



Shepherd's Voice  
Radio and TV Foundation Inc.

## The Chair

The title of this article is *The Chair*.

The other title - which I like better - is *The 2 Killer Moves That Will Make You Win in Life*.

Last year, I was talking to a Ju-Jitsu Master. He told me, "Bo, to win a fight, you don't need fancy, sophisticated, complicated moves. To defeat an opponent, many times, you just need two simple killer moves."

I asked him, "Really? Just two simple moves? What are those two killer moves?"

He said, "Why don't I demonstrate it to you? Let's pretend that you're my opponent..."

Very quickly, I said, "You know what? On second thought, I don't need to know what those two killer moves. I'll take your word for it..."

But the more I look at life, the more I realize that he's right. Many times, to solve life's very complicated problems, all you need are very simple solutions.

Where does my deeply theological realization come from?

From playing Plants vs. Zombies2.

That game provides you so many plants to choose from to kill the zombies. (There's Pea Shooter, Gatling Pea, Potato Mine, Chomper, Giant Wallnut, Grave Digger, Marigold, even a Gold Magnet...)

But if you really think about it, to win the game, all you need are actually a handful of plants (My favorites are Twin-Sunflower, Gloom-shroom, and Cattail.)

Here's the huge problem I want to solve for you today...

Do You Listen to a Lot of Talks

But Nothing Seems To Happen in Your Life?

So many people are not happy and holy and healthy. So many people are not achieving their dreams.

Why? Because something is blocking their path.

What is the block? Here it is: Education without Execution.

This is an epidemic. Just look around you. We have so many intelligent people who are barely scratching their full potential.

I'm sure you're familiar with this experience: You attend a great seminar. You listen to a fantastic talk. You take a lot of notes. You leave the seminar with a notebook filled with profound insights. You go home telling yourself, "This is it. From this day on, my life will never be the same again!"

And then seven years later, while cleaning your room, you find this old notebook covered with dust—and for the first time since you attended that seminar, you open it and you read the

notes and you realize that you didn't do anything about all that learning. What was supposed to radically change your life got buried in dust and busyness.

Believe me, I know the feeling. Been there, done that.

Let me give you an example.

In 2006, I attended a two-day seminar on how to earn in the stock market in Australia. I paid \$2,000 for the seminar, plus another \$1,000 for the plane ticket and food. I didn't have much money at that time so I spent a small fortune to attend that seminar. The seminar was great! The teacher was awesome. And in that seminar, I took a lot of voluminous notes and brought home huge manuals.

I told myself, "I'm now going to earn through the stock market!"

What happened? For one whole year, I never opened my notes again. My \$3,000 went up in smoke.

But God was merciful to me. A year later, in 2007, God allowed me to meet my stock market mentor Edward Lee - and the rest is history. Today, I give seminars on the stock market to thousands of people. (Trivia: I don't charge \$2,000 per person; I charge \$20 per person, ha-ha.)

Why was that \$2,000 stock market seminar as great as it was an epic fail? Not because of the teacher but because of the student. I didn't have a simple system to make it happen.

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# Just for You!

LAST July, we announced to all members of Kerygma Family that we are issuing again the *KFAM Insider*, our monthly newsletter.

So, here it is: The maiden issue of *KFam Insider* this 2014!

We start with the article titled *The Chair*, an abridged version of a talk Bro. Bo Sanchez delivered at The Feast, the Sunday faith gathering he leads at the Philippine International Convention Center.

We start with *The Chair* because it is about the basic foundation of our faith journey: what we should do first if we want to lead a godly life and receive the abundant blessings God intends for us to enjoy. Why *The Chair*? Read on...

Every issue of *KFam Insider* includes a feature on our partner beneficiaries—the various ministries we have been able to sustain mainly through the generous support of our Kerygma Family members.

We describe our entire mercy ministries “from womb to tomb” because we take care of pregnant women, orphan children, street children, out-of-school youths, and the elderly.

But for this maiden issue, we do not go chronologically—we don’t start with our ministry for pregnant women. We feature Anawim, our ministry for the elderly, because it recently celebrated a milestone—its 18th founding anniversary. Enjoy our story on page 2.

We also are happy to share with you inspiring stories and prayer requests of our Kerygma Family members (page 4). This is the page we promised to give exclusively for you. You are the writers of this page!

**HERMIE MORELOS**  
President  
Shepherd’s Voice Radio and Television Foundation,  
publisher of *KFam Insider*



Bro. Hermie at Anawim

*The Chair... from page 1*

Today, I’ve got great news for you. I’ve developed a very simple learning system that guarantees that I don’t just become a Note-Taker but a Life-Changer.

And as that Ju-Jitsu Master said, this very simple system consists of only two killer moves...

### **First Move:**

Turn Your Realization into Your Resolution

When I’m listening to a talk, I always take down notes. And I always divide my notes into two: Realizations and Resolutions. My Realizations are written in black and my Resolutions are written in Red. (Because I take down notes on my laptop, I just change the color of my text. But you can easily do this in a notebook by underlining or encircling your Resolutions.)

Realizations are the truths that wowed me, that struck me, that hit me hard, that gave me a big “Aha!”. But Realizations are not enough. For Realizations to change my life, I need to turn my Realizations into Resolutions.

Realizations are anecdotes. Resolutions are actions.

Let me give you an example.

Let’s say you’re a single woman listening to a speaker who is giving a talk titled, *10 Signs That a Guy Is a Jerk*.

And so you’re taking down notes about your Realizations, such as, “Don’t marry a guy who keeps borrowing money from you” and “Don’t marry a guy who still asks his mother to tie his shoelaces” and “Don’t marry a guy who keeps talking about his ex-girlfriend”. All those are great realizations.

But if this single woman wants to change her life, she needs to turn her Realizations into a Resolution, such as, “Today, I will break off with my horrible boyfriend!”

Believe me, some single women can’t execute their education.

Here’s the second killer move...

### **Second Move:**

Turn Your Resolution into Your Routine

Some Resolutions can be done in one moment. (Unless you’re nuts, you don’t put in your schedule, “I will break up with my horrible boyfriend every Monday.”)

But some Resolutions need to be done again and again and again.



Disclosure: Half of this message was inspired by Bill Hybels. He was one of the speakers at a conference I recently attended. I was so looking forward to listening to Bill Hybels because he is known as the pastor of pastors and the leader of leaders. Because of his gigantic stature, subconsciously, I was expecting him to teach something deep and profound and theological. But when he opened his mouth, I got the shock of my life. He spoke so simply about simple solutions. (Yes, just like my Plants vs. Zombies reflection.)

How do you turn your RESOLUTION into a ROUTINE? Answer: Insert it into your weekly schedule. Unless you do this, all the talks you listen to and all the books you read and all the seminars you attend will NOT change your life.

Why? Because any change that happens in your life will happen in TIME. You’ve got to schedule it into your life.

If you’re not using a weekly schedule, you’re missing one of the most potent tools that can redefine your destiny. Next issue, I will teach you how to make a weekly schedule. Very simple, but very deadly. And why you need *The Chair*. WATCH FOR IT!

  
Bo Sanchez

# HAPPY 18th BIRTHDAY, ANAWIM!

**"I THOUGHT I have already done much. But now I realize that there are others who are doing more. Whatever we give to others, the Lord will give back to us."**

With these words, Bro. Bo Sanchez, founder of Anawim Home for the Abandoned Elderly, inspired employees, volunteer servants, donors, and other supporters who gathered to celebrate the 18th Founding Anniversary of Anawim on June 11, 2014.

Held at the Anawim compound located on a hill in Rodriguez (formerly Montalban), Rizal, some 10 kilometers from Manila, the anniversary celebration included a Holy Mass, simple lunch, and a snappy, fun program.

Among the happy guests were Bro. Mat Maderazo and Bro. Narcing Pangan, the two proponents of the latest Anawim project *Halamanan ng Buhay* (Garden of Life), a sustainable livelihood program for the elderly that promotes organic farming, a longtime dream of Bro. Bo.

Bro. Mat and Bro. Narcing have already bought 14,000 seeds of various vegetables and fruits to be planted on a two-hectare lot in the Anawim



compound.

Bro. Bo is counting on donors to make sure that the garden will indeed provide organic vegetables and fruits for our lolos and lolas as well as extra produce for sale to raise more funds for the unending needs of Anawim.

Bro. Jill Ramiscal, a longtime member of the Anawim Board of Trustees encouraged the workers, volunteers, and donors with these words from the Holy Bible:

"Those who give to the poor will lack

nothing, but those who close their eyes to them receive many curses." --Proverbs 28:27

"Whoever is kind to the poor lends to the Lord, and He will reward them for what they have done." --Proverbs 19:17

Indeed, as Bro. Bo added, "I'll not be the one to pay you. The Lord will."

--With reporting by Bella Estrella/ Photo by Dave Apalla -30 -

## What's Your Prayer Time Style?

**"REALIZATIONS are anecdotes. Resolutions are actions," Bro. Bo Sanchez teaches in his article, *The Chair*.**

You can apply the lesson in establishing or sustaining your Prayer Time.

We asked some friends this question: What's Your Prayer Time Style?

Here are their honest answers...

*The moment I wake up in the morning, I'd whisper a short prayer. I tell God that I love Him and that I'm thankful for another great day ahead, for His blessings, for having created and loving me.*



*I take a cab to get to work. It takes an hour on the average to reach my office, so while in transit, I'd open my email for daily scripture reading and reflection from Kerygma Family on my phone. I'd end with a prayer for my personal concerns and for my family, friends, boss, colleagues, members of Light of Jesus Family, my faith community, religious, political, business leaders, and my country. I also include my cab driver and*

*I start praying for him as soon as I get in the cab.*

*When I've no office or if I'm riding with a colleague to the office, I'd do my scripture reading over sandwich or corn flakes. It's my breakfast with Jesus. I'd picture Him on the chair beside me, patiently listening to me and sharing my meal.*

*On times when I have guests over or I'm at my parents' house, I'd do scripture reading before I show up at the breakfast table.*

*I try to practice praying unceasingly. During the day, I say a short prayer of blessings for everybody in the office, house or any building that I enter or a meeting that I join in. I thank God for my meals, for big and small things I receive like a free ride home, salary released, or flowers on my path.*

*At night, while in bed, I'd thank God for another day and recall special moments during the day and thank Him. I also make sure to tell Him again how much I love Him and how grateful I am that He is my God.*

**-Rhoda Osalvo, 40  
Single / Government Employee**



*About 6:00 a.m., as soon as I open my eyes, I say a prayer of thanksgiving and a prayer to the Holy Spirit to guide*

*us all as we go through the events of the day.*

*Then up on my feet, I let the sunshine in or watch the rain or clouds or snow by the window and say a prayer giving glory and honor to God*

*During the day, when I feel or get an awareness of His presence, I give thanks and praise.*

*At night, a prayer of thanksgiving and blessing.*

*I also often remember to pray for friends, especially when I visit the churches.*

*Also before I retire at night I ask for forgiveness for sins that I have committed and ask that God bless abundantly those who I have hurt both unknowingly or knowingly.*

**-Lourdes Venegas, 63  
Retired Teacher / Vancouver, Canada**

## Ask...

**Again I say to you, if two of you agree on earth about anything they ask, it will be done for them by my Father in heaven.**  
- Matthew 18:19

These words which Jesus spoke before His apostles have been the inspiration of the Christian practice to pray together for each one's concerns and petitions to God. Even as Kerygma Family members are scattered all over Planet Earth, we can still agree about anything we ask from God through mass communication, His modern-day gift to us.

So with great faith, let us pray together for petitions from our members. We publish only first names or initials to protect the privacy of petitioners, but we believe our omnipotent God knows who they are, and as He promised, He will do what we ask for in His Perfect Way and Time!

New work for my wife and me. First baby, Health for my family and relatives (my side and my wife's side)  
- George C.

Best health and safety for me and my loved ones. Stable career that will suffice my cost of living.  
- Annaliza C.

For peaceful and harmonious relationship in our family, for emotional and spiritual growth of my brother, for my loved ones health and safety, success in my career.  
- Kristel N.

To have a personal relationship with God. To establish my own foundation. To have my own management consultancy, auditing, accounting and taxation services company. To establish my own businesses in tourism and hospitality industry.  
- Arnaldo P.

## ...And Receive!

Thanks for your prayers and offer for counselling.

May God bless you and the Kerygma Family more as you continue to be a blessing to a lot of people. You guys have been a source of joy, love, and hope to a lot of people, including my family.

I hope that one day, I, together with my family, could also offer our time to serve through your community and programs. Attending The Feast is one of the biggest blessings we receive every week.

Thank you from the bottom of my heart:-)  
- Karen Cas-Caballa

Got a prayer request? Email them to [maila@kerygmfamily.com](mailto:maila@kerygmfamily.com). Let your Kerygma Family pray for you.

**KFAM** insider is the official newsletter of the Kerygma Family, a borderless, non physical, virtual community of members spanning the entire world. We provide our members a complete spiritual support system to keep them growing in their spiritual and personal life. If you're not yet a member, you don't know what you are missing! Log onto [www.kerygmfamily.com](http://www.kerygmfamily.com) for details. Be a kerygmfamily member. Write or call us. Now.

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### 2. Pick Up from Your House or Office (Metro Manila Only)

For Metro Manila: Cash or Checks.  
Address Checks to Shepherds Voice Radio and Television Foundation and call Joy at Tel. (+632) 725-9999 Loc 112 or text 0922-828-9890 and we'll pick them up from your home or office

### 3. Mail 12 Post-Dated Checks to Our Office

For US and CANADA:  
Address Checks to Kerygma Family, 848 N Rainbow Blvd #1937, Las Vegas, NV 89107

For Other Countries/Philippines:

Address Checks to Shepherd's Voice Radio and Television Foundation and mail (registered mail) to Shepherds Voice, 60 Chicago St., Cubao, Q.C., Philippines 1109

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