Wealth, What are they?

In Ecclesiastes chapter 3, the sage tells us that there is a time for everything in life. There is a time to sow and a time to reap. We must pay close attention to time because it has its limitation. We do not always have the time we want. We could not even buy our time. Time is priceless; no amount of money could purchase time. True, you could hire someone to do the work for you. This way, you are buying this person's time. Nevertheless, could you buy the length of your life with money? At one's deathbed, wealth is useless.

Let's talk about Life and Wealth

For me, a person has food to eat, clothes to keep warm, a clean place to stay, good health to live, a family and dedicated friends to be with, time to relax for himself, knowledge to discern what is right from wrong, is a wealthy person.

My bankers told me that many people worked hard in their lives, accumulated wealth, forgot their

dummy accounts, and even neglected to inform their loved ones. These dummy accounts, some are mega-huge. These accounts lie dormant. Therefore, a person with what he has and has the full authority and access to dispensing his money without hindrance is the wealthiest person on earth.

Most of all, he fears God and regards God in his life. This person has found the true meaning of wealth.

Have you seen people who are content with just the necessities in life and are happy? Yes, I have.

Have you seen people who have millions, billions, and even multi-billion dollars, yet they are not contented with and continue to work even harder to acquire more wealth? Yes, I have.

Have you seen people who hang on to their wealth solely for themselves and have no room to help others in need? Yes, I have.

Have you seen people who would only show care and concern for others when people around are looking at their good deeds? Yes, I have.

Have you seen people who refuse to pay wages due to their workers? Yes, I have.

Have you seen a person whose wife and kids do not even have access to his bank accounts because he has been using creative accounting procedures to hide his wealth to avoid taxes or other reasons? Yes, I have.

Have you seen people in their 80s still hold on to their control of wealth & refuse to let their children in their 60's carry on their business? Yes, I have.

In my opinion

Everybody is just a custodian of wealth, big or small, and only within a specific limited time.

Wealth is temporary. Wealth is not permanent.

Wealth is not ours unless we can use it right.

Wealth may be able to buy one's power and position. Power and position bring in problems & headaches as well.

Wealth can buy the best luxurious bed to rest, and yet it gives us sleepless nights.

Wealth is a blessing that comes with responsibility.

Wealth is a curse when we abuse it.

A wealthy person, who has everything in life but runs away from his obligation and responsibility, is the lowest person on earth.

Being inferior to one's bones or super-rich sky high is not forever. We all come to this world naked, and we all leave this world with nothing too. God created us all equal.

Being in business for the last 60 long years, my view on money has come of age and understanding. Yes, money can buy the things you need, the love you want, a mansion to match the lifestyle you desire. It can also buy you a personal airplane, a yacht and give you everything you deem best. Nonetheless, the same money could bring in enemies without reason!

Some would cheat, steal, or rob money from others. Some would just wait for inheritance.

Money could buy you the best seafood, the food you could SEE, yet it is not the FOOD you can eat.

Is money the cause of evil? Judas Iscariot was a disciple and a follower of Jesus. He sold Jesus for 30 pieces of silver. To him, Jesus was only worth this much. Think about your situation. Would you be selling your friend for some money?

To kiss someone is a sign of loving action. Yet Judas used a kiss upon Jesus as a sign to sell Jesus due to his greed for money. One must be very careful. Some people could pretend to love you with a false kiss.

Money! More money! What for is money?

Have you seen a billionaire, with all his billions, could not even cure his sickness, nor buy him a new life. When he expires, the money & everything else he owns expires as well. Who would take care of all that he has left behind? Is it the spouse, the siblings, his children, maybe? For sure, it is not he.

Money can lead you into power, a power that can also lead you to prison. Money can buy you friendship, a friendship for a day, and an enemy the next. Money can buy you happiness, a happiness that lasts for a short moment.

Have you ever witnessed a person arguing with another so intensely that one got killed and the other one got lockup in prison? Lately, I learn about one such incident when an architect could no longer handle his foreman's stubbornness working at the project site. This architect's blood pressure shot up so high in their heated argument, and sadly, an aneurysm took the architect's life.

Money and Friends

Why wealthy people have many friends? Maybe they have plenty of money. Many people want to be their friends, and many want to be related to wealthy ones. For instance: "Hey, do you know that we are related since we belong to the same birthplace." It is a reality in this world.

Today, many people get into a friendship based on the amount of money a person possesses. They may make you feel that they are your true friend on the surface, but they have no feeling. They are plastic friends. Real friends are few. Value them.

I believe that I should also spend more time learning how to improve my character. Do not copy those who hold a crab-mentality of pulling others down. Please!

Remember that humility is a respectable trait to emulate.

Why people may not like you? Is it because you are richer than them and have something they wanted to own that they cannot have? Or is it because you are arrogant and swaggering? Why act as if you are more superior to anyone else? Are we all not created equal?

Do not worship the rich. Never look down on the poor. This world is round-shaped, and life goes on in a circle. It is like a wheel of fortune. What goes up will come down and vice versa. Time and effort spent in self-improvement are better than time used in pulling other people down.

People hate arrogance. When you try to observe who are arrogant, you will find out that they are the ones who have nothing but pretend to be wealthy and thought they could fool others.

When we are on top of the wheel, stay humble. When we are down under, do not tumble.

Many wealthy and successful persons are from low-income families, and their names ended up among those listed in "Forbes 100."

Many people have inherited so much wealth from their families, but now they are on welfare.

Frankly, it is impossible to pick and decide who your biological parents should be. But we can determine what kind of a person we aim to be. Instead of envying the rich ones, learn from them, and seek self-improvement.

Some people may choose to enter into seminary training to collect souls for our Lord. Many would think that the person collecting souls and doing God's work would not get wealthy. Every soul that this person saved would enter heaven. In the end, the main difference is where your collection goes: in heaven or on earth.

You may decide what is best in life for you to do. If you want money, you may take the earthly pathway. To please God, you may collect souls for His kingdom. It does not matter how people look at you. More importantly, it is how Jesus is looking at you. It is your decision. Doing things right is not natural for us, the sinners. Thus, I pray to my God, please help me and my readers do things right in His sight!

The Weekdays and the Weekends

I recall when I was a young lad; I love Fridays because Saturday and Sunday would be near. I could play basketball or watch movies with friends. A 24-hour day seemed so long. As I grow older, I wish for a 36-hour a day because there seems not enough time to finish my task in a 24-hour day!

The older I become, the faster time goes by. Last year, I was just 75. When this book gets published, I will be 76 going 77. Life is very, very short!

The Rich Poor and the Poor Rich

When I started writing this portion of my book, my wife and I were on a cruise ship celebrating the New Year 2020. Right in front of where we're sitting were some empty seats. It cost \$250 US dollars per seat. Soon I saw a family of 8 taking seats, and another two persons took two seats. The waiter served some champagne and sweets. The cruise waiter in charge of the area came from time to time to check the tickets.

As I glanced around, I saw a couple paying the waiter some cash. There were also four who refused to pay & they moved to another section. Two other persons moved to another area. But when the waiter left, the two moved back. They played a game of "now you see, and now you don't" with the waiter - checker. They did not want to pay for the seats.

Some people would pay for what they were buying. Some may feel that the cost was too much, so they moved elsewhere. The worst is that some would play the game with the waiter checking the tickets.

"A good name is more desirable than great riches; to be esteemed is better than silver and gold"
- Proverbs 22:1

Money Has Its Weather

Money is in close relation to the weather. It has a climate of its own. When your bank sends you an offer asking you to borrow money from them, it means your money weather is good. If they keep on calling you with more incentives such as reduced interest rate, or free trip, this means your climate is excellent.

What is Titling?

In God's work, how much the rich have given or how small the poor widow put in do not matters. The fact is in their relationship with God.

These are Jesus' very own words to his disciples:

"Truly I tell you, this poor widow has put more into the treasury than all the others. They all gave out of their wealth; but she, out of her poverty, put in everything—all she had to live on." - Mark 12:43-44

Money?

Money could bring us happiness, but money could also take away our freedom. Money could make us a good guy or even make us a bad one. It all depends on our point of view.

Have you heard of good-hearted people using money to save someone? How about evil people using money to kill someone?

Money has power, but it may not be as powerful as we think. Jesus showed his disciples the face on the coin to determine who owns the money. It was the face of a man named Caesar.

Scriptures to Ponder

"The rich rule over the poor, and the borrower is a slave to the lender." - Proverbs 22:7

"The love of money is the root of all kinds of evil. Some people, eager for money, have wandered from the faith and pierced themselves with many grieves."
- Timothy 6:10

"Keep your lives free from the love of money and be content with what you have." - Hebrews 13:5

Attraction, Courtship, and Marriage

There are so many different reasons for a person to be attracted to another person. It can be due to appearance, personality, family and educational background, income security, or love.

Courtship is the period to check whether the two persons in love can or cannot live together. It is also the time to find out the mutual willingness to accept the other's habits and temper.

Marriage is a union of a man and a woman. It is a lifetime endeavor, and we must take it seriously.

When you are in love with a person, and you have blindly gone deep into the sea of love, then you suddenly opened up your eyes and started doubting if he is the right one. Will he genuinely love and marry me? Be sure to Stop, Look & Listen!

Pray to God for his guidance to lead you in the direction by His will. Please do not follow the pagan

who seeks evil spirits to protect her from losing him. It is crucial to remember that if you bring the evil spirit into your marriage, the evil spirit will control your marriage life, and you have to pay for your wrongdoing, and you will suffer, suffer hard. Instead, trust God, the Author of love.

God will help you deal with whatever hard things come up when the time comes. *"Delight yourself in the Lord, and he will give you the desires of your heart."* *"Trust in the Lord with all your heart and lean not on your understanding. In all your ways, acknowledge him, and he will direct your path."* It is only God, who is the Creator of life, should be your guiding light!

"I love you" is a compelling statement. This statement is the key to open up a young girl's heart, awaken her sleepy mind, and thinker her spine. These words are more robust to a young boy. Be very careful. Do not use it if you do not mean it. These three words, *"I love you,"* can also be deceiving and often confusing.

I would advise an innocent young girl to ask the boy back with the seven words. *"What part of me that you love?"* Most boys may immediately answer back, *"I love every part of you."* The girl should continue to ask: what is the part of my body that you want most? Many guys would find it difficult to give out the secret in their mind & may evade the question.

Here is my advice to all the naive and young girls. When going on a date, please be aware that kissing is not allowed even in this modern world. There is the saying, *"Uptown shopping for downtown purpose."* Think about this.

The girl has a mind that controls her heart. The boy has two heads; when one is working, the other one is sleeping. Sorry, I have to be blunt.

A boyfriend and a girlfriend may behave like angels. They both discover the other person is not an angel but an actual demon in disgust after getting married.

In some cultures, the parents can select a spouse for their son or daughter. For others, marriage could be a showcase of success in life. Sometimes it is called a trophy wife; now, trophy husbands are getting popular.

Commitment & Engagement

Commitment is an action the couple made to take themselves out of the dating market & proceed to set up a roadmap for both to follow. The couple holds hands & walks together to reach a common destination.

Engagement is a confirmation of their desire to get ready for the journey of the lifetime.

Lifestyle, Food & Habits

The man goes to bed early, and the wife is a night owl.

The man showers once a week, the wife three times a day.

The husband wants 12 kids. The wife says, *"over my dead body."*

The man watches the news on TV, and the wife thinks that all information is fake news.

The man is so used to steak & potatoes, and the wife eats chow mien, sushi & dislikes red meat.

The man enjoys junk foods; the wife bans junk foods in their house.

The husband moves forward with a decision & the wife moves backward. The two are not dancing the Cha-Cha. They are boxing ala style, Ali.

Focus on understanding each other's needs and what both like and dislike. Most of the above are adjustable as long as the couples are willing, really willing.

Avoid jumping into a pool of pain & suffering. The temperature could be cold or boiling. A message for believers, do not rush. Pray & follow God's guidance.

As Pastor Greg Laurie of Harvest.org said:

There are three rings to wear in a marriage:

The Engagement Ring, the Wedding Ring & the Suffer Ring.

I agree with Pastor Greg.

Religion & Faith

Different faiths will guarantee different ways of life. What makes it worst is when one spouse abhors or abstains from worship and even forces the other not to worship. It is quite a muddling and trying situation when this arises. Thus, it would be wholesome for both to hold the same faith. Trying to switch each other's strong faith is almost impossible.

Therefore, if one spouse believes in God and the other does not, then one will have eternal life, and the other will perish. Please think about this!

Culture Change

In some traditional culture, arrange marriage by parents or elders still exist. In this modern society, marriage could be just for show, companionship, financial or sexual fulfillment.

It is no joke for a couple to walk down the aisle and then change their minds. Divorce is excruciating suffering & mind bugging struggle. In other words, think seriously and pray for God's guidance. Do not proceed into marriage if there is a stoplight flashing. Follow wisdom while the options are still open. The pain right now is just a tiny peanut compared to a big jar of peanut butter in the days ahead.

What to Expect in Married Life

Look at life from a slight angle and as a whole big picture. Both partners must hang on to understand each other. Understand each other's different needs and face all challenges together.

For example: When the wife sees a pair of name-brand shoes with a perfectly matching handbag on sale, and she likes to have it, and the couple could afford it, she would buy it right away.

On the other hand, the husband may think that his wife has a hundred and forty-four sets of matching handbags & shoes. Why not save the money to buy a better car or a perfect house sooner? Sounds familiar?

Buy One & Get One Free

Marriage is the premise that a man and a woman have fallen in love. The two intend to spend the rest

of their lives together. Both may fall in love because of looks and many other good reasons. But what one sees and one could not see what one gets is a package deal. No wonder people say that *"love is blind"*. The lovers can only see what is bright and remarkable in front of their eyes. But the future may or may not be as expected.

Some get married by parental arrangements. Under this system, it would be beneficial if both parties were to have the same family background and faith.

Planning and Solution to Consider in a Marriage

Financial Management: Many couples fight over money.

Family Planning. How big is your family's size, the number of children, etc.?

Make short-term, mid-term, and long-term plans.

"Departure plan" should also be considered. Where do you want to go afterlife?

I Love You More or Less

When a couple first just got married, their love is so strong & fierce. If one measures the heat with a thermometer, the heat is so high that it will break the thermometer. If one measures the power of their love, the fuel can shake their bed or maybe fatten a hill.

As time goes by, because of working for a living, facing life's challenges, raising a family, the heat will smear down. More years passed, their love will become lukewarm. When winter comes, their passion may become an iced beverage; then, frozen popsicles!

I Have a Wish

I wish for a love that starts warm.

As time goes by, facing all life changes, it keeps its warm.

When the fall comes, when the hairs get thinner and the skin is dry, by God's grace, the temperature of love will rise and shine.

The Pessimist, the Optimist & the Clueless

Winston Churchill said: *"A pessimist sees every difficulty in every opportunity; an optimist sees opportunity in every difficulty."* There is also the clueless who sees emptiness.

The pessimist is who always says: *"It's impossible!"* and when he sees a successful person, he will attribute that person's success to some wicked means and ways. He just likes to find faults in others. He fears this and dreads that, such that he ends up doing nothing.

The optimist sees the opportunity in the impossibles and goes and gets it. An optimist has an attitude of self-improvement, the willingness to learn from those who are successful in their lives.

The CLUELESS person does not care about what is going on in the world; and has no direction in life.

A Lesson Learned From My Dad

My father's company specializes in bidding for public works. The company builds highways, bridges, water power dams, and foundation pilings for the government and private individuals. Time was the essence of all projects.

One time, my father was in the progress of piling two foundations of a bridge. The left foundation was unexpectedly tricky and demanded extra overtime. Overtime was something that the budget of the project could not afford. My father had to decide without delay. He instructed the crew to build the bridge's right side while attending to fix the left side's problem. By doing so, the project was on schedule within the original budget.

Understanding the Weather in Politics

There is a politician in the Philippines. One of his famous statements is "weather, weather lang." He means the opportunity is just like the weather. It changes all the time.

Yes, everything changes all the time! We should not look down or belittle those who are not as capable as we are in our daily living. Our ability & position are just like the weather. What we have today, we should

not misuse nor abuse it against others.

Whenever I need to solve a problem, I will look forward and focus my attention on the possible result; and work backward.

A family friend held two prime positions in the government. One day, he decided to run for political office in his hometown because he had a different opinion against the incumbent. Joe was a very competent & honest person. He will help anybody who needed his help anytime when he could. And he would not accept any gift.

The head of the opposition party warned Joe that he would lose for sure if he runs against the incumbent. Joe would not listen to the warning. Joe ran. He was the underdog, and his party was indigent. He lost all his life savings & many of his friends left him.

There were holes drifting waters from his roof. Joe was financially tight so fixing the rooftop is not a priority. My two brothers and I got together, and we decided to help Joe. We helped him repaired his roofs.

A few years later, things had changed. Joe is a man of integrity and capability. He got back his two significant government positions.

I was, at that time, a young man in my 20s. There was this guy who wanted me to invest with him in his business. I felt uncomfortable with his proposition. Therefore I said no. He was not happy and decided to give me a hard time by asking strangers to call my home to bother me. I needed help to stop the calls.

So I decided to invite Joe to lunch. Without any hesitation, Joe, the commissioner, made time to have lunch together with me. After lunch, Commissioner Joe & I paid a short visit to the guy's office to say hello. Afterward, all the annoying phone calls stopped instantly.

Thoughts on True Freedom

True freedom is when one can do anything he wants to do in one's way without asking permission from others. True freedom is conscience with peace of mind.

Some people borrow from others yet refuse to pay back what they have borrowed. That's no freedom. Some very wealthy people were still not contented and wanted more. This person lost his freedom to his greed.

Here on earth, some people would always like to thwart and obstruct another's progress. It might be out of jealousy. It could also be because they have nothing to gain from another person's achievement. These people lost their freedom.

Settling a Dispute

When two persons are having a problem that they can't resolve, they usually will seek help. That is good, indeed.

I would suggest that both persons, hypo, technically move outside of the situation and look back into the dispute as a third person and solve the conflict.

Why? A third person can see the dispute clearer from a distance without the influence of personal interest. A third person would not make a final decision out of anger & hatred. Therefore he can arrive at an unbiased conclusion.

For Christian brothers and sisters, I would suggest seeking God's help. Our father knows what is best!

"The very fact that you have lawsuits among you means you have defeated already. Why not rather be wronged? Why not somewhat be cheated? ⁸Instead, you yourselves cheat and do wrong, and you do this to your brothers and sisters." - 1 Corinthians 6:7-8.

I Was Blind, But Now I See

In my life, I have contact with the poor, the rich, the weak, the powerful, the good, the bad, and the ugly. I have also seen so much good and evil and experienced more than an average person has.

I have so many opportunities, especially about making good money. Honestly, I loved money. But I also needed more than just money.

When I was about ten years old, my neighbor brought me with him to visit his friend. As we

entered the mansion where his friend called home, I saw a huge round shape bedroom surrounded by velvet curtains. The owner pressed a button he was holding in his palm. The curtain would move behind the mirrored wall to wall. And so was a mirrored ceiling that appeared above the heart-shaped bed. This friend was a very significant and influential individual.

While in elementary, I was top of our class. In high school, I was one of those among the last.

In my first year at university, Guadencio Cu, our store manager who always treated me as his little brother while working with us, in his two-hour noontime break, would bring me to watch a movie while he took a nap at the movie theatre.

When Marcos was elected president, Dencio left us to work with his godfather, congressman Valdez. Valdez was the uncle of President Marcos. As I look back today, Dencio appreciated so much the time working in our store; he wanted to give back and help me start a business of my own when he could. What a nice guy Dencio was!

I was 18 at that time. Dencio asked if I would be interested in the importation business. He got financing, and he could help me make some money. I was too damn innocent to understand such a privileged opportunity. With a simple mind, I sought advice from the father of my friend. And he suggested that I import some Seiko watches that were very sellable at that time.

Dencio left for HK on Thursday, returned on Saturday with what I sought. I quickly asked my aunt, who has friends in the watch business, to help me sell them. It was not easy. Six or twelve watches here and there each time, paid by 90 days postdated checks. It took me a year to dispose of four hundred men's watches. Dencio still gave me a 20% commission for my effort.

I dare say that I would have been a very wealthy individual with my access to the ultimate powerful connection. I have seen so many individuals paid big time to access power. I freely had it in front of my eyes but did not make use of the privilege. To many people, I would be considered blind and stupid.

While in university, my goal was to become a medical doctor. But my mind was thinking about making money instead of healing patients. Luckily, I switched to marketing.

I found money and fun in the music industry. I produced records. I came to understand the power of media. By buying airtime and working with DJ, I was able to develop many promising talents.

While working, I went to night classes to learn more about marketing. While I entered the classroom, all the young kids stood up and shouted, " Good evening, Sir. These kids were my supposed-to-be classmates who thought I was their professor.

Then I went to my favorite school, the Asian Institute of Management, to learn more about management. I enjoyed brainstorming and learning how to solve business-related problems better than listening to the lecture and reading books. Playing management games with classmates who were CEO of prominent corporations, general manager of airline logistics, vice presidents of Bank and Bumaputra of Malaysia, and Malacanang Palace officials was great.

In a brainstorming session, nobody could say he was right, and the other classmates were wrong, or vice versa.

I remember there was a classmate who was a professor at a university. In our discussion, he disagreed with what we were saying and got so mad. Our brainstorming could sometimes be so intense. He left the class shouting that he is not coming back. The next day, he shows up anyway.

The Lord's Prayer

Prayer is communication with our Heavenly Father. With a humble & honest attitude, we open ourselves up to seek His help by trusting Him. God will supply our needs.

Indeed, before we pray, our father God already knows what our needs are. In our lives, we all are uniquely different from each other. Our needs, therefore, are also different. I pray to God to carry us through all stages in our life that we would not put His name to shame.



The Holy Bible is the letters of God. We must read it every day.

I pray for God's will to be on top of our human's will.

"Whether you turn to the right or the left, your ears will hear a voice behind you, saying, "This is the way; walk in it." - Isaiah 30:21

Who Holds the Future?

Many of us may think that we have freedom of choice in our lives. We are our own master. Many may dare to call themselves prophets, while some will even claim to be a god. There are varied imaginations, beliefs, and directions for the followers. Who must we follow? Isn't it very confusing? Yes, It is confusing!

Even in this modern society, the husband & wife both wanted to be the family's head. So the family has a two-headed monster. One leader wants to go left; the other wants to go right. The tug of war leading to break the family apart. What then must one do?

Let me share with you a humorous story about my father-in-law's driver in the Philippines. One time Annette and her mom went shopping. Annette was directing the driver to turn right, and her mom told the driver to turn left, so the driver did not know where to go; he drove the car up to the divider at the center of the road.

"Now, as the church submits to Christ, wives should submit to their husbands in everything." - Ephesians 5:24

"Husbands, love your wives, and do not be harsh with them." - Col. 3:19

No Time to Pray?

Here is the Prayer Lifeline 24/7. Every morning when I wake up, I would thank my Lord for a good night's rest. I would also plead that He will hold my hands and guide me on my path the whole day. Every evening, I would thank my Lord for a peaceful and fruitful day. I thank God for His protection over my family and His provision for all our needs.

Our Redeemer Jesus is with us. He reigns in our lives as the king and our Master and Savior. We all live in the same household of God. As the father and his children live within one place, they have access to their Father 24/7. If we need anything, we could ask our God. If God sees it fit for us to have the thing we ask for, in His time, He will give it to us.

Thus, prayer is straightforward and easy to do. There is no need for any high-sounding phrases or jargon. There is no need to be poetic and composed long hymns to utter our request before God. We merely use plain, simple, and straightforward daily language. We are talking to our father.

The True to Life Experiences That I Had Personally Witnessed

I have known a pastor whose son got married. A couple of years later, as a grandparent, he was expecting a grandkid in vain. So my pastor kept on praying and praying hard. Suddenly, God answered prayers; his daughter-in-law got pregnant, and the more astonishing news is, there were quadruplets inside her womb! Sure enough, two boys and two girls! The babies are so cute & healthy. My pastor was pleased, and everybody was so happy for him as well.

It has never been easy for this new mother to have four babies all at once!

Many times when I meet my pastor, I would jokingly ask him: *"Do you still want to make a request to God for more grandchildren?"* The pastor would

always smile back at me. I am sure he did pray for grandkids.

Every time I drive, I would always have a parking space to park my car. There are times when the parking lot is quite full, but a parking space would suddenly be available as I arrived. My wife would always remark that God loves me so much. God would give me something that He sees fit for me, simply because I ask and I believe.

Prayer and Good Night Rest

Thank God for giving me a peaceful place to stay and a clean bed to rest at bedtime.

Now that I have retired from work, I could have more time to sleep. I have learned that every person needs about 7.5 hours of sleep to have a good rest. Many of us, because of too many things in our minds, have sleepless nights.

Lately, I tell myself, why do I not just ask my God for his help & give me good sleep each night? Thus, before I go to bed in my prayer, I place my biological clock in His care. I would wake up at the right time he sees best for me.

This privilege to talk directly to God is the path opened to us by Christ's saving grace; we now could be reconciled to our Father God.

I have been learning this spiritual lesson of entrusting and taking all my worries before God. I have heard of people having insomnia. People say that there is a way to solve my sleepless night, like counting sheep. So I thought, why not counting God's blessings instead.

And if you were to tell me that you have no time to pray, maybe this is an excellent time to pray! Use the prayer lifeline 24/7.

"Then you will call on me and come and pray to me, and I will listen to you." - Jeremiah 29:12

God's Divine Intervention

Do not use any force or power to subjugate the weak, especially those who work for the Lord. The result is God justified his worker and defended him.

It is a scary thing to find oneself against someone whom God has granted him vengeance.

One could buy protection. But no one could escape God's divine intervention! Therefore, set not your heart to exploit others.

Some people would take credit for themselves for another person's hard work. Such a person would claim other's achievements as his very own. The person who did the job may feel harassed, hounded, and sad to have all the credits taken away by his supervisor or elders. It makes the person concerned very mad and in deep pain emotionally.

Such matters often happened due to money, greed, and jealousy of one person toward the other. Grabbing one another's fame, glory, and recognition is the evil product of laziness, cowardice, and an act of evil.

One happy person sees one's life as full of colors and beaming shades, while an unhappy person's life is dark and empty, black, and very dull.

There are many such grayish loser people around us. They are neither happy nor cheerful, and they even want others to be unhappy and gloomy like them. We must not do these evil acts to one another. Instead, Love one another.

"When the Lord takes pleasure in anyone's way, He causes their enemies to make peace with them."
- Proverbs 16:7

Thoughts on Leadership

This topic touches on leadership in all aspects of life, be it at home or work. The ones who have no experience and unwilling to learn, reluctant to face a challenge, and reluctant to take any responsibility, and out of fear, should instead be a follower than a leader.

"Humble yourselves before the Lord, and He will lift you." - James 4:10

Immigration

In almost every country that one has thought of migrating, the immigration officers would ask this question: *"Why do you decide to migrate?"* You may

reply, *"Canada is so beautiful. Canada is a place for my future!"*

For me, I have never been to Canada before, but merely relying on what some people telling me that it is a great place to call home.

Canadian immigration uses the point system. Canada counts the total number of credits, such as our educational level, business experiences & financial ability. With a passing mark, the applicant could readily get accepted. In 1978, when immigration was relatively swift and easy, we applied.

Nowadays, the immigration application is stricter and more demanding. One has to wait for what type of opening is available.

Migration is uprooting one's home to a new & strange place. One would need to expect big-time lifestyle adjustment.

Skilled workers immigration: The skilled worker category of immigration to Canada is a popular visa program. And it is intended for people with high levels of skills and experience.

Business immigration (business owner): The business immigration category allows immigrants with sufficient business experience or management experience to receive a permanent residency visa in a shorter period than other immigration types. It aims to attract talented investors, entrepreneurs, and self-employed individuals from outside Canada to improve the Canadian economy and access foreign markets.

Family class immigration to Canada: The family immigration class allows Canadian citizens and permanent residents to sponsor close family members living abroad to immigrate to Canada, including finding a job in Canada. This category often requires a job offer from a Canadian company.

My Seven Suggestions to Consider Before Migration:

1. Ask yourself, why move?
2. Are you ready & willing to adjust your lifestyle, do the cooking, do laundry, do vacuum, and all housework by yourself?

3. Are you determined to stay as a family & face unexpected challenges together as a family?
4. Job & Security. Got some extra money in case your plan did not work out?
5. Self Independent. Such as driving, etc.
6. Be sure to consult a Canadian Immigration officer or lawyer for advice.
7. Place of worship. Pray. God is good. God is love! God cares! God is in control. God will take care of you & your needs.

Talking about worshipping, you need to find the church to go to for religious activities and worship service. Do some searching. Ask your pastors.

It is always best to be prepared and never think of relying on friends or relatives. No one is still actually reliable and dependable. It could be very dangerous.

When you encounter problems, you may suffer much. Friends may not deliberately nor purposely take advantage of you, but there could be room for such sad things to happen because you are a new kid in town.

For instance, your friend might get envious of you. Some may even try to cheat you out of your money. You must be careful not to fall into such a devious trap.

There are cases wherein the earlier migrants have invested in some business endeavor and are on the verge of bankruptcy & needing more funds. Seeing that you have just landed, they may coerce you into joining their business venture. If you were to refuse their proposal, they would be mad at you. Imagine you just sold all your assets in the Philippines and would like to start a new life in a new country, but then all your savings got squandered. Many such things are happening. Be careful.

DIY Theory

Many people migrated without learning how to drive. The new country is spacious and expansive. You could take public transportation, but this may not be too convenient. To ride with other friends would cause you to be dependent on their schedule and their willingness to help. Do not dream by just calling a friend who would immediately come to your service. The situation is not comfortable.

Everything has a price tag. Do not be so naive. Many have come with bright hopes for better opportunities. Yet, so suddenly, they could be bogged down with despair and burdened with broken dreams and shattered souls. What more, if your financial situation is not as favorable as you have envisioned, then your peace of mind would be affected. When all these unexpected troubles and unprepared trials set in, you would be feeling so lonely and hopeless. Thus, it is a severe matter to ask yourself first: Why do you want to migrate to a strange place?

Whole Family Migration

This type of migration is the whole family moves together into another country. When this occurs, it is like pulling out your entire family roots from your origin into an unfamiliar and new place that is foreign to you and your family.

In the Philippines, you may have your housemaids and drivers to serve your daily need. Your housemaid would put different good dishes on the table and even complain and murmur about the foods she prepared for you. Upon your order, your maid will bring your water before you. There in the new place, no water would come when you call. You have to boil your water and fry your eggs, prepare your food, all by yourself. You need to learn to live and work without any house helper to attend to all your necessities. You then recall how life has been so good & easy back in the Philippines.

When illness arises in your family, what should you do? You may call 911. This 911 number is for an emergency. It responds to the most crisis, including someone who is about to jump out of the window to commit suicide. When someone is on the verge of dying, 911 would respond to the call. Whenever there is a car accident, 911 would attend to the need too. However, if someone simply mistakenly called 911, There would be fined.

What I am stressing here is that everyone is busy with his matters. You could not rely on anybody except yourself.

When you are lonely, it would be better to have a church group to connect with you. Again, let me warn you that the church group is also humankind.

Everyone has his limitation to help. Not everyone has the time to attend to your needs.

God is our only refuge. God is dependable at all times. Some new immigrants could be seriously thinking of getting into a new business. Be careful, be observant. Who is the person that is inviting you?

Final Decision to be Made

Not all migration has a positive outcome. Some people experience a better life after migration; others would choose to return to their home country. Migration is not a one-fit-all solution to a prosperous life abroad. Many have lost so much effort, money, and time in the new place and come home empty-handed. Moving one's permanent residence to a faraway country entailed a lot of unexpected hurdles and unthinkable hindrances.

Lifestyle abroad is different from home. Even business enterprises have a lot of other systems causing much frustration. Suppose one were to study and interview those who have gone abroad and returned home for good. During my time, those who have left for abroad and those who later return home have a 9 to 1. I stay on because I was determined to stay put.

I have witnessed people who arrived and lost everything they have labored and saved because they listened to the wrong people who pretend to be assisting the new immigrants.

People could lose their money, their spouse, their properties, and everything in the name of finding a greener pasture. Many evil-minded persons are pretending to be angels that deceive the weaker ones. If you migrate as a couple, remember to cooperate and complement each other in every aspect of life. Stay together. Hold on to your commitment to love & provide willingly extra understanding to face all the challenges together.

Do not insist when your inner promptings dictate against your decision. Save yourself from imminent suffering and pain. Never compare against each other nor blame any fault upon each other. Be careful and watchful for each other's sake. Any fight or argument leaves room for the enemy to break your marriage, hurt your bank account, and annihilate you.

Remember, no one forces you to migrate. It is purely your own. Thus, do not complain and blame the government when you encounter difficulties.

"Take delight in the Lord, and He will give you the desires of your heart. Commit your way to the Lord; trust in Him, and He will do this." - Psalm 37:4-5

Let's Talk, but Listen First

Communication is social interaction. There is the so-called *"art of expression."* At the very start of communicating, if someone is fuming mad and talking simultaneously, this will break down communication. The mood expressed is a fighting mode, causing quarrels and divisions. Thus, our expression during transmission is so essential.

If we were in a bad mood, we might not be able to say what we meant. It is our lousy mood that takes control of what we say. Better to wait for a better time when we are calm and more relax to talk things over. We all need to learn the art of communication.

Secondly, we need to watch the words we use in conversation. A statement may be illicit, both a positive and a negative meaning. It is due to the tone of voice from the one saying it. Thus, our choice of words and tone of voice are crucial and vital in good communication.

Our facial expression is also central to match the words we utter. Try saying some lovely comments with an angry and ugly face, such as: *"I love you!"* The other person may be confused and wondered if you meant that you love her, or are you thinking of killing her.

Do we understand what the speaker is saying? Do we get the correct meaning of what the speaker is trying to convey? At times, we might misunderstand the speaker's meaning and take his words negatively.

The proper and more effective way of communication is to sit down and talk patiently with one another. Listen carefully and keep calm as we converse with the right attitude & right choice of words.

When we speak with our family members, respect that they are human beings, just like ourselves, with feeling, avoid hurting and insulting them.

Some people are so used to their self-promoting style. They would keep repeating statements such as: "I am so good; I know what I am doing." "I am always right." We can agree or disagree, but we do not have to react.

There are times we may meet someone gifted, and they are so humble. And some turned out to be silly and senseless in their demeanor. It is normal.

When we try to solve an issue, remember to focus on the topic we are trying to solve. We mustn't criticize nor attack anyone. Words such as how stupid you can't solve the issue are not the issue.

It is mainly seen at home when a parent rebukes a child with derogatory words and manners. Some parents would shout at their child, saying: "You are so 壞死 (Huai si); meant terrible death." It is a curse more than a scolding! Does the parent want the child to die a terrible death? Of course not! 好人好死 ; 壞人壞死 (hao ren hao si; Huai ren Huai si). It means that a good guy would have a good death and a bad guy a nasty end.

The choice of words in a conversation plays a significant role in human communication. In a family, the right choice of words can solve a problem, while the wrong choice can expand it. That is why the Bible advises us to listen more and speak less.

In life, there is so much we need to learn, and we must keep on learning. We learn by listening. When is the right time to talk then?

For example, when we see newcomers in church, we should greet them. We need to stand in their shoes and feel how they are feeling. Perhaps they are carrying a heavy burden in their hearts and needing some help. Do not turn them away with our silence. It is time to start talking first & listen later.

What I am saying here is our expression in communication is essential to every interaction. Always be attentive to the art of presentation and enjoy wholesome and fruitful communication wherever we go.

"A gentle answer turns away wrath: but a harsh word stirs up anger." - Proverbs 15:1

"Do not let any unwholesome talk come out of your mouth, but only what helps build others up according to their needs, that it may benefit those who listen." - Ephesians 4:29

Yes, The Bible is for Me!

God has shown me that there are many things that I still have to learn. I have read the Bible numerous times. Each time I read, I gained new insight.

I always begin with a prayer, asking God to forgive my wrongs & cleanse me first from all my sins and to quiet down my heart to listen to what He wants to tell me. What I meant is I genuinely desire to understand God's Word more deeply. I would always pray for God to enlighten me and renew me with His Word.

Matthew 25:10 talks about the ten virgins waiting for the bridegroom to arrive. The question is: Are they genuinely waiting for the groom. They should have prepared enough oil for their lamps since they do not know what time the groom would come. Five of them did, but the other five did not. It causes me to reflect on our Lord's return: Which of the five we want to be? Are we fully prepared and ready for His coming?

When God entrusts us to do something for Him, He allows us to decide on our own how we want to do it. He is giving us is an opportunity, not a job. It is an opportunity to serve Him. One day when we shall meet God face to face, and we can be proud & happy to hear Him saying, excellent & faithful child, you did a good job!

Dare to Dream

A dream is what comes into our minds while sleeping. In comparison, daydreaming is hoping for something to happen the way you wanted to. I hope to succeed. I hope to get a better job. I wish to own a better car. These dreams have not come true yet, but I dare to expect that they will go through.

Sometimes we find ourselves asking: Do I dare to dream? How come this matter seems possible for others but impossible for me?!

We need to examine the number of sacrifices that others are willing to put in and compare them to

what we are eager to do. If we are not willing to do what it takes to accomplish our dreams, we can stay as daydreamers.

Throughout this process of attaining our vision, we may meet two kinds of people. The first kind wants you to succeed; they encourage you to go on. They support you to fight on. These people are your cheerleaders.

The second kind of people is those who themselves do not have a dream. They also do not want you to attain your goal. They may even fabricate false stories and rumors to pull you down. They are the destroyers of your dreams. It is a significant difference between the two kinds of people.

Time is a very precious commodity. Time is more precious than gold. Money can buy gold, but money can't buy time. In a wink of an eye, time is gone!

Time flies so swiftly like an arrow. In today's world, time is digital. If we recognize how short time is, we will treasure every moment.

A Time for Everything

There is time to be born, a time to die, time to tear, a time to build, a time to love, a time to hate. God has made everything beautiful in its time. He has also set eternity in the human heart; no one can fathom what God has done from beginning to end.
- Ecclesiastes 3

Rev. John Sun would always say: *"If God asks me to go, then I won't be able to live. And if God tells me to live on, then no one could force me to die."* Our time is totally in God's hand.

God's Provision Never Runs Out

Many are afraid of becoming pastors. They fear that, being God's servant, one would have to live a modest lifestyle. However, I would think that God knows the needs of all His servants. You simply go to Him with your requests. Just like children, we go to our dad for our needs. If our dad thinks that our needs are legitimate, he would readily provide for us. Thus, there is no need to worry about our needs. God, the Creator of the universe, will provide.

With a healthy body, we do not have to see a doctor nor hospitalized. Such not only avoided us from pain & suffering but save us a ton of money.

Our 50th Golden Wedding Anniversary

My wife Annette and I have been married for almost 50 years. Thus, we have been thinking about coming up with celebrations and the guests to invite. We both understand that to arrive at our 50th wedding anniversary is genuinely all by the grace of God. Very few couples could reach up to this stage. It calls for a thanksgiving celebration.

Our party planner comes up with a budget that is equivalent to buying a house and lot! At that time, Annette was in a parlor doing her nails. Seated beside Annette was a lady who just got married a year ago. When she heard our conversation, she told Annette that the amount she spent for her wedding, with the same planner & almost the same idea was only one-third of our budget. Of course, we decided to look for another option.

That was in Manila, and we did not have time to complete the service contract with the planner. We placed this project on hold. A couple of months later, the news about the COVID-19 pandemic surfaced. God knew what is coming, and He protected us from all problems.

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving, let your requests be known to God." - Philippians 4:6

Serving Our Lord

The opportunity to serve God has a time limit. In a person's lifetime, he may only have one chance to serve the Lord. This chance is a gift and a privilege. Most importantly, let us remember that serving God is a duty. A duty comes with responsibility.

"So if you faithfully obey the commands I am giving you today—to love the Lord your God and to serve him with all your heart and with all your soul, then I will send rain on your land in its season, both autumn and spring rains, so that you may gather in your grain, new wine, and olive oil. I will provide grass in the fields for your cattle, and you will eat and be satisfied." - Deuteronomy 11:13-15

"Whoever serves me must follow me, and where I am, my servant also will be. My father will honor the one who serves me." - John 12:26

Keeping Priority in Life

When I sat down in front of my computer to continue my writing, all of a sudden, someone would knock on the door, so I get distracted.

Where Annette and I knelt to pray, the telephone would ring and kept on ringing. Sounds familiar? Can you relate to such events?

Must Annette and I stop praying and open the door or answer the phone?

COVID-19

The COVID-19 pandemic has caused many businesses to shut down. Church worship service goes online, and the border is closed. The stock market has been so choppy and unstable. Therefore, many people woke up in the middle of the night and could hardly go back to sleep.

I do not like this. So I would pray to God, *"Lord, You know everything about me, including how long I must sleep. I trust my sleep into your hand."* Amazingly, I would be waking up at the right time for me to do what I was supposed to do. I would sit to have my quiet devotion. I am communicating with God. Everything else can wait. Everything else must wait.

Say I was having a meeting with the president, and then my driver would barge in to talk to me. Even though I am talking to a friend, must I dare to let my driver interrupt our meeting? Of course not!

"But seek first his kingdom and his righteousness, and all these things will be given to you as well." - Matthew 6:33

The Interference

March 1, 2020 is a Special Sunday. We are thrilled that we can witness our friend Reynato Lim's baptism. It is also the first Sunday of the month, and there is a communion service. So Reynato can partake in the communion service with us.

Reynato and Susana Lim attend Sunday Worship Service at ECBC (聖道堂). Two very caring pastors, Rev. John Sun, the founding pastor, and Rev. George Wong, the senior pastor of ECBC, performed the baptismal celebration.

Evangelical Chinese Bible Church is about a 30-minute drive away from my house. Annette & I decided that we should leave earlier than usual to avoid being late for the church service.

The night before, I was too excited. I flipped and flopped in my bed and could not sleep well. When I finally dozed off and woke up, I have to rush to get ready.

Every morning, I would take the Garlic Mix. It is a drink that Annette put in so much time & effort to prepare for me. So that morning, I placed my glass of garlic mix in the microwave to warm up. As I was about to take the drink out from the microwave, I accidentally tipped to the side and toppled. The drink spilled out inside the microwave and tumbled out on the table that the microwave was seated. I had two choices. Wipe the table and be late or just leave the table alone and go to church.

After praying and ready to drive, Annette noticed that there's a hole in her stocking. Being a perfectionist and in all matters, especially in fashion, she never would allow herself to leave the house with a run in her pantyhose. This time, she rushed back into our room and picked a new pair of stockings, and remarked: *"Let's go."* So we went.

As we pulled into the parking lot, we found out that we still have about 10-min before the service start. Annette was able to change her stockings. Praise The Lord.

At times we would encounter hindrances beyond our understanding. In many situations, we have questions. We could not be sure of its outcome. But let us remind one another that we are confident that God knows what is in our hearts and what we need. He will carry us through these hindrances. We just need to have our God walking in our midst.

The weapon of destruction

The enemy would use many means & tactics to destroy our relationship with God. The weapon of

destruction could simply be a petty argument on a very irrelevant matter among God's people. There are times, even as we get ready to go to church, we could find ourselves under the enemy attack to block us from going or late of going.

If we were to have a meeting with someone significant, I would be punctual. Say our appointment is at noon and the distance for us to reach the meeting place needs an hour, we would allow at least an extra 30 min. for travel just in case the traffic is heavy. We would even not drive but just take a taxicab, so we do not need to lose time looking for parking. Sometimes as we arrive at our meeting place, the VIP may still not be there. We have to wait for him.

It has kept me thinking about myself going to the church to worship if Jesus were to be standing in front of the pews, waiting for me to arrive, how horrible & disrespectful I would feel! Lord, please forgive me. Please help me remove this bad habit of being late out of our routine.

There are times when Annette and I both try to leave home earlier so as not to be late for church. While we were already inside the car, I found out that I did not bring my eyeglasses. I went back into the house, look for it. I lost 15 min. and we are late again.

To avoid being late at church, I would drop whatever I was doing & prepare to go to bed earlier the night before.

I use a C-pap machine & humidifier that needs to sanitize every night, plus the other pre-bedtime things to do, including our time for prayer, would total to almost an hour to do. So I would start an hour earlier.

In our world today, time is precious—no time for God. God wants to answer our prayers, yet we do not have time to listen. I ponder, is God who doesn't answer our prayer, or is it we ignore God's reply?

We have time to watch a movie. We have time to talk with friends, but we have no time for God.

Lately, I found it more interesting to slow down my pace in reading the Bible. I immerse myself in

God's Word, sentence by sentence. I could see the difference it does to my soul and spirit. It broadens my understanding as well as deepens my insight from God's Word.

"If you listen carefully to what He says and do all that I say, I will be an enemy to your enemies and will oppose those who oppose you." - Exodus 23:22

What is Right and What is Wrong

Recently, Annette and I have retired. Annette has been thinking of cooking healthier food for us. Thus, she suggests that we renovate our kitchen to make cooking more exciting and with a fitting atmosphere. Well, renovating our kitchen would affect our dining room. Thus, we would not have a suitable place even to sit to eat.

We finally decided to use our living room as a dining room. So we set up a clean corner for this adjustment. We also need to keep the dust out from the renovation going on, so we covered the whole area with a plastic window sheet.

As the renovation goes on, the persons working would drag all our belongings into the temporarily dining room. Clean or dusty, to them, are all just the same. I have observed that what we regard as 'dusty' would be different from what they think. It makes me feel so uneasy, but to them, it is ok.

Understanding Others' Point of View

As believers in Christ, our point of view is different from the non-believer. For example. Many may agree that drinking wine is good for our health. But for Christians getting drunk is not part of Christian living.

Even in doing business, we have terms like earning a living versus cheating to get a living. These are different in connotation. Earning a living implies that we are using honest means to find a livelihood, whereas cheating to make a livelihood is not what we want to do. When it comes to money, people quickly lose their character. Many people would never think of what is right and what is wrong anymore when earning money if one could get as much as one can get from another. One would have no conscience just to lie & cheat.

You see, can a Christian invite Jesus to go with him to the bar to get drunk or join him in gambling in a casino? No!

Is that right?

"*Is that right?*" is a phrase that one of my friends would utter so often. Whenever people tell him something that he disagrees with or not sure of, he would simply exclaim: "*Is that right?*" This pattern has caused a lot of thinking for me as I wonder how he would always say such a comment.

Then I realize that because he, being a well-known lawyer, wants to be politically correct. He does not want to argue with anybody, especially his clients. Thus "*is that right?*" seems to be a more diplomatic way of responding. I also see the wisdom behind this phrase, "*Is that right?*" With the question mark at the end, it signifies something we do not understand, or we are not sure, or we disagree.

Another issue I would like to discuss relates to those in the medical field. Some practitioners are doing their profession under pseudo names of doctors.

To be a medical doctor takes years of education, effort, sacrifices, money, and a solid determination to reach his goal. I have many family members, uncles, aunts, cousin, nephew & nieces, friends and my son Kendrick are in the medical fields. Some are CEOs—some even own hospitals. I congratulate them all.

But do not be surprised to find out that some would buy dummy diplomas or medical certificates and profess themselves as doctors. They would hang up these dummy diplomas on their clinic's wall to make believe that they are "*doctors*" They would address and present themselves as specialists with particular medical knowhow, so different from what medical schools are offering. They use other means to heal people's sickness. They may just be there only for the money.

For instance, lately, there are many auto-immune diseases, to which causes could hardly be found nor pinpointed with accuracy. Since many newly discovered sicknesses with the same or similar symptoms, these so-called specialists would do trial-and-error with their patients. And many times, they risk the lives of their patients.

How can you trust a foot specialist to operate your brain? Be sure to find out if the doctor is a licensed bona fide medical doctor.

As I stand beside and see all these happenings around me, it makes me wonder how these quacks could account for themselves one day before God.

I have also seen situations wherein you consulted two very professional and able physicians. One informs you that you have contracted cancer, but the other says you have no cancer sign. Both are cancer specialists. Now, which of them should you believe? It calls for a medical lab test. Do not just consider what you select to think and go home crying and be so depressed by the info you get.

Lately, due to my elderly age, I have started to watch my health more carefully. I bought a blood pressure monitor to gauge my blood pressure. As I pressed the monitor as directed, I pushed again after a minute, and I waited another minute to press. I got three different readings. How then should I interpret my result?

There are times when I find myself in my doctor's clinic, and I would also try to test their machine or monitor. After the nurse has read my blood pressure, I would request her to do it again immediately for the second try and even the third time. Amusingly, all the results of the three readings are different.

Love Story

This young man was asking his girlfriend to marry him. His girlfriend wanted him to convince her so she can believe him. So the man went to buy her a diamond ring and tell her, 'I love you; I want to marry you for life.' The girl looked at this expensive diamond ring and asked herself. Must I just agree to this marriage based on this precious diamond ring? Does this ring signify that this young man honestly loves me, his girlfriend?

Once I was in London, I went inside a jewelry store. I saw a man wanting to buy four diamonds. So I said to myself, what a nice guy is buying such a nice gift for someone he loved. He saw me looking at him; he told me that he was purchasing the four diamonds for his four wives in his country.

There are two kinds of Russian diamonds. One type of diamond is natural and dug out from underneath the earth, and the other kind is the Lab-grown diamond. Both look very nice, except the values are not the same. One is natural and one human-made.

In this world, there are two kinds of love. One comes from the heart with emotional feelings, and the other comes from the mind for temporary pleasure. Think about what I am saying. Be careful so you won't regret it.

The Magic Eraser

From time to time, we will face some family challenges. And when we are in a taxing situation, we could be so unforgiving, and we ended up in a harsh argument.

Once we combine the old issue with the current issue, we are not solving the problem. So we need a Magic Eraser to erase the past and focus on putting out the existing fire.

Human nature is subject to argument. It takes at least two or more coins to create some dissonance. A single silver coin in our pocket, there won't be any sound. Similarly, if one person remains silent while the other is shouting, the situation would quiet down.

But if both persons could not stop talking and speaking against each other, then the trumpet will blow louder. With a third party getting involved, the noises would get louder and louder. When the in-laws come into the scene, and other relatives step in, our pocket is now full of coins that could sound unending and even deafening. Here comes an orchestra playing without a conductor.

As we grow older, we are learning to remain more calm and patient with each other. I always think of why I argue? What can we get out of arguing?

How about when we finally go up to heaven, our Lord could put us couple together again just as roommates. Are we going to continue to argue with each other?

What is Most Important in Life?

Every morning I wake up with gratitude for another day of life to live.

We hear about people who have sleep apnea. Sleep Apnea is a condition when a person would suddenly stops breathing for a few seconds during sleep. Some would even stop for a more extended period and die. No one wants to change their residency while sleeping, to heaven or hell. Most of us want to know when we are moving, And where is the new residence.

At the beginning of 2020, the world unexpectedly faced a war against COVID-19. At press time, hundreds of thousands have already died, and millions worldwide are affected and under particular watch or treatment. Question: In life, what is most important?

The Golden Casket

When I mentioned to my wife Annette that I am reflecting on this topic, the "golden casket," her immediate remark is: *"A casket signifies tears and sorrows. Nobody would want to hear this topic."*

On the contrary, in Australia, there is a lottery that is called Golden Casket. Most Australians love to win a 'golden casket' lottery. Winners will tell all their friends about how lucky they are. A golden casket signifies cheers and joy. Is it not so wonderful?

Many would like these precious things such as gold coins, gold rings, gold necklaces, gold bracelets, or even diamonds. And if the casket itself is pure gold, many more would wish to own one.

Most would take a good look at it inside out from time to time. And display the container in the most visible portion of the house. Hire security guards, police dogs, or digital cameras to watch over it.

On the other hand, if the container is gold, but inside it is a dead body. Significantly few would go near nor even mention it. Therefore, my conclusion is that it all boils down to the person's essential values most in his heart.

"Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where

thieves break in and steal. But store up for you treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will also be. - Matthew 6:19-21

Life on Earth

If one of our friends is celebrating his birthday, we will greet him, 'Happy Birthday.' The elderly Chinese would even add on the blessing of 壽比南山, 福如東海. These two phrases mean: "May you live in longevity as long as the Southern Mountain and your benefits be as deep as the Eastern Ocean.

We may wish our friend all the best of everything, but everything has a limitation & boundary.

We need to have good health to live well. Sleep is an essential element of good health. As one sleeps, the body cells would repair and replenish the bad cells with good cells.

Eating likewise is a vital element for life. We need to watch our diet and eat only a balanced one.

Exercise is an activity for good health. Movement can loosen our joints and help in blood circulation. With regular blood circulation in our body, our heart would also be strong and healthy.

Social life is essential. No man is an island. We, human beings, are created by God to be in relationship and interaction with our peers.

In America, the couple allocates their time after office to do housework. Everybody is so busy. So when we face problems in life, no one seems to have time to care for others.

Actually, what is the benefit of worries? Worrying would only hurt our bodies. It even wastes our time and gives us no solution at all.

As Children of God, prayer and bible study must be parts of our daily routine and lifestyle. We are God's children. When we pray, we are talking to our Father God. When we encounter problems, we come to Him in prayer. His love is indescribably great. He will answer our prayers.

God sends us His one and only Begotten Son Jesus to come to earth and take the cross for us. Would God not listen to our prayer? He answers our prayers!

As we face the global pandemic COVID-19 scares, the more I realize that our time on earth is beyond our control. God is waiting for us to turn to Him in true repentance. If we have not yet accepted our Lord Jesus Christ as our Savior and Lord, now is the time. Do not delay.

During Holy Week, we would recall Jesus' crucifixion on the cross as He has bore all our sins. He is indeed that Passover lamb. Come to Him NOW! Accept Him while there is still time. No one knows what tomorrow may bring. Our time may be up soon, very soon!

"¹⁹And if a wicked person turns away from their wickedness and does what is just and right, they will live by doing so." - Ezekiel 33:19

Identification

Identification is to denote some kind of belonging. An identification card is to identify who a person is, where he comes from, and what he represents. We wear a school uniform to ID from which school we are. As Christians, we do have our uniforms. Our action is uniform. Our life is our uniform.

Remember the story of Moses? When God heard the cry of oppression & suffering of his children, the Israelites, God sent Moses to lead them out of Egypt. But the Pharaoh refused & would not let them leave.

Pharaoh, the king of Egypt, must have thought about losing the laborers needed to work for Egyptians. Powerful & invincible, he refused to heed God's warnings. He tested God's leniency nine times & he pushed God's anger the 10th time. In that number 10th plague, every Egyptian firstborn, including their herds, was killed by God's angel.

Why were the Israelites spared? Because the Israelites followed God's instruction through Moses. The Israelites bore the identification with the sign of the lamb's blood upon their house. It serves as an ID to point out that they belonged to God and exempted them from God's anger.

The other day, I talked to a friend who used to work with me in the same company. I was asking him about a person we mutually have known for years. I told my friend that this person does not believe that Jesus Christ is our Savior. He believes that Jesus Christ is just another prophet. My friend was shocked. Ah, Really?

We need to read the Bible carefully. God's very word is the Bible. In order not to be deceived by others, read the Bible. It is like you are the founder of a publicly traded company, and a friend who in the past knows you well, see you with the limo all the time, thought that you were just a limo driver of a company.

Some wear a uniform because the uniform is nice. Some wear it to show that the membership of a specific culture.

There is a Chinese saying of "displaying a lamb's head but selling dog's meat. "One is pretending to sell the lamb meat, but it is dog meat that one is selling. That is why we need to read our Bible carefully to discern the truth from lies & keep us from all deceptions.

There are still so many people who do not know who Jesus Christ, our Savior is. Let's remember them in our prayer.

Today, better than ever, I implore myself to care for the souls of those with who I do business. "Chances" is something that is not sure; that is why it's called "Chances."

One day when I see God, and He asks me, "Where are your brothers? Where are your friends? Why did you not share my gospel of salvation with them?" How then should I answer my Lord Jesus?

Therefore, let us encourage one another and be united in doing what is pleasing to our Lord Jesus. Let us share the salvation from God with all we can.

"But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light." - 1 Peter 2:9

The Friendship Factor

People may come and tell you how good you are. They are crowning you with all their flattering praises and giving you all flowery words to make you feel good and appreciated. But at your back, you soon learn that they are saying negative things about you and mocking you with insults and lies. All the time, this kind of gossip is happening in life.

We see the bright sun coming out in the day and the moon looming out at night between light and darkness. It seems to portray the themes of light and dark. If you walk in the morning where people can see you, it is different than when you walk in darkness, when people cannot. But there is a gadget used in the military field. It is what we call night vision. Someone with this gadget could see you very vividly and keenly.

Moreover, when we think that no one sees us, our Lord God sees us. He sees everything inside us. Our God is divine, and we should never play games with God. If our inner conscience tells us that we are committing the wrong, we should stop doing so.

When somebody said something that we have not heard before, we always need to ask: 'According to what?' We can also look at the expression on the guy's face. It mirrors the feelings in one's heart. Any mask can't hide the truth. For example:

One who is sad wonders why others are happy.

One who is so lazy forgets that there is the word called 'work.'

One who has so much wealth wishes others to be poor.

Be more careful; there are many of these kinds of persons all over the road.

Albert Einstein said: "Weak people, they revenge; most people, they forgive. Intelligent people, they ignore. For me, I say: We are children of God. Our lives are in God's hands. Just leave those evil persons alone. Do not copy them.

The late US President Ronald Reagan once said: "There is no limit to the amount of good you can do if you do not care who gets the credit."

If we can't do great things as others can, do not try to rob those who can. Let those who can keep and enjoy their fame, name, and shining moments.

In business undertakings, I have seen many ill-intended people trying to claim another's credit. I have also heard many self-boasting people who talk about their successes and strengths. These people want others to give them credit and look up to them with respect and honor.

Where is Your Destination?

I have in this lifetime collected so many mistakes. Collected friends and may have unfriended a few as well. I wish I could have done better.

As I ride closing to the departure area waiting for my flight back to my permanent resident. To those that I have wrong and to those that have wrong me, all these are just temporary anyway. I will delete from my mental computer.

There is no need to correct a wrong with another wrong. As the Chinese says, even the egg has holes. To cover up the wrong will only get matters worse. At the end of the day, it is the judge who judge the actions. That is why for us who believe in Jesus Christ, by His blood will cleanse us as white as snow.

In my youth, often I heard my mom saying that when a person matured, he will understand more what the elder generation are saying, basically what they are sharing are their own experience.

I have learned good advice from my mentors, adapted the bad example from or to misguided peers.

Life has a beginning; it also has an ending. No one can be sure when the weather is proper for the take off and the landing I visited 2 friends that their doctors gave up hope of healing. Both were about to leave for their final departure gates. Friend # 1 was a business associate who had 4th stage of cancer. I went to visit her, and I seek her approval to pray with her. And I asked her about God. She told me that although I am a Christian and she is not. One day we both would meet again at the same destination. I bluntly told her that different road means different destination.

Friend # 2 was in his last few days and all his limbs were cut off because of diabetes. I wanted to pray for him, instead he also insisted to pray for me. I was so touched by his eagerness to share the gospel and love of Jesus Christ. The two of us prayed together.

Friend # 1 and friend # 2 both left. And I am sure that they are in different destinations.

My friend, where is your destination?

In conclusion:

***Life travels only in one direction
We can enjoy it or hate it***

***The past provides experiences
The experiences guide our future***

***Dwelling in the past is for the clueless
It blocks the view toward the future***

***The past is gone; why dwell on it
Future has hope; why not work on it***

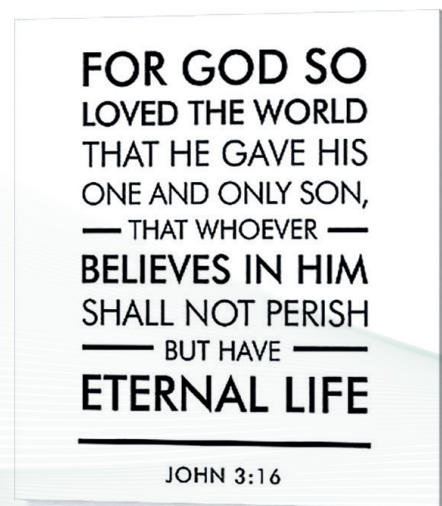
***It takes two to fight
It takes two not to fight***

***In every issue, there has a reason
Dig into the bottom helps solve the issue***

***Winners build hope
Losers destroy hope***

I have found HOPE, and I hope you will live to see your hope comes true.

There are still so many people who do not know who Jesus Christ is. Let's remember them in our prayer. Jesus is the Truth and the Light. People in this world may have fake news, counterfeit products, and even phony friendship. What Jesus Christ says is entirely truthful.



God loves you as much as He loves me. I must share this gospel of salvation with you. My reader and friend! - John 3:16