



THE LOVE LETTER

Abba's Arms International, Inc.
(Kings Kids Unlimited, Inc)

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2nd Quarter

Dear Partners...

We would like to thank you all for your prayers for us in March. We had an awesome time in Virginia attending the FatherHeart events. We met many new friends and caught up with some people that we had met in previous events on what the Father is doing in their lives. The messages and fellowship with the Father and part of His family were just what we needed to be refreshed and re-fired to press in to a deeper and more intimate relationship with the Father, Son, and Holy Spirit. During the A School, we truly felt like little kids in Daddy's house just having fun and being His son and daughter. We received a greater revelation of His love for us and the hurting and lost people of the world. We want to touch as many people as we can with His love and tender heart for us.

We have also had some awesome experiences ministering in April and during our monthly soaking time at our house. Both individually and corporately Holy Spirit came and brought deep healing and freedom to many who came for ministry or attended an event.

May is shaping up to be a full month too, so we again covet your prayers. We are making progress on the website, but there is still much to do! Our contacts in Indonesia will be coming to the States in June, so we hope to begin finalizing our plans for our trip overseas this year. We will let you know more details as they unfold!

In His Love,
Rick and Sue

Shame: The Enemy's Secret Weapon

Have you ever heard the words, "**Shame on you!**" spoken by your parents or some other authority figure? Those words can cut to the core of your being and make you feel terrible about yourself. Shame hinders you from having relationships with others as well as with your heavenly Father. But shame isn't something new. It started in the Garden of Eden when Adam and Eve didn't follow Father God's words. (**Gen. 3:10**) They felt shame which caused them to hide from Father in fear. The enemy used shame and still does to separate man from his Creator and Father. If you give shame a place in your life, it can be just like a parasite that sucks the life right out of you! You were made for glory, not shame. My prayer for each one reading this is that Father's love will come, remove the shame, and begin to reveal His glory that is inside you!

I would like to ask you to think about a few questions: **How do you see yourself? What words would you use to describe yourself? Where do you get your identity? Who are you really (deep down inside)? Who do you belong to? Where are you going? What is your purpose or destiny?** Your

answers to these questions will either come from what the world and those around you are telling you or from what God and His word says about who you are.

The world tells you that your **identity** comes from **what you do**, what you have accomplished, what you possess, your position or power, etc. When you allow these outward things to determine your identity, you may feel good about yourself when you do good, but you can quickly feel bad and full of shame if you do bad or don't have something everyone else has. We live in a shame-based society that majors on performance. The media and advertising say you are "*not good enough*" unless you buy their product or have this kind of car. Another example is today's teenagers who put down others by saying, "You are a loser!" Those words can make a person believe there is something wrong with him or her! Shame damages your personality and sense of worth. It causes a person to think, "I am defective!" All of us have had events that caused us to feel shame, but a large number of people live with this *shame identity*.

While I grew up in a Christian home and went to church all of my life, Father God showed me I had taken my identity and value from the world, not from what His Word says. Even after I knew His Word and could say, "I'm a new creation" I felt there was something wrong with me. Inside I still felt inadequate, fearful, and hated myself. I was extremely self-conscious, seeing all the spots and blemishes in myself. By looking at myself for my identity I was always trying to overcome a sense of worthlessness. I heard Jack Frost quote Mark Virkler as saying 80% of a Christian's thoughts are negative about themselves. Satan wanted me to stay focused on myself. I can remember reading **Hebrews 2:9-11 & 11:16** for the first time. Those verses say that both Jesus and the Father are not ashamed of me. In fact, Jesus is bringing many sons (daughters) to glory. I thought if they are not ashamed of me, I need to have a different image of myself. For the past few years I have been on a journey out of shame and into His marvelous light and identity! I would like to share some of the things I have come to understand and hope that they will help you walk into the bright wonderful place Father has for you too!

The Origins of Shame, Fear and Control

The Bible tells us that Adam and Eve were made in the *image of God and crowned with glory and honor.* (**Gen. 1:26 & Ps. 8:5**) He gave them *their identity.* They were able to *receive and give love* to God and each other. Father God also blessed them and gave them a *destiny or purpose* to “Be fruitful and multiply and fill the earth...” (**Gen.2:28**) At that point they were naked and not ashamed, living in love and harmony with their God.

Then one day the serpent, Satan, came into the Garden and began to talk to Eve. He got her to doubt and question God’s words about not eating of the Tree of the Knowledge of Good and Evil. He said, “You will not surely die. For God knows that in the day you eat of it **your eyes will be opened and you will be like God**, knowing good and evil.” (**Gen. 3:4-5**) They already were like God and knew “good,” but Satan deceived them into thinking they would gain wisdom by eating of the tree. Jesus is the only source of true wisdom. (**1 Cor. 1:30**) They only gained an awareness of evil. Instead of being conscious of their God, they became **self-conscious**. Adam and Eve knew they were lacking in themselves and felt **shame**. Next they thought God would reject them so **fear** ruled their actions. Finally Adam and Eve **tried to control** the situation by covering themselves with fig leaves and hiding from the presence of God. **Shame** led to **fear** and finally **control**. No longer did they get their identity from being made in God’s image and their purpose for life was lost too.

Today God’s heart of love for us, His thoughts and the value He places on us, have been lost or pushed to the background. Without love, people lose touch with their hearts and often fail to see value in themselves or others. When God is left out, we become **self-conscious**. The result is our thoughts

become the dominate way of living life. **We use our physical senses and intellectual minds to decide what is good or bad.** It’s all based on the outside and our performance. When man is at the center of determining good and evil, right and wrong, we live our lives from the place of *comparison*. The question is “How do I measure up compared to others?” Rather than hearing what Father God has to say about us, we look to “self” or the outer world and others to tell us *who we are* and *what we should be doing*. All this results in feelings of shame every time we fail to do something right or fail to meet certain expectations.

Distorted Image

The way we walk as adults is set into motion through what our parents sow into us as we are growing up. Their words and actions either line up with heaven’s truth or Satan’s lies. Since there are no perfect parents, most of us grew up in homes where the enemy’s plan was already working. Our **enemy’s plan** is: *to distort the image of who God has created us to be; to get us out of the place God has called us to live; and to steal our inheritance.* While God has never stopped loving us, we often don’t feel or experience it because of the internal images and messages that the enemy has sent through those closest to us.



Once the wrong images are in our hearts and minds we feel there is something wrong with us – “shame on you!” The Lord showed me how I have walked in shame as if I expected to be punished if I didn’t do things right! Within the last year I had a small accident in a parking

lot with our car, I felt ashamed and afraid of what Rick would say. The Lord showed me how as a girl I had gotten *the message that I would be rejected and scolded for my mistakes* rather than being loved, accepted and extended grace. Thus, I struggled with a lot of guilt and self-condemnation. The Lord showed me that this was the pattern my parents had also walked in. A tendency towards shame can be passed from one generation to the next. The Lord used this incident to show me how He wants me to rest in the finished work of the cross and not look to what I had or had not done. He showed me that **He extends grace, not shame, for every sin or mistake!**

The Effects of Shame

Shame is the primary hindrance to us coming to God and flowing with Him. It creates a self-focus of having no value and brings a fear that there is something wrong with me! If we focus on all the “yucky” feelings and negative thoughts within ourselves we can become hopeless. Shame can truly cripple and stop us, because what can we do if there is something wrong with us? It causes deep feelings of uncleanness, unacceptability, wrongness of being, self-hatred, and unforgiveness against our self.

Shame can come when things beyond our control happen and somebody in authority imputes “wrongness of being” on us. It can also happen when we do our best and it is not good enough. People can have certain expectations of us or want us to conform to their image, but if we can’t fulfill their expectations or measure up, we feel shame. Parents, teachers, and other authority figures can use shame as a way to control a child’s behavior. Their looks, tone of voice, words, and actions can make us feel we are wrong! Every child desires to hear words of praise and blessing spoken about them, but too often what sticks in a child’s heart are the words that put them down and curse



who they are. If shame rules our lives, we feel we don't belong, aren't supposed to be here, or don't have what it takes.

Shame causes us to judge ourselves. The enemy gets our **souls out of peace** by the *negative thoughts* he brings about us which produce "yucky" feelings. So we try and fix ourselves. When our souls are out of peace or rest, we are ready to do something to move them back into peace. We may turn to eating food for comfort, go shopping, watch TV or turn to a variety of actions to get rid of the feelings and thoughts. On the inside you begin to fight and say, "I'm not going to do _____ anymore." You might decide to not yell anymore, eat or drink certain foods and the list goes on. Usually our *flesh* comes up with a plan of what we need to do. We may feel better for a little while, but those yucky feelings can come back twice as strong! Our enemy gets us to think all this is happening because "we did this or we thought that." He uses shame and guilt together to get us to believe that "I am worthless" because I did that same thing again. Compulsive habits such as alcohol, drugs, masturbation, etc. are all rooted in shame. We have no power to break this cycle with our own will. We need the Lord's help to stop it. We need to ask His forgiveness for trying to take His place as Lord of our life. Then we can let His love, His blood and His life cleanse us from shame and heal our heart.

Exchanging Shame for God's Glory

We are made in God's image and were originally crowned with glory and honor. (Ps. 8:5) When Jesus died on the cross, He took our shame and made the way for us to walk freely in His glory! (Heb. 12:2 & Heb. 2:10) Most

of us have failed to get our identity from being Father's son or daughter! Father gives us a good idea of how He has seen us from the foundation of the world in **Ephesians 1:4- 6**. *He chose us "in Christ," sees us as holy and without blame, adopted us as sons, and has fully accepted us in the Beloved!* What an identity! Father God tells us to "forget the shame of your youth" and "instead of shame, you shall have double honor." (Isa.54:4 & Isa. 61:7) Can we see ourselves walking free from our pasts?

We need to exchange our shame and start walking in His glory! We are meant to "behold as in a mirror the glory of the Lord... and be transformed



into the same image from glory to glory by the Spirit of the Lord." (2 Cor. 3:18) But the verses in **2 Corinthians 4:1-7** give us a greater understanding of how shame keeps the glory from being seen by others. Paul tells us in verse 2, "to renounce the hidden things of shame, not walking in **craftiness** nor **handling the word of God deceitfully**..." To renounce shame we must stop walking in the second part of this verse! The Greek word for *craftiness* means trickery. We can develop a sophisticated system of appearance management so that we make everything look okay on the outside, but on the inside we don't feel okay. The Greek word *deceitfully* means to mingle the word of God with false doctrines of men. When shame is working, we receive the word through our shame. Thus we often mix it with the things we need to do to cover up how yucky we feel inside. We will make progress when we start looking at Him and our faces will not be ashamed! (Ps. 34:5)

Whenever we walk in shame, it is like throwing a veil over the glory of God that is inside of us. Jesus told us we are the "light of the world," but if we are afraid of others finding out what is wrong with us, we will never shine with His glory. God planned to put His treasure, the glory, in us - imperfect earthen vessels. He is the one who is to complete the work, not us. (Phil. 1:6) Our part is to allow Him to use our lives today no matter what isn't perfect yet! We are called to preach Christ Jesus, not ourselves. So we need to get our full identity from Christ and expect others to see Him in us!

The questions "who are you?" and "where are you going?" truly determine our identity and destiny. God planned to answer these for us. Unfortunately, Satan may have used our parents and other authority figures to curse our identity and stop us from believing we even have a destiny. In adulthood, if we allow Satan to answer these questions through other people, we are now into *idolatry*. Any time we let someone other than Jesus Christ tell us who we are, we have made that person "god" in our lives. Any time we receive a message of identity or destiny from another person as truth without checking it with Holy Spirit, we have just made that person "god" in our lives! If we receive a message of cursing from someone as truth, it will automatically trigger whatever fear and shame are working in our lives. We let others determine our identity and destiny and fight to keep it in our flesh, until we learn to go to the Lord and ask Him what He says! We are God's workmanship and we should no longer have an opinion about ourselves that differs from Father.

Recently while worshipping the Lord, I had a vision. I saw Him coming and touching many of His people. I saw the angels removing garments that looked like uniforms from each person. He told me these were the enemy's "uniforms of shame." He told me He was confiscating them so that His sons and daughters could freely walk in their true

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identity that comes from the Lord. I pray that as each person reads this article that the Lord will open your eyes to any area in your life where the enemy has deceived you with shame and strip it away, just like in my vision. The Word says that in the last days the glory of the Lord will fill the whole earth.

Father's Blessing:

So I decree: "**Shame off you and shame on the devil! May you arise and shine for your light has come and the glory of the Lord is risen upon you! I bless you with knowing you are fearfully and wonderfully made. I bless you with seeing your Father smiling over you and resting in His care. I bless your heart to hear His words of blessing that allow you to rest in your identity "in Christ!" I bless you with fulfilling the call of God on your life. I bless the good works that have your name on them for you to do. I bless the way your Father has designed you to do them as you are aware of His care, His love, and His nurture, for you are a treasure and a blessing to the world! (Hab. 2:14 & Ps. 72:19)**



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