

“I Have Been Released from Panic Disorder and Bulimia and Now I Am So Happy!”

Sister Semi Park (20, Kimhae Manmin Church)

“Oh! Father God! I am so thankful for this joy!” It seems that I am dreaming, because now my everyday life has been in continual happiness. Up until this past year I had suffered from panic disorder and several other diseases. I was possessed by anxiety and fear. I even harbored the desire to commit suicide.

The thoughts of suicide in the midst of torment from various diseases

From the time I entered the middle school, I often ran away from home, played hooky (was truant) from school and even stood against my parents and teachers. During my high school days I would hang out with boyfriends and looked into a mirror to adorn myself, so I was nicknamed the ‘princess of the mirror.’

One day in the summer of 2008, I made up my mind to lose weight. I began decreasing the amount of food and exercised. When I weighed 55kg, my desire to lose intensified and finally I quit eating hardly anything. With the passing of time, I became seriously sensitive and enervated and depression worsened.

I even suffered from anorexia and my weight dropped to 43kg. In the spring of 2009 I was sent to the emergency room. But the medical treatment was not effective for me and in a week I was discharged from the hospital.

The anxiety and fear that had arisen in my mind when I was sent to the hospital became worse and I began suffering from panic disorder attacks and maladjustment. Symptomatically I suffered from unexpected and excessive uneasiness without reason known as panic attacks. My life at that time was pain itself.

I took restorative drinks, health drinks and pick-me-ups drinks because my liver was not in good condition. I received acupuncture and slept enough. I also exercised with expectations of restoration. But none of them had a lasting effect. To the contrary in fact, the symptoms of serious fatigue appeared, I ached all over and I felt like I was lost and losing my mind.

I had no longer had the strength to go to the health club and couldn’t leave my home or go to school because of the anxiety.

When I took a tranquilizer, I felt a little relief, but it was only temporal and passing. Afterwards I would fall asleep. When I tried to quit taking medications I suffered severely from so much stress. I started eating much more than needed. As my weight increased to 65kg I developed bulimia. I was so upset! But, I felt very uneasy unless I continually ate. I dreamt a dreadful dream and became tormented by insomnia. If I slept, when I woke up I suffered from horrible sounds and an uneasiness described only as a ‘creepy’ sensation.

One day I went to a fortune-teller and she said to me, “You will be healed only when a spirit enters you.” My mother’s friend Senior Deaconess Minja Chung heard that and suggested that I perhaps I could be healed if I attended her church.

I restored good health after repenting of all my sins

On November 21, 2009 I went to Kimhae Manmin Church. I was genuinely comforted after I heard the gospel. If I had allowed a spirit to enter me, it would have been a really dreadful thing. I felt attacks of the enemy devil when I first attended church. I could hardly wake up in the morning on Sunday and was often absent from the church. Bulimia suddenly worsened and I became afraid thinking what would become of me in the future. I was seriously determined to attend church without skipping. After that, bulimia disappeared. But as soon as my good health was restored, I foolishly sought worldly things again.

In the August of 2010, I returned to the church and began to keep the Lord’s Day holy. At that time while delivering the message, Senior Pastor Dr. Jaerock Lee often shed tears and asked the souls that were committing sins and befriending the world and thereby running



swollen face and legs were restored to normal. And my weight began to decrease and I became assured that the ovarian cyst had already gone away. In such an assurance I went to the hospital and the evaluation proved there was no cyst. Hallelujah!

Continual blessings came upon my life by the works of the Holy Spirit

I was so thankful to God for His healing love and power that I completely cut off worldly things and offered God all the money that I had received in payment for my gold necklaces and my rings. On November 26, 2010, I came to Dr. Jaerock Lee for the second time and gave him the letter of my resolution for new life and obedience to the Word of God.

I attended Friday all-night service and at the divine healing meeting I received his prayer for the sick he spoke from the podium. At that moment blazing fire entered my chest and shoulders. After moving my body and

examining some parts of my body, I was assured the muscular pain had disappeared and the aftereffects of bulimia including anxiety and uneasiness had gone away. Tears of thanksgiving welled up from the eyes. I went up to the altar and testified to my healing before the congregation. God’s blessing didn’t end there.

My dream was to become a health trainer. The study and training for gaining the qualification certificate required me to pay for the tuition fee of \$1,200, and I had to attend the class even on Sunday. But the director of the health club commended me for my talents and allowed me to study free and even to attend church on Sunday. I also got a part-time job and received a special class opportunity to become a voice trainer for indoor cycling called “spinning” free of charge.

Thus, in a short period, my good health and strength were restored and I came to lead a new life in the Lord. Now I will never turn to the right or to the left but only press on to accomplish perfect faith. I give all thanks and glory to God the Father and the Lord Jesus Christ who healed me of my diseases, and thank Senior Pastor Dr. Jaerock Lee who has led and prayed for me with the messages of sanctification and tearful prayers.



“I thank God! I love my Lord!”



Sister Semi Park was healed of many diseases by fire of the Holy Spirit and is now diligently exercising to fulfill her dream of becoming a health trainer.

Spinning, called ‘indoor cycling,’ is a form of exercise with classes focusing on endurance, strength, intervals, higher intensity and recovery, that involves using a special stationary exercise bicycle with a weighted flywheel in a classroom setting.

toward Hell to quickly turn back and return on the path to salvation. I became pretty clear-minded and earnestly attended Daniel prayer meeting every night.

Meantime the symptoms of continually throwing-up and diarrhea occurred. I went to the hospital for an evaluation. I was diagnosed with enteritis and an ovarian cyst. I believed I would be healed if I earnestly continued to pray and received Dr. Jaerock Lee’s prayer for the sick in the name of Jesus Christ.

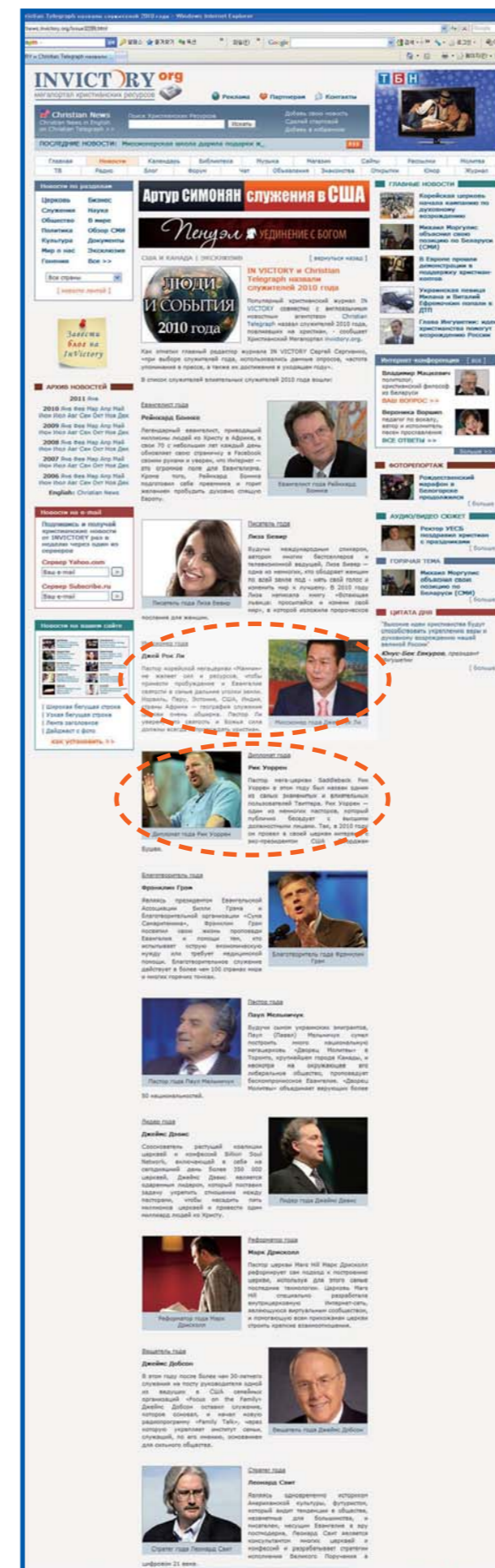
The symptoms and pains of enteritis continued and I suffered seriously from fever and chills. I concluded in my mind that I had not repented of my sins properly, and then wrote down my past sins and wrongdoings in the minutest details and gave the letter of repentance to Senior Pastor Dr. Jaerock Lee. I earnestly asked him to intercede for me by his prayer. For the following few days I couldn’t eat properly and I cried out mournfully in prayer and thoroughly repented of my sins.

My prayer was so mournful and lamentation so strong that many tears welled up in me, even during my meal time. At the Two-term Consecutive Special Daniel Prayer Meeting, I continually repented saying to God in prayer, “God, forgive me, I experienced Your love, but I forsook Your love and returned to the world and sought worldly things.”

After such a thorough repentance, chronic tiredness disappeared and my severely

Manmin News

In Victory and Christian Telegraph Announced the Ministers of 2010 Dr. Jaerock Lee and Dr. Rick Warren Were Named as ‘Top 10 Most Influential Christian Leaders’ for the Second Consecutive Year



According to Sergey Sergienko, editor-in-chief of the IN VICTORY magazine, the combined results from public survey, the frequency of the names having been mentioned in the press and the person’s achievements during the year of nomination were used to select the “Ministers of the Year”. Dr. Jaerock Lee, Senior Pastor of Manmin Central Church was named as the ‘Missionary of the Year’ among the top 10 most influential Christian leaders of 2010 (<http://news.invictory.org/issue32289.html>).

In the year of 2010, from among the top 10 Christian leaders of 2009, Dr. Lee was also announced as the ‘TV Evangelist of the Year’. The only two ministers who



Миссионер года
Джей Рок Ли

Пастор корейской негашерки «Манмин» не жалеет сил и ресурсов, чтобы принести пробуждение и Евангелие святости в самые дальние уголки земли. Израиль, Перу, Эстония, США, Индия, страны Африки — география служения церкви очень обширна. Пастор Ли уверен, что святость и Божья сила должны всегда сопровождать христиан.



Миссионер года Джей Рок Ли

were named for the second straight year are Dr. Jaerock Lee and Dr. Rick Warren.

Evangelist of the Year, Reinhard Bonnke (www.cfan.org) is a legendary evangelist who has led millions people to Christ in Africa. And even though he is a little over 70, he updates his Facebook account every day. He is certain that the Internet is a huge and wide-open space for evangelization. It is also known that he has prepared a successor to himself and Evangelist Bonnke is eager to awaken spiritually slumbering Europe.

Writer of the Year, Lisa Bevere (www.messengerinternational.org): As an international speaker, author of many bestsellers and TV program host, Lisa Bevere is one of the few people who encourage women of the whole world to speak up and make the world a better place. In 2010 Lisa wrote the book “Lioness Arising: Wake Up and Change your World” in which she presented her prophetic message for women.

Missionary of the Year, Jaerock Lee (www.manmin.or.kr): The pastor of the Korean “Manmin” mega church spares no effort or resources to bring revival and the Gospel of Sanctification to the farthest corners of the world. Israel, Peru, Estonia, the United States, India, Asia and African countries – the geography of his ministry is very broad. Pastor Lee is certain that Christians should be accompanied by the holiness and power of God.

Diplomat of the Year, Rick Warren (www.rickwarren.com): This year the pastor of the Saddleback mega

church Rick Warren has been named one of the most famous and influential users of Twitter. Rick Warren is one of few pastors who speak with high ranking officials publicly. Thus, in 2010, he held an interview in his church with the former president of the United States of America, George W. Bush.

Philanthropist of the Year, Franklin Graham (www.samaritanaspurse.org): As president of the Evangelical Association of Billy Graham and the charity organization “Samaritan’s Purse,” Franklin Graham dedicated his life to preaching the gospel and helping those who are in desperate financial need or in need of medical aid. The charity service is operated in more than one hundred countries of the world and in hot spots.

Leader of the Year, James Davis (www.jamesodavis.org): James Davis is the co-founder of a growing coalition of churches and denominations, the Billion Soul Network, which recently embedded more than 350,000 churches. He is a gifted leader who has set a goal to strengthen relationships between pastors, and to establish five million churches and lead one billion people to Christ.

Pastor of the Year, Paul Melnichuk (www.thepayerpalace.com): Being a son of Ukrainian immigrants, Paul (Pavel) Melnichuk managed to build the international mega church “The Prayer Palace” in Toronto – the

largest city in Canada. Despite the liberal society surrounding him, he preaches an uncompromising Gospel. “The Prayer Palace” unites believers who represent more than fifty ethnic groups.

Reformer of the Year, Mark Driscoll (www.marshillchurch.org): Pastor of the Church Mars Hill, Mark Driscoll is reforming the approach to establishing the church using modern technology. The Church Mars Hill created a special internal Internet church network, which became a virtual community that helps church members to build strong relationships.

Broadcaster of the Year, James Dobson (www.myfamilytalk.com): This year, after more than 30 years of working as a head of one of the leading family organizations in the USA, “Focus of the Family,” James Dobson left the ministry and he established and launched a new radio program named “Family Talk.” The program helps to strengthen the institution of the family which, according to his opinion, serves as a base for a strong society.

Strategist of the Year, Leonard Sweet (www.leonardsweet.com): Being a historian of American culture; a futurist, who sees certain tendencies in society hidden from the majority of people; and a writer, who brings gospel to the postmodern era, Leonard Sweet at the same time is a counselor of many churches and denominations. He also elaborates a strategy of accomplishing the Great Commission in this 21st digital century.

MANMINTV
Tel: 82-2-824-7107
Fax: 82-2-813-7107
www.manmintv.org
e-mail: info@manmintv.org

MIS
Manmin International Seminary
Tel: 82-2-818-7334
Fax: 82-2-830-3310
www.manminseminary.org
e-mail: manminseminary2004@gmail.com

WCDN
World Christian Doctors Network
Tel: 82-2-818-7039
Fax: 82-2-830-5239
www.wcdn.org
e-mail: wcdnkorea@gmail.com

URIMBOOKS
Tel: 82-70-8240-2075
Fax: 82-2-869-1537
urimbooks.com
e-mail: urimbook@hotmail.com

Renewed Every Day

"I affirm, brethren, by the boasting in you which I have in Christ Jesus our Lord, I die daily." (1 Corinthians 15:31)

We have to be renewed day by day by the works of the Holy Spirit in the Lord. It is true that we cannot be transformed on our own but we can be renewed every day only if God works within us. It is then that we can give glory to God through our renewed life. The apostle Paul, because he was renewed every day and transformed into a man of spirit quickly, could lead countless souls to the path of salvation. We also have to cast off all former manners of life of the old self and be transformed into a man of truth. What can you do in order to be renewed every day and glorify God?



Senior Pastor Dr. Jaerock Lee

First of all, you must not have ulterior motives.

Even though you are very faithful, you will give a hard time to others as long as you have ulterior motives. Galatians 5:24 says, "Now those who belong to Christ Jesus have crucified the flesh with its passions and desires." Especially as pastors and church workers, you must not have fleshly affections or desires. They have to consider their flock more precious than their own parents and children. Not just greed, but they have to cast away pride and arrogance, and desires for fame and authority. They must cast away all desire to be recognized and praised.

Those who do not cast away such ulterior motives, even after listening to so many messages, always give excuses to justify their actions. When they promote a particular event or a certain kind of work, they do not consider the opinions, situations and desires of the leaders and church members, but they just do what they see fit. Then, it is difficult for the hearts of the members to be united, and the fruit of their efforts will also be fleshly fruit. Also, when such pastors give testimonies of their flock, they tend to furtively bring attention to themselves. Sometimes, they think that the flock is supposed to serve them because they are pastors. At times they cause difficulties for those who do not serve them.

When you do a certain work or speak a word, check yourself again and again as to whether or not you are trying to reveal your work rather than seeking the will of the Lord. Do you have the desire to benefit others or to possess things, to be served, and to take things for your personal benefit?

Second, you always have to think about the spiritual things.

If you put your mind on the fleshly things, such as eating, drinking, resting, and getting drunk, then your mind will incline towards flesh even more. You won't be able to control yourself feeling you've had enough. You will only seek more and more fleshly things. Just like your thirst will increase when you drink sea water, as you take in fleshly things, your heart will fall towards flesh more and more. Eventually, you will commit sins.

Surprisingly, there are workers who are supposed to have faith, who pray hard and attend all worship services, but yet, they still commit grave works of the flesh. They did not commit such grave sins from the beginning. The problem all began as they accepted small things thinking it was not such a big sin.

To the extent that you allow flesh and fleshly thoughts in your heart, the fullness of the Spirit will go away. If you begin to commit trivial sins, you will have walls of sin between you and God. Your ears will become more dulled to hearing the voice of the Holy Spirit, and your heart will also become numb. You will eventually commit grave sins leading to death. What you have to harbor and think in your heart until the Lord comes back are spiritual things. You have to think only about spiritual things, such as "How can I arm myself with the Word more? How can I pray more? How can I change more quickly and please God by bearing good fruits in spirit and body?" You will not lose the fullness of the Spirit if you just think of spiritual things and fill your heart

with the spiritual things.

Third, you must live a life of obedience.

1 Samuel 15:22 says, "To obey is better than sacrifice, and to heed than the fat of rams." Many people say they will completely trust God and obey Him when they are full of the Spirit. They say, "I can give my most precious thing to the Lord just like Abraham offered Isaac. I will obey any command of God, even if it doesn't agree with man's thoughts." But in fact, it's not easy to find those workers who really obey. Most people would begin to use various fleshly thoughts if they were in the same situation as Abraham had been. They think, "God said He would give me descendants through Isaac! Is He changing His promise now?" If you have such thoughts, the fullness of Spirit will fall, and you might even resent or complain against God for commanding you to do such a thing.

If you obey only when you are happy and only when the command is in agreement with your idea, we cannot say you are obeying. You must be able to do anything that God the Father and the Lord want. In order to do that, you must cast away ulterior motives and fleshly thoughts.

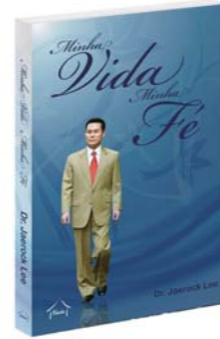
Even though you make up your mind to obey, you will show disobedience as long as you have flesh. Using your fleshly thoughts, you disobey even the things that you can surely obey, and yet you give excuses. So many people just obey within their own limits.

For example, when you hear, "Think of spiritual things only," then you respond with "Amen," and you pray that you will have only spiritual thoughts. But soon, if you have fleshly thoughts following your old habits, you do not cut them off immediately. You immerse yourselves into the thoughts that arise, and you might even take after the flesh following your thoughts. If you stay at the same spot this way, your faith will be on hold and you cannot improve.

The quickest way for you to go into spirit and hear the voice of the Holy Spirit is for you to obey the truth immediately. Only then will God lead your life, the Lord walk with you and you can give glory to God by the help of the Holy Spirit.

News in Brief

My Life My Faith: Volume 1 Printed in Portuguese



The Portuguese edition of Dr. Jaerock Lee's autobiography *My Life My Faith: Volume 1* was printed by the Naós Publishing House in São Paulo, Brazil.

Kinshasa Manmin Church Held New Year Special Fasting Prayer Meeting

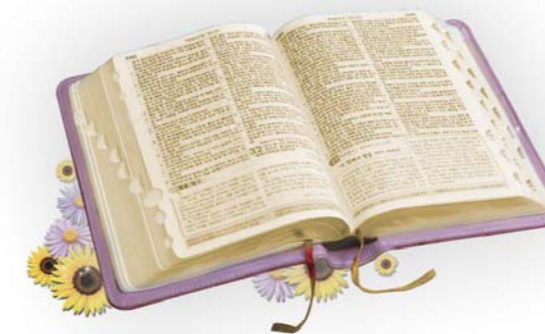
From December 27th through the 30th of 2010, Kinshasa Manmin Church in Democratic Republic of the Congo conducted a 4-day fasting prayer meeting to receive the New Year 2011 in blessing. On January 2, 2011, God showed an extraordinary rainbow in the sky over the church and the believers at the church gave glory to God with an expectation of His great blessing in the New Year. In the beginning of this year a few members of the church experienced the promotions in their jobs and in military service.

English and Mathematics Winter Classes Opened

On January 3, 2011, the Students' Mission and the Children's Mission opened winter special classes and learn English and mathematics. The classes for younger children are held from 10 AM until noon and from 2 PM until 4 PM. The classes for the students are held from 9 AM until noon, from Monday until Friday. The 4 weeks of winter classes end January 28th.

Sister Jargal Erdenchimeck Received the Mongolian President's Award

Sister Jargal Erdenchimeck (46), who is attending Mongolia Manmin Church, received the Mongolian President's award in recognition for her volunteer services to the ministry of World Vision and glorified God. The World Vision Ministries is a civic relief organization that is performing emergency relief activities. Now Mongolia Manmin Church is actively participating in the 'Spiritual Restoration' campaign to enter New Jerusalem. Missionary Botzorig, minister to Mongolia Manmin Church, said, "We yearn for the sanctification and hope for New Jerusalem, and we are also fervently praying."

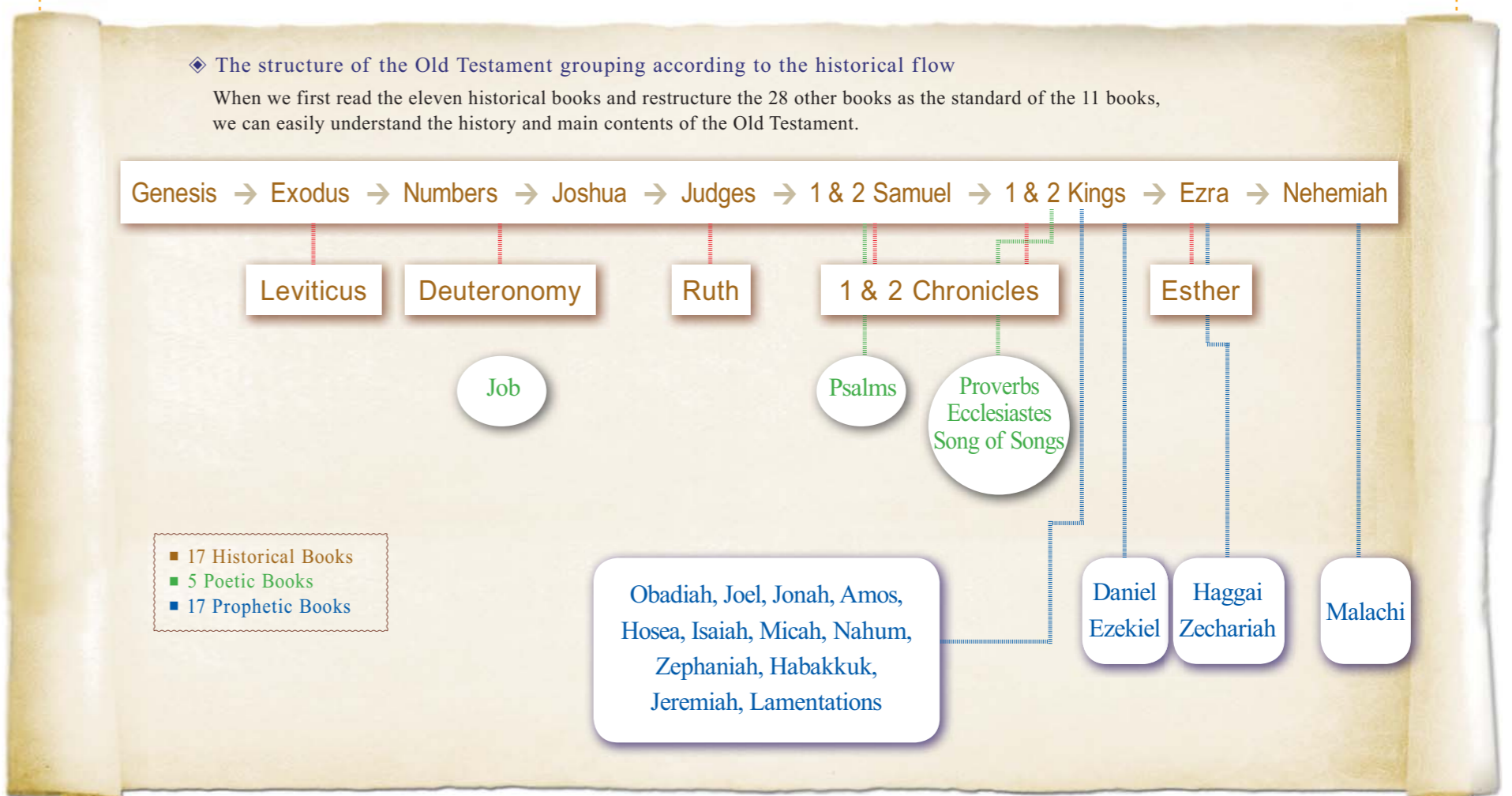


Reading the Bible from Beginning to End for One Year The Old Testament at a Glance!

At the beginning of the year, many Christians plan to read the Bible from beginning to the end. They begin reading it enthusiastically with a determination to read the Bible once a year, but many of them give up in the middle. One of the main reasons for that is because there some parts of the Old Testament that are hard to understand and tend to bore many readers. We wish for you to grasp the main flow of the Old Testament and try reading the Bible through this year.

The recording of the Bible occurs over a period of about 1,600 years from the time of Moses until the first century. Approximately 40 people recorded it under the inspiration of the Holy Spirit. The Protestant churches recognize only 66 books as canonical books of the Bible. The 39 books of the Old Testament were predominantly written in Hebrew, but a few were written in Aramaic, while the 27 books of the New Testament were recorded in Greek. Until the printing press was invented in 1456, every record of the Bible was a handwritten copy that was then conveyed to many others.

After the Protestant Reformation occurred, the Bible began to be translated into many languages and read by many people. The New Testament consists of four Gospels, the Acts of the Apostles, twenty-one Epistles, and the Revelation of John. The Old Testament is composed in three categories: 17 historical books, 5 poetic books and 17 prophetic books. With the understanding of the historical flow, we can read the records of the Old Testament more easily. We have first to read through 11 of the historical books and understand the structure of the history of Israel according to the flow of these eleven books, and then we can understand the 6 other historical books. Then, it may be better to read the poetic books before the prophetic books according to the characteristics of the history of Israel.



TIP 1

How to Understand the Old Testament

First, understand the structure of the Old Testament
 Second, understand the history of Israel
 Third, understand the history of a few countries next to Israel
 Fourth, look at the map of Israel

TIP 2

Categorize the Historical Books According to the Flow of Time

Era of God's Creation: Genesis 1 through 11
 Era of Patriarch: Genesis 12 through 50
 Era of Moses: Exodus, Leviticus, Numbers, Deuteronomy
 Era of Judges: Joshua, Judges, Ruth, 1 Samuel 1 through 15
 Era of Kings: 1 Samuel 16 through 31, 2 Samuel, 1 & 2 Kings, 1 & 2 Chronicles
 Era of Captivity: Ezra, Nehemiah, Esther

TIP 3

Make a Detailed Plan to Read the Bible through

There are 929 chapters in the Old Testament and 260 chapters in the New Testament. This gives a total of 1,189 chapters. There are 23,145 verses in the Old Testament and 7,957 verses in the New Testament. This gives a total of 31,102 verses. If we read one chapter a day, it takes more than 3 years for us to read through the Bible, while if we read 3 chapters every day, it takes one year. In order to read through the Bible for one year, it is recommended that you read 3 chapters on the weekdays/Saturday and 5 chapters on Sunday.

The Confession of Faith

1. Manmin Central Church believes that the Bible is God-breathed Word that is perfect and flawless.
 2. Manmin Central Church believes in the unity and the work of God the Trinity: God the Holy Father, God the Holy Son, and God the Holy Spirit.
 3. Manmin Central Church believes that we are forgiven of our sins only by the redeeming blood of Jesus Christ.
 4. Manmin Central Church believes in the resurrection and ascension of Jesus Christ, His Second Advent, the Millennium, and the eternal heaven.
 5. Members of Manmin Central Church confess their faith through "The Apostles' Creed" each time they come together and believe in its content verbatim.
- "[God] Himself gives to all people life and breath and all things." (Acts 17:25)
 "And there is salvation in no one else; for there is no other name under heaven that has been given among men by which we must be saved." (Acts 4:12)

Manmin News

Published by Manmin Central Church

235-3 Guro-3dong, Guro-gu, Seoul, Korea (postal code 152-848)
 Tel: 82-2-818-7047 Fax: 82-2-818-7048
 http://www.manmin.org/english
 E-mail: manminministry@hotmail.com
 Publisher: Dr. Jaerock Lee
 Managing Editor: Geumsum Vin

2011 Manmin TV

2011 Manmin TV New Broadcasting Time Schedule for the Coming Spring

We, Manmin TV, give our heartfelt thanks to all the viewers. In the coming spring of 2011, we are going to provide you with our programs in a new time schedule. If you have any questions or requests, please do not hesitate to contact us (manmintv@yahoo.co.kr).