

Living with Integrity The Impact of Kindness and Compassion

Heavenly Father,
Protect us from rage and bitterness by helping us provide more self-control in our life forever.
Protect us and help guide us while we are dealing with anger
Guide and help us control our anger to prevent us living in rage and bitterness
Help us keep rage and anger out of our inner circle forever
Help and guide us to keep positive people in our inner circle while people are dealing with homelessness and dysfunctional families and broken relationships
Guide people that dealing with broken relationships with their spouses and families
Help families and marriages overcome broken relationships and help them renew those broken relationships with family and friends.

Ephesians 4:32

I want to tell you a true story about people and the homeless today. When I stayed at homeless shelters in the past, I had witnessed homeless men dealing with rage and anger. That's why I believe homeless shelters like Pacific Garden Mission need to shake-up their operations to help homeless men and women to make sure they do not relapse back to the sinful world. I don't really like to be at any homeless shelter and/or transitional housing situation because you see clients providing favoritism to certain people and clients. That's why I always do not feel comfortable and only want to be in the living situations for a short period of time. I am still 80% introverted. Whatever we do, we need to stop providing favoritism to others. That is why I am just like Dr. Martin Luther King, Jr. that I do not believe in electoral politics. I do not believe we need to not favor one political party over the other. It is time that we favor God at his throne in heaven. That's why I say we do not need to vote in elections and need to stay home. When I took international Relations as an undergraduate in Chicago, I learned that Republicans are all about the rich and Democrats are all about the middle-class.

Only part of Ephesians 4:31 I need to work on is my slander politically as an independent voter in elections since 2004. When I express my religious beliefs publicly, I always slander the Democrats about their stance on abortion and reproductive rights. I always slander the Democrats on same-sex marriage and marriage equality. I always negatively attacked the Democrats on same-sex marriage and explaining that all couples supposed to man and woman with children. When Adam was created by God, he represented men on earth. When Eve was created, she represented women on earth. It means all couples are supposed to be men and women. My family members in Chicago do not represent Ephesians 4:32 because they do not show compassion to others. If my family members on my mother and stepfather's side of the family were compassionate to one another, they would not let me struggle in 2011 to pursue my higher education at DePaul University to pay off the remaining of my tuition as an undergraduate. I had to do what I had to do to pay my tuition at the time to keep the remainder of my tuition paid each quarter. I still haven't forgiven my family members for that situation during that time.

When we practice kindness and compassion in our life, we must be truthful to ourselves. Truth leads us to the path of righteousness and grows our hearts and minds as a mustard seed to heaven. When we practice

kindness and compassion, we must be truthful to ourselves in order to avoid living a sinful life and be able to get past the brazen altar in the Tabernacle to the Most Holy Place. You do not want to be like I used to be, having a weak contentment to God before I was admitted to the Spiritual Recovery Program at Star of Hope Mission in Houston in May 2023-January 2024. Turn to the person next to you and say do not let your mind wander from God. Turn to the person on the other side of you and say keep your mind focused on God with strong contentment.