



# The MENORAH

The Official Publication of the Fullness of Christ International Ministries

SPECIAL ANNIVERSARY ISSUE



# BUILDING THE SANCTUARY

FULLNESS OF CHRIST INTERNATIONAL MINISTRIES @32

## INSIDE THIS ISSUE

ENLARGE THE TENT:  
ENLARGE FINANCIAL  
**LITERACY**  
FOR MANDALUYONG CITY  
EMPLOYEES p.1

OUR SENIOR PASTOR  
RECEIVES  
INTERNATIONAL  
AWARDS p.5

Travel 101:  
**Bangkok!**  
p.8



# EDITORIAL

## Taking Up One's Cross, One's Self Following Jesus

Everything you desire in this world that has any kind of value will cost you a lot of money. Today, expensive things are often associated with products of greater quality. You pay more just to get the best services and products out there. This reality also rings true in the spiritual sense. For us to be saved from death, Christ paid the highest price, His life. Romans 6:23 says, "For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord." But it doesn't end there, salvation will also cost us. According to Jesus, "If any man will come after me, let him deny himself, and take up his cross, and follow me. (Matthew 16:24).

J.C. Ryle says "It costs something to be a true Christian. Let that never be forgotten. To be a mere nominal Christian, to go to church, that is cheap and easy work. But to hear Christ's voice and follow Christ and believe in Christ and confess Christ, that requires much self-denial. It will cost us our sins; it will cost us our self-righteousness; it will cost us our ease and our worldliness; all, all must be given up."

Receiving the gift of salvation is like a two-sided coin. First, God saves us through Christ. Second, we follow Christ in obedience to God. The first side of the coin is God's, and the second one is ours.

Having been a Christian for quite some time now and seeing all the exciting changes in our church, I came to the point of thinking and reflection. Have I done enough to show God that I love Him too? Did it cost me anything? Am I giving Him what He deserves? Or is what I'm giving only what I want to give out of the overabundance of what I have?

When a scribe asked Jesus what the greatest commandment was, Jesus simply answered to love God with all the heart, soul, mind, and strength (Mark 12:28-30). A simple yet difficult task to do. Mark 12:41-44 narrates, "When Jesus sat down opposite the place where the offerings were put and watched the crowd putting their money into the temple treasury. Many rich people threw in large amounts. But a poor widow came and put in two very small copper coins, worth only a few cents. Calling his disciples to him, Jesus said, "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." The widow's offering, though very small, cost her a lot more than the others. Love cannot always be measured in the abundance of a gift, but in the value the giver placed on the gift and this value should cost us a great deal. The point is pretty clear; the Christian life is costly – it's not cheap. And when we think about it, it should be that way.

David showed us the best example of this in 1 Chronicles 21:24, "Then King David said to Ornan, "No, but I will surely buy it for the full price, for I will not take what is yours for the Lord, nor offer burnt offerings with that which costs me nothing." David believed that he had the duty to offer God sacrifices and offerings that should cost him because that is what God deserves. He deserves the best that we have to offer. That is why the life of a true Christian doesn't come cheap. It demands our time, energy, passion, finances, determination, perseverance, and faith.

This verse from 1 Chronicles reminded me of God's grace and love for His people. John 3:16 states, "For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life." This is how much the Lord our God loves us. He let His only begotten son carry the burden of dying on the cross just for us to be cleansed from all our sins. Loving us cost Him to sacrifice the life of His own Son.

What about us? Are we giving our time to go to church every Sunday? Do we turn up early in the church to serve in our ministry? Are we praying constantly for our sanctuary? Are we contributing financially, faithfully? Are we sacrificing time to read the Scriptures? These are some of the price we must pay to follow Christ and to follow God.

Christ has shed His blood to remit our sins. Now, it's our turn to respond in kind, and we do this by following Him. Following Him, however, is not an easy thing to do. Following Christ will cost us everything that we are and have. Following Christ demands change of the toughest kind. It often means turning away from the things that come easiest; things that satisfy our natural urges. God does not want merely part of us. He does not want our leftovers, but He wants all of who we are.

So why would following Christ be difficult and costly? According to Luke 9:23, "If anyone would come after me, let him deny himself and take up his cross daily and follow me." To deny one's self is to let go of our sinful nature, turn away from wickedness. It requires us to surrender our will to Him. It requires nothing but total obedience from us.

Following Christ is not going to be all happiness and light. It's not going to be a rose garden. We will experience trials and tribulations if we were to follow Him. In other words, to be a follower of Christ is costly but what is waiting for us at the end will be worth all the cost.

# INSIDE THIS ISSUE



ENLARGE Event Widens  
Reach and Influence

1

Seminar-Workshop on  
Basic Writing

2

Getting Ready to  
Reach the Summit:  
The Gen-C Holds  
Successful Vertical  
Services

3

The Unstoppable G's:  
The Blithe Ushering Ministry  
Holds Successful Seminars

4

Ministry and Marketplace:  
A Feature on FOCIM's  
Diwa C. Guinigundo

5

Don't Follow Your Heart by  
Jon Bloom:  
A Book Review

7

Bangkok, Unlocked

8

*"I will Not  
Offer unto the  
LORD that  
which cost me  
nothing"*

2 Samuel 24:24





# ENLARGE

## Event Widens Reach and Influence

Our 300 participants with city councilors and speakers – Middle in front – Bro. Jayson Lo, Sis Eleanor Ramos, Councilor Doc Alex Sta. Maria and Bro. Bodge Santos.

It used to be known simply as a financial literacy project aimed at educating invited participants to learn how to achieve financial freedom. But the success of earlier conduct of the Enlarge events moved the organizers led by Bro. Bodge Santos to actively enlist the support of local government units (LGUs) in spreading the knowledge and wisdom of growing God-given wealth and resources among the LGUs' constituencies.

Through the leading of the Holy Spirit, Enlarge evolved from a financial literacy advocacy to a powerful platform to evangelize local government employees and key officers to accept Christ and channel them to the different MCCA churches which are near their residence to ensure that every pre-believer who attended the event will be disciplined properly.

Last June 27<sup>th</sup>, the latest edition of Enlarge Financial Literacy Summit gathered a huge crowd that filled up the entire event floor of the Mandaluyong main city hall building. The attendees included city government officials, staff and employees, business people, members of different Christian churches and plain citizens of the city. The affair, after all, was a collaboration between FOCIM, the Mandaluyong City local government headed by Mayor Menchie Abalos with active support of Councilors Charice Abalos and Alex Sta Maria, the Mandaluyong Christian Churches Association (MCCA), and Bangko Sentral ng Pilipinas (BSP).

After the opening prayers led by Pastor Bing Guerrero, the well-known book author, Bro. Randell Tiongson who is also director of Registered Financial Planners of the Philippines, tackled the subject of "Enlarge Your Retirement", offering advice on how to successfully prepare for life of old age sans regular income generating work.

Bro. Bodge Santos, a senior bank executive and founder of Kingdom Circle Workplace Ministries, presented proven ideas and practices on how to "Enlarge Your Resources", often engaging audience participation in his examples.

Access to BSP Credit Surety Fund was explained by Ms. Eleanor Ramos, key officer at the BSP's Department of Loans and Credit. This was of particular interest to the city's small business organizations including cooperatives in need of low-cost, collateral-free additional funding for their expansion.

Investment advisor Bro. Marvin Germa discussed "Enlarge Your Excess". In pointing to where one could gainfully invest one's extra money, he regaled the audience with his effective, homespun narration of stock market situation of known brands, easing usual fears of investing in stocks.

Motivational speaker Bro. Jayson Lo wrapped up the presentations with a discourse on "Enlarge Your Impact", stressing the importance of creating true wealth that would make a huge difference in one's life, family, and the city where one dwells.

A memorable ending to the event was the moving acceptance of Jesus Christ as Lord and Savior, by the hundreds of attendees, administered also by Bro. Jayson.

By Elso U. Cabangon



Our Enlarge Speakers from left to right - Bro. Jayson Lo, Bro. Bodge Santos, Sis Eleanor Ramos and Bro. Marvin Germa.



Enlarge organizers and speakers with MCCA chairman Pastor Bing Guerrero and MCCA Pastoral Team.



# The Menorah, Gen-C Conduct Seminar-Workshop on Basic Writing

By Edward Matthew D. Unite

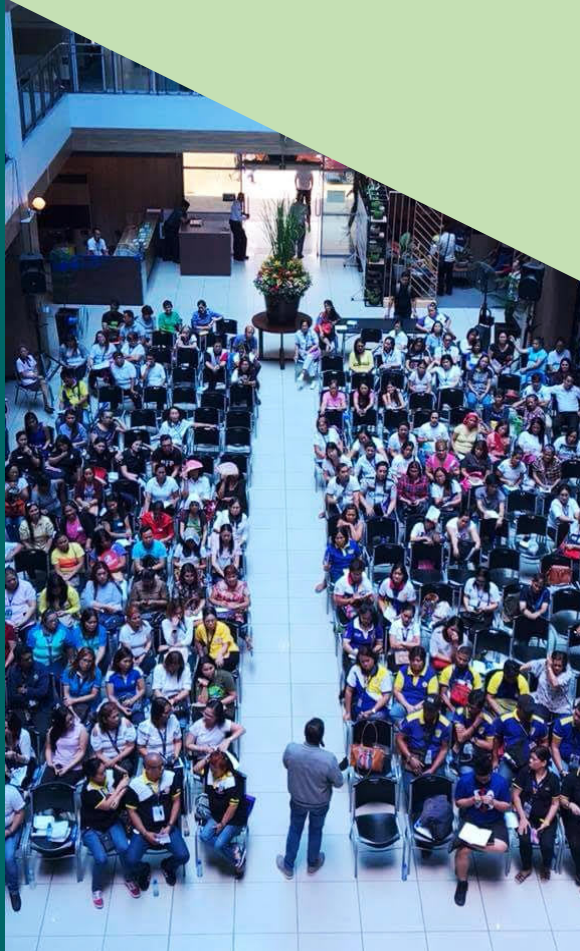


The Menorah Editorial Board, Contributors, Young Professionals and Gen-C Youth

## Future of Enlarge

Inspired by the successes of the past Enlarge staging including this last one, Bro Bodge vowed to lead in organizing even bigger, more substantive and higher financial literacy summit. He understands there are a lot more people to reach, who need to be equipped with knowledge to receive abundant blessings that God pours on our nation. He knows the challenges to be met every time an Enlarge event is to be held. But he knows also he can always count on the support of FOCIM brethren to shepherd such event to victorious conclusion.

In the drawing board already is the Enlarge Financial Literacy Summit to be organized in Quezon City, in tandem with the city's local government.



Attendees at the event floor of Mandaluyong Main City Hall.

THE MENORAH, in partnership with the Generation for Christ Youth Ministry, organized an afternoon-long seminar-workshop on basic writing last Sunday, July 29, 2018, at the Lampstand. Entitled GROW (Getting Ready for Opportunities as a Writer), the activity was aimed at to preparing the attendees—mostly students and young professionals—flip a career or course on writing, whether it be in church, their school, or in the workplace. *“Everyone is a writer; no matter how good or bad you think you are, every person is confronted with the inevitable task of writing. Thus, it is imperative that we are ready,”* said News Editor Bro. Daniel Alberto Guinigundo.

After an opening prayer led by one of The Menorah's advisers, Bro. Elso Cabangon, and an activity to energize all the participants, Sis. Rosalie Faune, the Editor-in-Chief, delivered her opening remarks centering on the importance of knowing of how to write well.

The program was then divided into five sub-topics, distributed among the other editors of The Menorah. Bro. Daniel Alberto Guinigundo started off by delving into basic news writing, while Features Editor Sis. Ma. Lourdes Colinares focused on the aspects of feature writing. Especially geared towards students engaged in academic writing, Photo and Layout Editor Sis. Emma Belle Cerveza acquainted the participants on proper citation, the systems of citation, and the methods on how to avoid plagiarism. For those looking for on-the-job training or those scouting for employment, Arts and Cultures Editor Bro. Dan Abraham Guinigundo gave useful tips on how to write a *curriculum vitae*, business letters, and memoranda. Lastly, Web Content Administrator Sis. Anna Pamela Young, in a more interactive manner, gave a refresher on grammar and sentence construction.

After the seminar workshop, participants were able to acquire a basic grasp on writing effectively, through the different skills taught by all the speakers. Undoubtedly, everyone who attended would be less apprehensive and more excited when faced with an opportunity to write.

# Getting Ready to Reach the Summit:



Speaker of the first and second Vertical series Sis Roanna Santos (Left) for “Be fit” and Sis Nicole Sandi (Right) for “Arm Yourself”, respectively.

## The Gen-C Holds Successful Vertical Services

By Aerzah Denise V. Cerveza and Jamesha Daphnee J. De Guzman

IT IS no surprise that with the sudden rise of technology and social media, the present generation is caught up with the need to reach the summit of success. To help the youth and the young professionals to attain success for and through God and His ministry, the Generation for Christ Youth Ministry (Gen-C) launched its four-year long-term plan, entitled “TrAnSCEND.” At the end of the period, the Gen-C expects to see its members reach their personal summits in terms of their faith, career, family, and nation, transcending their individual comfort zones and achieving greater intimacy with God.

For the first year of the four-year plan, the Gen-C adopted the sub-theme, “B.A.S.E. (Be fit; Arm yourself; Seek guidance; Establish your destination) camp”, with each topic serving as the heart of the four Vertical youth services for 2018.

During the first half of this year, the Gen-C had two successful Vertical services. The first of the series was last June 2, 2018 with the topic “Be Fit”. Sis. Mariela Reyes, the Numerical Growth counselor, introduced the series to the 65 attendees, both members and newcomers alike. Sis. Rosalie Faune shared a personal testimony on becoming fit both in body and spirit. Then a special song number was rendered by the Gen-C Executive Committee. Finally, the speaker, Sis Roanna Santos, one of FOCIM's Worship leaders, shared the Word. She also emphasized that the youth should not just be mentally, physically, and emotionally fit-- in attaining anything worthwhile, but their spiritual fitness should be of prime concern.

On July 28, 2018, the Gen-C held Vertical's second installment with the topic “Arm Yourself”. With more than 70 attendees, most of whom were new faces, the event proved to be as successful as the last. Sis Pamela Young delivered an inspirational message, recalling the previous topic, “Be Fit”. Bro. Bryan Faune gave a serving encouragement to the attendees by sharing his life story and the importance of overcoming great battles for God.

Sharing the Word was guest speaker and campus missionary, Sis. Nicole Sandi from Victory Christian Fellowship. She focused on the armor of God as written by Paul in his letter to the Ephesians: *“arm yourself because the battle is real. Arm yourself because you have a calling to fulfill.”* She reminded the youth that in order to win the battle, we must also be aware of the enemy and to remember that our strength and might is from the Lord.

With the victory of both installments, the Gen-C is more than certain that the last two services of the year will also be instrumental in allowing the youth to take further step in reaching their summits for God and country.



The youth listening attentively to Sis Roanna on how to be mentally, physically, emotionally and spiritually fit.



# The Unstoppable G's:

## Blithe Ushering Ministry Holds Successful Seminars

By Michelle D. Sarmiento

In line with the theme of FOCIM this 2018, the Blithe Ushering Ministry adopted the theme 4G: Grow, Go, and Glow for God, with the banner verse found in 1 Peter 2:2-3: ““Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation, now that you have tasted that the Lord is good.”

Truly, it is inevitable for Christians to undergo a process of growing physically and spiritually, and even in terms of character. As ushers, there is a pressing need to not only become presentable but also to be grounded in the Word in order to be prepared to face challenges, especially in dealing with visitors and newcomers.

With the theme in mind, the ministry conducted its first seminar, “GROW Inside and Out” in the afternoon of April 29, 2018. It featured a personality development talk by Ms. Ingrid Nieto, a John Robert Powers coach, a multi-awarded media professional, and a student in Biblical Studies at the Asian Theological Seminary.

Ms. Nieto provided tips on proper posture, appropriate attire, hygiene, and even facial expressions and walking. She conducted several interactive sessions as well as a short open forum where she addressed some queries from the attendees.



Blithe Ushering Ministry taken with Ms Jeremaine Sajul – Speaker of Going Deep in Discipleship.



Bro. Diwa praying for Ms. Ingrid Nieto – Inside and Out Speaker

There were more than 40 attendees, both ushers and FOCIM members alike.

For the second “G”. Grow, the Blithe Ushering Ministry held its session entitled “Going Deep in Discipleship”, in the afternoon of July 22, 2018. The objective was to emphasize to the ushers their contribution and accountability in accomplishing the Great Commission found in Matthew 28:18-20.

With more than 30 attendees, the program began with an opening prayer by World Ministry Head Ptr. Robert Lee Guerrero and an icebreaker by hosts Sis. Rosalie Faune and Sis. Jaira Custodio. The speaker who shared her insights on discipleship was Ms. Jeremaine Sajul, a missionary and a student at the Asian Theological Seminary, taking up Master of Arts in Intercultural Ministries. Ms. Sajul discussed the 5W's and 1H of discipleship by using the banner verse of the seminar, thus making it simplified and easier to understand. She also testified as to how she began discipling, and shared the challenges she faced, in order to give the attendees a full spectrum of what to expect in taking part in the Great Commission. Ms. Sajul also entertained questions from the attendees to allow them to comprehend all the topics discussed.

With more seminars scheduled in the second half of 2018, truly nothing can stop the Blithe Ushering Ministry from growing, going, and glowing for God!



Senior Pastor Diwa C. Guinigundo receiving the award at the Promise Christian University, CA, USA.

## Ministry and Marketplace: A Convergence

# FOCIM Senior Pastor Conferred DD, Leadership Award for Asia

By Dan Abraham G. Guinigundo and Ma. Lourdes N. Colinares

Integrity in excellence—Senior Pastor Diwa C. Guinigundo of the Fullness of Christ International Ministries is known to be a man of God, honor, and genius. So it really did not come as a surprise that Bro. Diwa was awarded an Honorary Degree or Doctor of Divinity as well as the 2018 Promise Governance Award for Excellence and Outstanding Leadership in Asia at the Promise Christian University, California, United States of America.

Both serving God as Senior Pastor of FOCIM and the marketplace as the Deputy Governor, Monetary and Economics Sector, Bangko Sentral ng Pilipinas, Bro. Diwa shares that the awards he received are first-line proof of the provenance of FOCIM leadership—a true believer can serve both God and the marketplace and excel in both.

When he learned about the awards, Bro. Diwa shares that he had mixed feelings. “I was definitely honored because I felt this was truly a feather in my ministry cap for my other life which I consider to be more eternally meaningful,” he says.

At the same time, Bro. Diwa shares that he was humbled because he felt unequal to Doctor of Divinity credentials. “In the letter of offer and award, I was edified to know that while I did not work for it by attending formal classes and submitting a suitable dissertation, I earned it by my more than 30 years as a servant of God in helping build His church at FOCIM and the Body of Christ in the Philippines and partnering with other like-minded servants of God in nation transformation.” He says that this was achieved in Touching Heaven Changing Earth, which was organized as a national movement for nation transformation, and has been the vehicle for bringing this about in the marketplace.

Bro. Diwa has received hundreds of plaques and awards from the world but very few of definitive ministry value. “I felt like what Solomon must have felt when he was also given fame and riches on top of wisdom. A DD is recognized by your peers in the kingdom of God. It’s definitely a singular honor. And to be complemented by the governance leadership award for Asia is like saying you excelled in both the word and the world.”

As Bro. Diwa will be retiring from Government service next year, he says that the governance leadership award is like a parting gift, while the honorary DD degree is a welcoming gift to him.

“I know there is life after public service, there is life after Bangko Sentral. I don’t close the door to future opportunities but I have to limit my time horizon to what is definite and foreseeable today,” he says.

According to him, “The DD honorary degree is like a welcoming gift to me as I know I would sustain giving time for the ministry, I would continue making time to studying the Word and receiving Word from the Lord.”

As he plans to pursue to fathering more spiritual children and prepare them for greater leadership in their spiritual and secular careers, Bro. Diwa says, “Succession is very important and I would like our future leaders to think that all the

experiences and insights I would be sharing with them have been vetted by that degree grant.”

For Bro. Diwa, the awards he received will impact FOCIM in a way that the people who attend the Church can believe that the ministry is a systematic and rigorous ministry with solid grounding on both the Word and the application of the Word in actual life. **“I would like them to think that the servants of God are serious in their thinking and the first in many things; that faith is not blind and is based on reality that they themselves can prove and verify if they just maintain an open mind and an open heart.”**

Given this milestone, Bro. Diwa says, “I am a thousand times more inspired and energized. I have completed my course, I have been recognized in both the ministry and the marketplace. Yet God’s sanctuary at FOCIM remains in a humble setting. The next stop should therefore be overambitious and these are to secure the land and build the sanctuary of the Lord on it.”

Bro. Diwa has a message to those who are looking to taking the same path as him:

***No compromise, maintain clean hands and pure hearts. No looking back, just submit and follow the heart of God. You will never fail. You will have a thousand miles ahead of you. A long intimate journey with your God.***



## **A. Promise Christian University— Doctor of Divinity (DD)**

*You have been actively serving the Lord for many years now, can you share to us an achievement or a memory that you feel speaks about you as a recipient of this award?*

I would say tenacity has been the defining metrics of my 36-year journey with God. Such tenacity could have come only from the grace of God.

First, the circumstances were for the books. God allowed us the rare privilege to receive the burden and shared it with the other elders to establish the FOCIM in 1986 when we were babe in age and in the knowledge of the Word. Yet, we were enabled by God to stand firm during some crisis in fundamental doctrine and theology in our old church. We forged on and together with some other elders, we studied the Scriptures day and night, organized the Church in a garage, evangelized and disciplined old and young people alike. I saw God's mercy and favor because He made it easier for us to act on the burden during the same period when we were in mourning for the loss of David, our firstborn.

Second, God earlier on called us to serve in other churches in various capacities to deepen my faith, broadened my scope and diversify my experiences. A few years after FOCIM was founded in 1986, we served as Secretary General of the Philippines for Jesus Movement, a coalition of hundreds of churches in the Philippines with a commitment to see the nation serving the cause of the Lord. When God sent us to Malaysia in 1992-1994, I served the Jesus is Lord Fellowship as associate pastor and ministered to expatriate Filipinos. I saw with my own eyes how our countrymen had to suffer both emotional and physical pains when separated from their families. My preachings on selected Sunday services would always resonate with the challenge to honor and exalt God and see His kingdom reign in the Philippines.

In 2001-2003, when we were seconded to the International Monetary Fund in Washington DC, we were called to worship at Calvary Gospel Church in Arlington. I was a Sunday School teacher with some occasional opportunities to preach, conduct Bible studies in our own home church with a couple who became our spiritual children.

Going back to Manila and after two pastors shepherded us for nearly two decades, I was ordained minister of the Gospel in my wheelchair in 2003 by Bro. Dexter Low and Sis. Lily Low of Latter Rain Church of Malaysia, dear friends of the Philippines of the Body of Christ in our country. They have nurtured us for many, many years. I was a reluctant minister because for many years, I entertained the wrong notion that one has to draw a line between church and the marketplace. But there is nothing in the Scriptures that supports this idea that a servant of God cannot be in the marketplace and someone in government or in the private sector cannot shepherd the saints of God. It was in the US that God showed me the weakness of my belief. ***It took a nearly fatal accident to install me as leader of the church while doing my ministry in public service. With a limp of Israel, we have kept our ears close to the ground, not stopping in Succoth, the pitfall of Jacob. It was a hard act to turn 180 degrees in my ancient belief.***

Third, as we opened ourselves to the move of God, I presided over the Church starting in 2003 at a time of maturing which involved us and the other elders of the Church. ***We all struggled as we migrated to a Church setting that was so much linked with God, so very intimate with God that speaking in tongues, seeing visions, dreaming dreams, worshipping prophetically and receiving messages from the heart of God became the norm. We began to see and experience our***

***supernatural God who has always wanted His children exercising the authority of the kingdom. It was so exhilarating to see one's church moving up in greater intimacy with God.***

Fourth, we followed God's bidding no matter how difficult and almost impossible it was. Hearing from God brought us from our comfort zone that was Manila to a promising Mandaluyong. We began to see a city Church that was FOCIM. But a city church it would not remain. We had to make the painful decision to move from a secured, rent-free sanctuary to a rented one, many kilometers away but closer into the heart of the metropolis.

***God had a greater plan for FOCIM. God reminded us of His words more than a decade earlier and then after that He would transform the Philippines into one of the most prosperous nations in the world and bless it so much it would serve as a bastion of the Gospel.***

But this message has to be brought to the Body of Christ and the marketplace in all islands of the Philippines. For this reason, FOCIM and the BSP Christian Fellowship collaborated to launch Touching Heaven Changing Earth to be the main vehicle of touching the hearts of our countrymen so that more and more would be standing in the gap, interceding for this nation the way Daniel fasted and prayed for the end of the 70-year captivity of Israel. We became the vision keeper for this exalted goal for the glory of God. But that meant travelling in key cities and provinces all over the Philippines to bring this message of hope and a future. It was a difficult crusade but we were encouraged that this must have been birthed in the heart of God because the key leaders of the Church including Bro. Eddie Villanueva, Bro. Dan Balais, Bro. Noel Pantoja, Bro. Leo Alconga, Bro. Manny Carlos, Bro. Mario Medina, Bro. Rolly Blas and our other esteemed co-workers all supported the movement. We thank God for sending us faithful partners like Bro. Cezar Arceo, Sis. Lou Leones, Bro. Rolly and Sis. Becky Abis, Sis. Luchie Laquindanum and the rest of the BSP Christian Fellowship. We were also received with great enthusiastic support of local church leaders in Luzon, Visayas and Mindanao which makes the movement truly national.

Today, this message is more easily understood as I shared during the awarding ceremony. Prophetic words were spoken more than a quarter of a century ago, and these are coming to pass only in recent years. People of the world wanted to see first before they believed. For us, faith comes first and then we would see. God is so good to allow more and more people to see what He has powerfully done in the Philippines and now faith is spreading far and wide because the proof is for everyone to see.

***We received the word, we spread the word when it was then difficult to validate, we persevered and the word is now unraveling into fulfillment.***

This long journey hit a watershed when God allowed us to organize the First National Congress on Nation Transformation in October 2017. We have been praying and working for this Congress especially with Malaysia's Bro Dexter Low when we could gather the body of Christ as priests and kings unto their God to begin legislating as an *eklesia* on earth as it is in heaven!

*Given all your achievements in your career, what would you say are the most compelling ones that identify with this award?*

Again, the world has given me hundreds of awards as speaker, panelist, discussant, guest of honor. The closest to this recognition was a certificate signed by the late Budget Secretary Emilia Boncodin who cited me when I was director of BSP's economic research for my leadership in monetary policy by my "wit, humor and wisdom." A citation in one of the columns of Ambassador Teddy Boy Locsin would also support a similar commendation when he referred to us as the foremost economic mind at the BSP. Similarly, Ayala's Mr Antonio Periquit Jr's kind introduction of us as their guest speaker as the leading spirit behind the BSP's successful conduct of monetary policy was as edifying. Finally, Bro Dexter's testimonial was very revealing during my awarding by making reference to my love and advocacy for my country and people especially the poor as well as my never having shied away from testifying and standing for the Lord and His cause in the Philippines.

## Don't Follow Your Heart by Jon Bloom:

### A Book Review

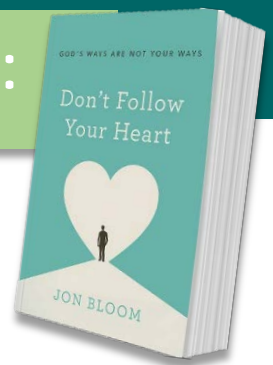


We all want to solve our own problems. Society today has proposed a cure-all solution to any and all problems that life has to offer: follow your heart. Countless self-help books, success stories, and even chart-topping songs have perpetuated this indoctrination. And so one would not be wrong to believe that buying into this way of thinking will yield high success rates.

Renowned author Jon Bloom, however, offers a different opinion.

In his book *“Don't Follow Your Heart: God's Ways Are Not Your Ways,”* Bloom writes thirty-one no-nonsense chapters dedicated on recalibrating the heart of the reader. Bloom's hypothesis is grounded on Scriptures — that the Bible warns us not to follow our heart's "errant predilections" and instead direct it to follow God's own heart.

By Dan Abraham G. Guinigundo  
and Ma. Lourdes N. Colinares



In each chapter, the book addresses a wide range of issues encountered by all people regardless of age, race, or background— basically, issues of the heart. Some of the chapters include topics like “How Can We Give Thanks in All Circumstances?”, “Your Emotions are a Gauge, Not a Guide”, and “When God Mercifully Ruins Our Plans.”

Straightforward, real, and comforting—the book, as described by the author, is a “collection of helps for common heart problems.” The book doubles as a warm light in the darkest of nights, the book reminds the reader of the promises in the Bible— how God has an ultimate design for our bitter providences, how God is at work in our unremarkable days, and that while the way is hard, He is strong.

Bloom asks the hard questions, describes the painful moments, and in the process, awakens the reader to the difference between what the human heart wants and what the Lord wants for us.

Paired with the Bible, this book is a friend through our daily struggles and periods of doubt. Internalize it, meditate on the Word, and, to quote, “Don't believe in your heart; direct your heart to believe in God. Don't follow your heart; follow Jesus.”

**Recommendation:** Must read.



# BANGKOK, Unlocked

Traveling to a country for the first time can be intimidating. Aside from working around a budget and planning an interesting itinerary, first-time travellers must also concern themselves with adapting to a different culture. Thankfully, the Menorah has come up with a list of anything and everything that you need to know when visiting Bangkok:



## 1. Mango sticky rice

Delicious. Eat it as soon as possible. Don't forget the coconut milk.

Don't be on a diet in Bangkok. There is food everywhere! Enjoy the variety of dishes available, may you be inside a food court or on the sidewalk—you definitely must have the seafood (*e.g.*, salt grilled fish, oyster omelet), fresh fruit juices (*e.g.*, coconut juice, pomegranate juice), and cut fruits (*e.g.*, guava, durian!).

Image from araimakmak.com

## 2. Dress code

There's a pretty strict dress code when you want to tour the temples of Bangkok-- most especially the Grand Palace. Save the summer shorts, short dresses or skirts, and sleeveless tops for the beach, and remember that when you go on the Bangkok temple tour you must be covered up and dressed respectfully. In the end, though, complying with a dress code is not too much of a hassle once you see the magnificent temples.



## 3. Wear a helmet

Commuting around Bangkok is not hard to do—the railway system is simple and the public address (PA) system is also done in English. There are also taxis and *tuk-tuks*, which are similar to the tricycles of the Philippines. Oh, and there's Grab.

A helmet, however, is needed for the Thai motorcycle taxis where the passenger rides behind a motorbike driver—equivalent to *angkas* back in the Philippines. It is a fun, fast, and convenient way of moving around Bangkok. Note that a hefty fine is imposed on people who do not wear helmets while on the bike.



By Ma. Lourdes N. Colinares

## 4. Hagggle for a lower price, bring a big bag

This is for shopping at the Thai stalls, night markets such as the Chatuchak Market, and bargain malls like MBK.

Shopping in Bangkok is an exhilarating experience! Affordable clothes, shoes, and any other thing you can think of. Don't be too quick to commit to a purchase though — keep in mind that you can always haggle for a better deal. In the bargain malls, there is a difference between the normal price and wholesale price (cheaper).

And don't forget to bring a big bag. In fact, because of the big discounts and great choices, some people bring luggage with them as they shop in the markets and malls!



This list is only the beginning of your adventure to Bangkok, Thailand. Hopefully, you will have your own version when you visit. *Sawasdee!*

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## FOCIM 32<sup>nd</sup> Anniversary

August 25, 2018

GT-Toyota Asian Center, UP Diliman, Quezon City

### PROGRAMME

<b>National Anthem</b>	AVP
<b>Welcome Remarks</b>	Ptr. Robert Lee L. Guerrero
<b>Opening Prayer</b>	Ptr. Robert Lee L. Guerrero
<b>Greetings</b>	Friends of FOCIM
<b>Praise and Worship</b>	Worship Team
<b>FOCIM History</b>	AVP
<b>Special Number</b>	Children's Sunday School Ministry
<b>Greetings</b>	AVP
<b>Special Number</b>	Generation for Christ Youth Ministry
<b>Testimonies</b>	AVP
<b>Offering</b>	Ptr. April Eve G. Guinigundo Worship Team
<b>Message</b>	Bishop Eddie C. Villanueva
<b>Recognition &amp; Prayer</b>	Rev. Diwa Guinigundo with the Ministry Team
<b>Casting of Vision</b>	Rev. Diwa C. Guinigundo
<b>Closing Prayer</b>	Rev. Diwa C. Guinigundo
<b>Victory Song</b>	Worship Team

Bro. Daniel Alberto G. Guinigundo

Sis. Ma. Luisa C. Marcelo

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