



THE LOVE LETTER

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Soaking!



Soaking is the practice of being quiet in the presence of Father so we can experience His love and goodness. Just as you might dip a dry sponge into a tub of water, Father desires to saturate and marinate us totally in His love and presence. It is not a time to strive to be heard or labor in prayer. It is a time to step out of our busyness and come before Him. Find a place where you can relax and be comfortable so you can align your body with your heart at rest and open to Him. It is a time to listen for what He may say, be refreshed, and receive all that He has for you! As Father moves in with His love, He may also comfort your heart of any confusion or pain. It is time to find pleasure in being His child! Listening to quiet instrumental music is very helpful to sense His presence and love.

If you live in our area, consider joining us for our monthly soaking nights. But if not, you can still listen to what we share, [Messages from the Heart](http://abbasarmsintl.org/messages-from-the-heart.html), before we put on music by going to our website, <http://abbasarmsintl.org/messages-from-the-heart.html>. Or from the website click on Media/audio-video/[Messages from the Heart](http://abbasarmsintl.org/messages-from-the-heart.html). So feel free to check them out and make time to go deeper into His never-ending love!



The Value of Being Quiet, Still, and Silent

What images come to you when you hear the words – **quiet, still, or silent**? For me (Sue) our snowy winter quickly brings images of snow falling silently and leaving a sense of peace and calm on the land. My second image is a tranquil lake with no wind affecting the water so that it is totally still. The lake's stillness then perfectly reflects the beauty of the shoreline and sky. Father has given us many images in nature of what He wants us to experience in our lives. But our daily lives can be so full of voices and activity that it may be difficult to see ourselves at peace and rest or simply being quiet. Yet Father has been showing me the value of **being quiet, still, and at rest** in my inner life and outer life. **Isaiah 30:15** is a verse I have been meditating on and applying daily to my life. This verse in the Amplified Bible reads ***“For thus said the LORD God, the Holy One of Israel, in returning to Me and resting in Me you shall be saved; in quietness and***

(trusting) confidence shall be your strength. And you would not.” I pray that what Father has me share in this article will help each of you to rest, enjoy being still, and hear Father's voice in the quiet!

Being Quiet

Have you ever been in a library or a place where you were supposed to be quiet? If a person is talking too loudly, someone may say, “Shhh!” to help them get quiet. When a baby is upset, the mother may also say “Hush” to help her baby to quiet down and know everything is going to be all right. I sense Father wants to do that in each of our lives, but today's noisy world makes it difficult to get quiet and hear His voice. With cell phones and other technology of our day, taking time to be quiet is not easy in our fast-pace society. Yet having **“a quiet time”** with the Lord is more important than we may realize.

A wise friend of ours has said to

us more than once, ***“It is important to come apart (be quiet or still) before you come apart (fall apart)!”*** We need to set some healthy boundaries for ourselves so that we don't try to do too many things each day. Too much work can lead us into stress, and that is not the way Father planned for us to live our lives. Jesus came and set an example for us to follow. Though there were multitudes of people that needed to be healed, touched, and set free, Jesus knew when it was time to withdraw to the mountains to be quiet and be with Father. He made it a point to get up early or spend the night in prayer after He finished ministering to the crowds. He even sent His disciples away. It was a time for Him to receive and be refreshed. In the quietness, Jesus could clearly hear and see what His Father desired for Him to do. I want to walk the way Jesus did – knowing when to withdraw from the world, to spend time with Father and hear His voice alone!



Have you ever sat down in a quiet place on the outside yet found yourself to be anything but quiet on the inside? Suddenly you are thinking of all the other things you need to do later or situations that you don't have the answers to. These can keep your heart so stirred up it is difficult to hear or sense Father's presence and desires. Our flesh can be distracted and outward things can compete for our attention too. To help us get quiet on the outside and inside, we can start by asking Father where and when we can meet with Him more consistently so that our focus can be totally on Him.

E. Stanley Jones, a missionary and preacher born over a hundred years ago, wrote a book in 1943, **How to Pray**, that gives some very practical tips on how to get quiet before the Lord. The following are some of his ideas:

1. Find a place free of disturbances and withdraw inwardly or "shut the door" on all of life. Physically and mentally relax so your heart is ready to be receptive and receive.
2. Get comfortable and say to your body, "O body, you may be the vehicle through which Father comes to me. Be receptive." Present each part of yourself to Him. **Say:** "Brain, you are now in Father's presence, let go and listen. He speaks and heals, so receive. Eyes, weary from looking at the world, close and inwardly see nothing except Him. I open every cell to His healing, to that calm, to that restoration. Receive, receive! I open every door and give Him all the keys of my life."
3. **Say:** "O soul of mine, you are now in Father's presence. Let down all the barriers of your inmost being and welcome Him now."
4. Be still and focus on your relation-

ship with Him. If your mind should wander and your thoughts are somewhere else, simply let them lead you back to Him. (Ex.- I remember I need to water my plants; Father, I need You to water me with Your Word.) If you have a negative thought, batting your eyes rapidly will demand your attention and break up the thought.

These are a few ways that can help us experience more of Father's presence and love. One simple prayer He led me to pray years ago, and I still pray, is "**Draw me.**" Rather than seeing having a quiet time as another thing I need to "DO," it has become for me all about being in relationship and fellowship with my Creator and Father! Or when something tries to upset me, I see Father actively "**...quieting me with His love...**" **Zeph. 3:17** and that focuses me back on Him.



Cultivating Stillness in Our Souls

Learning to **be still** requires surrendering our flesh and letting go of our efforts to impress Father. Instead, we must come to Father as a baby or young toddler does - unable to do much for himself. Becoming childlike again requires us to separate from the world's ways of doing life and all the ways we have been trained to live independently relying on self. **Humility and dependence on Father** is the way a son/daughter walks believing Father knows best and trusting that Father will take care of us, His children. A young child does not need to have all the answers, just a teachable spirit ready to learn his Father's ways.

Developing stillness in our soul requires quieting our thoughts and

heart. In the past I was prone to feeling like I had to "**figure everything out,**" but since last spring Father has set me free from those words and all the pressure they caused me. My soul is more at peace than ever before as I focus on being His child and trusting that my big Daddy knows what needs to happen in each situation I face. My heart has been encouraged to walk in childlike trust as I have read about others in the Bible. Jesus' mother, Mary, simply said, "**Behold the maid-servant of the Lord! Let it be to me according to your word.**" **Luke 1:38** Mary, Lazarus' sister, sat at Jesus' feet like a young child ready to hear His words and learn of His kingdom. She trusted that He would feed everyone, but Martha could not relax and simply enjoy being with Jesus. His response to Martha emphasizes what is important, "**One thing only is essential, and Mary has chosen it - it's the main course, and it won't be taken from her.**" **Luke 10:42** **(Message)** Taking time to simply sit still and hear His words is the true source of life. Jesus is an amazing example of trusting His Father. After submitting to His Father's will in the garden, He stood calm and silent when asked to answer the questions of the high priest and others. Jesus looked to His Father alone. **Psalm 37:7 (Passion)** states how we all can walk, "**Quiet your heart in His presence, keep hope alive as you long for God to come through for you.**"

Being Still & Waiting

One of the key lessons Father has taught me is that I am to "**be**" His daughter. It's not about our performance. We are not human "doings" but human "beings!" "Being" does not involve movement, but it is an attitude and position that sees Father as the source of life, not



self. **Psalm 46:10** expresses how Father wants you to look to Him and expect Him to do what needs to be done. The Amplified Bible says, **“Let be and be still and know – recognize and understand that I am God...”** The Passion translation says, **“So surrender, stand silent and stop your striving and you will see that I am God!”** Being still helps us to see the Greater One who lives within and wants to help us. Only as we get still and quiet our souls can our spirit direct our activity. When the Spirit directs us, there is no effort. We can be full of peace and rest. What response is Father looking for? I believe it is *humility and yielding ourselves fully to Him and His Spirit*. Just like the artist moves the brush across the canvas to paint a beautiful picture, the canvas cannot do anything to help. In fact, if it moves it may ruin the painting! Father is able to do much more when we get still, see Him and let Him work in our hearts and lives. That is when He works true transformation in us.

Sometimes waiting for Him to reveal Himself and work in our hearts can be challenging as it may feel like nothing is happening. But many years ago I discovered that the word **“wait” qavah**, in Hebrew means to bind together by twisting, to expect, and more. Father gave me an image, that when I am waiting, He is binding our hearts together as one which allows me to rest in that He is working and I can expect good things. The key is to keep **BEHOLDING** and **MAGNIFYING HIM!** He wants to be the center of our being! When times are hard, recognize that Father may want to show you more of who He is and draw you closer to Him. Read **Hosea 2:14**. King David faced many challenges throughout his life, yet he looked to the Lord and expected

His help. In the Passion translation **Psalm 62:1, 5** says, **“I stand silently to listen for the One I love, waiting as long as it takes for the Lord to rescue me. For God alone has become my Savior...I am standing in absolute stillness, silent before the One I love...”**

John, who had experienced much of who Jesus is and even leaned his head on Jesus’ bosom, in his old age was banished to Patmos with no comfort. Even there, John waited on the Lord and wrote in **Revelation 1:10 & 17** that he was in the Spirit on the Lord’s Day and saw Christ in all His majesty and power. He fell at His feet as if dead. Like John, there is always more we can experience that leads to a deeper love and greater ability to trust!

The Benefits of Returning and Rest

There is a strong wind blowing outside as I sit here writing. Whether it is wind, rain, snow, cold or extreme heat, we all desire to find a place where we can be



protected and feel safe and secure. We also need to feel secure from the storms of life.

Father has been showing me that returning home to Him is the best place to run when life’s storms are crashing around me. But as **Isaiah 30:15** says, **“But you would not.”** How many times have we been buffeted by situations rather than turn our hearts toward *“home”* and look to our big Papa? Sometimes, however, we are reluctant to come *home* because we didn’t feel safe in the homes we grew up in. Yet we know from the Word the only way to be **saved (come home)** is to trust in the finished work of Jesus Christ. When we choose to receive the gift

of salvation, Jesus is the open door that allows us to **return home** to our true Father, the One who is safe and full of every good thing!

Rest is the first thing Adam and Eve experienced after they were created since Father rested on the seventh day. Father never planned for it to be about what we DO. As I already stated, it is all about what **Christ DID for us**. True joy and peace come when we live in relationship with Him as a part of His family. He has always wanted His children to settle down and know His home is a **place of rest and love**. **John 15:7, 9** are verses that speak of our abiding in Him and in love. The word **“abide”** in Greek is *meno*, which means to settle down, stay, remain, continue. He never meant for us to do life on our own. He always planned to show us and help us learn His ways. Jesus clarified what He meant as He said, **“... Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me – watch how I do it. Learn the unforced rhythms of grace...”** (Message) Real rest comes when we let Him take control and show us how to live our lives.

When Moses had just lead the Israelites out of Egypt, God said to him, **“My presence shall go with you and I will give you rest.” Ex. 33:14** Moses told God if Your Presence does not go with them, he would not go any further. We can be at **rest** when we live aware that Father’s presence is inside us - in our spirit. The more I see Him with me, the more I can depend on Him and feel secure in His love. **Song of Solomon 8:3** says, **“We are at rest in this love.”** (Passion) The world may get more chaotic, but as His children, we can daily be quiet and at rest in His love!

A Father's Heart Blessing

I bless you to experience Him quieting you with His love and you silently trusting Him.

May you rest secure in His love and hear His voice more clearly.

I bless you with increased quietness in your heart and greater confidence in Him. I bless you with His Shalom~perfect peace with nothing missing and nothing broken.

I bless you to become more "one" with Him and be still like the lake water, becoming a reflection of Him to a lost world!



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