



## THE LOVE LETTER

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

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### Soaking - a Way to Experience more of Father



One of the easiest ways to have an intimate face-to-face encounter with your Heavenly Father is to find a quiet place and listen to some soaking music or songs about the Father. As you quiet yourself and listen to the music, start to see yourself with Father or ask Father to come and make Himself real to you or show Himself to you in some way. You can also start with a time when you can remember having a special time with Father or some dream or vision that He showed you with you and Him in it. Or you can think about some beautiful images from the past or pleasant experiences you have had where you felt loved and accepted. Begin to thank Father for all He has already done in your life, is doing and what He is going to do in the future. There are many sources for soaking music. It simply should be quiet, peaceful music with words that touch your heart or instrumental music that allows you to receive more of His love and peace. The following is a list of artists and the web address to their music/cd's that may help you experience more of Him:

Julie True - [www.julietrue.com](http://www.julietrue.com) ; Graham Cooke - [www.brilliantbookhouse.com](http://www.brilliantbookhouse.com) ; Heather Johnson - [www.simplyhis.org.uk](http://www.simplyhis.org.uk) ; Alyosha Ryabinov - [www.songofisrael.com](http://www.songofisrael.com) ; Ancient Paths - [www.ancientpath.com](http://www.ancientpath.com) ; Alberto & Kimberly Rivera - [www.rainingpresence.com](http://www.rainingpresence.com) ; Grace Williams - [www.liveinhispresence.com](http://www.liveinhispresence.com)

And these are available from iTunes-Brian Longridge, Terri Geisel & Paul Ahn

### Father Says - "I See You!"

Have you ever played "Peek-a-Boo" with a baby or young child? Or watched someone play this game with a child? The adult hides his face and then suddenly reveals it while smiling, communicating "**I see you!**" The response of the young child is usually a big smile, a giggle, and great joy on the baby's face! It is all about **being seen!** In our previous Love Letter entitled **Joy Strength**, Rick mentioned that when we make eye contact and look into someone's face, it brings joy because we know someone is "pleased to be with us." I (Sue) believe that **Father sees you and me all the time and is pleased to be with us!** He is always looking right at us with a big smile and wants to be with us! Our Heavenly Father desires that each of us experience that reality in our hearts! He is not looking at our flaws or imperfections, but He sees great value and worth in us! Love is flowing from His heart to ours accepting us just the way we are!

Does a baby have to do something to merit a parent's love? No! They come into this world not able to do anything

for themselves yet the baby's parents stare into their child's face loving them just because they are!! I remember when I held our sons for the first time and more recently our grandchildren. What love I instantly had for them! That is the same way our Heavenly Father feels about each of us, His precious children, both those that have come home and those that have yet to come home to His love! Are you able to see Father looking at you with eyes of love, pleased and excited to have a close intimate relationship with you?

#### The Zulu Greeting - I See You!

Father is the All-Seeing-One, yet other indigenous cultures seem to value *seeing* more than our Western Christian society. Recently I heard a man share about the way the Zulu tribe of South Africa greet one another using the words, **I see you!** After reading several articles about this on the internet, I got a better understanding of how their greeting of **I see you** can impact the hearts and lives of the people in any community. According to Dr. Elizabeth

Taylor, "**Members greet one another daily by saying, 'Sawa bona' which literally means: 'I see you.' The response is 'Sikhona' which means: 'I am here.' This exchange is important, for it denotes that until you 'see' me, I do not exist; and when you 'see' me, you bring me into existence.**" She goes on to talk about how powerful our human need is for validation. By recognizing someone with words like **I see you**, we are affirming their value and worth. These African tribes also know the importance of being *present* and *intentional* with every person they greet during the day. They look into the other person's eyes, having their words impact the person's heart and soul. Their greeting becomes more than nice words.

In another interesting article by Dr. Robert Holden "**I See You! Are you also looking at me?**" he translates the Zulu word "**sikhona**" as meaning **I am here to be seen!** When he speaks to groups, they practice looking into each other's eyes and saying this greeting with the first person saying, "**I am here to be**



seen” and the second person responding, **“I see you!”** Dr. Holden shares that after greeting several people this way; they felt a greater depth of connection and oneness leading to better communication between each other. Secondly, saying **“I am here to be seen”** brings the person’s spirit to be present, inhabiting the moment.

To be seen involves a willingness to engage with no masks or defenses. It can lead to a person being honest. Next, **“I see you”** is powerful for both people. To hear those words is an affirmation that you do exist and that you are both equally showing respect to each other. According to Zulu tradition, saying **“I see you”** can also mean the person releases any preconceptions and judgments so that **“I can see you as God created you.”** Wow, I believe the Zulus have some truth that we need to rediscover and walk in!

Another aspect of **“I see you”** that Dr. Holden speaks about is the Zulu philosophy of **ubuntu**, which translates roughly **“humanity toward all.”** **Ubuntu** encourages the need for mutual support to “bring each other into existence.” He says, **“...to practice Ubuntu is to help brothers and sisters remember their true identity, recognize their true value and participate fully.”** As I thought more about this, I saw how often through our actions we have done just the opposite of **“I see you.”** In today’s fast-paced world, we can have a tendency to rush through our greetings of **“Hello, how are you?”** We often don’t really see or listen to another’s response. We expect to hear **“I’m fine”** which requires no involvement from us. I believe the body of Christ would be more Christ-like if we applied what the Zulus do by being intentional to see and value others as we greet them. So where do we start? We can look to our Heavenly Father’s example. He is the first One who sees us, is ready to love and accept us, and affirm our true identity and value.

### **The Tendency to not be Seen or Hide**

In today’s fast-paced society with the

population ever increasing, it is easy for people to feel alone and that no one sees them. Whether we go to the mall, a crowded city, or even church, many people go in and out of crowds of people feeling unnoticed. Today we can live in a neighborhood or an apartment complex and never feel seen or known by our neighbors. Often we don’t take time to greet others near us as we are focused only on what we need to do. Even the place where we work can value us only for what we can produce or how we can help the company, never seeing our unique value. We can also feel unseen and depersonalized with all the new technology where we are known only by a number, or we talk to an automated voice or chat through a computer. During WWII, Adolf Hitler took away the Jews’ names/identities calling them only by the number they were given. Other people may not value or see us, but Father sees us and made us to be seen, have a personal identity, and be valued. He wants us to know He always sees us, no matter who else doesn’t!



While some people don’t feel seen, others hide on purpose. They may have been embarrassed, made fun of, or experienced such rejection and hurt that they don’t feel safe to be seen. In certain situations any of us may feel more like hiding than risking more pain and hurt. Hiding can be a way to protect ourselves, but when we hide behind walls it causes us to close our hearts from receiving truth that would heal our hearts. Throughout time Father has desired that each of us knows He is the One who fully sees and accepts us just the way we are without our need to change and do things right first.

### **The-God-Who-Sees**

As I prepared to write this Love Letter, I looked up many scriptures on “see, saw, and eyes.” In **Genesis 16:13**, I found a name for God that I had missed **You-Are-the-God-Who-Sees**. The story is about Hagar who was pregnant and

alone in the wilderness. She cried out and the Angel of the LORD talked with her and told her about her son and his future. Hagar who felt lost and uncertain of what may happen to her said, **“Have I also seen Him who sees Me?”** This story shows us that our Father is always watching and seeing us even when we feel utterly alone and rejected! He is the One who sees all. (Read **Proverbs 15:3**) The Lord’s eyes are looking and ready “to strongly support those whose heart is completely His.” **2 Chronicles 16:9 (NAS)** Scripture tells us our Father has always known us and His eyes saw our substance in our mother’s womb before we were ever born. (**Jer. 1:5; Ps. 139:15**) He sees us and wants us to know He is there and cares!

There are four other stories of people in the Bible I saw who tried to hide, but God saw them and helped them. Their stories can help us to see that no matter how far we run, how we try and hide, or how broken and weak we feel, Father is always watching and sees where we are. His heart is towards us and for us even when we mess up or make bad choices. Elijah is the first one He highlighted to me. He was the man who called down fire from heaven and stood up to the prophets of Baal, yet suddenly Elijah ran for his life upon hearing Queen Jezebel’s threats to kill him. Elijah went into the wilderness and prayed to die, but what did Father do? He sent an angel to feed Elijah and later when he ended up in a cave. Father spoke truth to his heart and Elijah received what God said and experienced great results. Next, Moses ran for his life and hid in the desert after killing an Egyptian that was beating a Hebrew. Yet Father saw and knew where Moses was all the time and later delivered all of Israel through Moses’ leadership. The other two men are Joseph and David. Both of them were taken from their homes and families and hidden by Father until they could walk into their divine destinies. We can all take heart that Father sees us regardless of where we are right now and what we have done!

Father is always there saying, **I see you!** Read **Psalm 139** and especially



verses **2, 8, 15** to help you get the image of our all-seeing Father! He does not hide His face from us! (**Ps. 22:24**) Even our sighing is not hidden from Him! (**Ps. 38:9**) There is no place we can go that Father is not seeing us and loving us through it all!

### Face-to-Face

It is Father's desire that we return to what Adam and Eve first enjoyed with Father in the garden. In the beginning, God created everything else by His spoken words, but man was different. God formed man out of the dust of the ground and breathed into his nostrils the breath of life and man became a living being. (**Gen. 2:7**) Have you ever imagined what that looked like? God's face was right next to the man! As Adam woke up fully alive, the first person he saw was his Father looking into his eyes. Adam and Eve also walked and talked with God in the garden in the cool of the day. **Father always planned for us to have a close, personal face-to-face relationship with Him.** When Adam and Eve ate of the Tree of the Knowledge of Good and Evil, the Bible says their eyes were opened. What eyes? Their natural eyes that judged everything by their senses were opened, but the eyes of their heart were made dull and closed. Though they could not see Father God, He saw them and began to work His plan to restore their ability to have a face-to-face relationship. Father started by forcing them out of the garden so they would not eat of the Tree of Life and be forever separated from Him. From that time on Father looked and found men that were willing to be in relationship with Him so He could legally send His Son, Jesus to remove the sin barrier. Father's goal was and still is to redeem and restore every person to a face-to-face relationship with Him having full rights as sons.

The Bible records a few other people that had face-to-face relationships with Father God before Jesus came and redeemed all mankind so we can come home! After Adam, the first one that obviously had a close

relationship with Father God is Enoch. **Genesis 5:21-24** says, **"Enoch walked with God and he was not, for God took him."** I can only imagine one day they were walking together and Father just took Enoch home with Him! Next is Jacob who deceived his brother Esau to get the firstborn birthright and certainly didn't do everything right. Yet one night Jacob wrestled with God and said, **"... I have seen God face to face and my life is preserved."** After that experience, Father also gave him a new name for his life was forever changed. Father sees each of us differently than we or others see us! **Gen. 32:30**

Moses is the man that most people have read about having a face-to-face relationship with God. In **Exodus 3:1-6** Moses first encountered God as He appeared in a burning bush. God called to him from the midst of the bush, saying his name, Moses. Moses said, **"Here I am,"** but he hid his face for he was afraid to look on God. Later after many experiences with God, the Bible records that the LORD spoke to him face to face as a man speaks to a friend. **Exodus 33:11** This should encourage us that our relationship with Father can grow deeper and closer too!



Another face-to-face encounter happened with Gideon who was hiding in fear of Israel's enemies. But the Angel of

the LORD saw him and called Gideon a mighty man of valor before he did anything. Gideon knew he had seen the face of the LORD and felt unworthy, but the LORD assured him there was no need to fear, but only be at peace. Gideon's revelation is one we are all encouraged to walk in – the LORD is Peace! When we know Father God sees us and is there, we can stay in peace and rest!

When Jesus walked the earth, His disciples and all those that came to Him had some degree of a face-to-face relationship with Jesus. The woman

with the issue of blood attempted to stay hidden even in the crowd, but she was not hidden to Jesus for He not only sensed her touch but saw her and healed her. (**Luke 8:47**) Zacchaeus, the tax collector, is another that hid in a tree, but Jesus saw him and went to his house for dinner. Zacchaeus' job caused others to look down on him, but Jesus saw him as valuable and it changed Zacchaeus forever! Both the man in the tombs and the woman at the well hid and avoided people at all costs so that they wouldn't experience more rejection and ridicule. (**Mark 5:1-17 & John 4:5-29**) Jesus very intentionally went to where they were, **saw them** and healed their hearts, though others didn't want them around. They became vessels used by Father to touch others!

There is one phrase that Jesus spoke that continues to stir my heart – **"He who has seen Me has seen the Father!"** (**John 14:9**) The more you see Jesus, the more you see **"our Father"** and realize **His heart is focused on you!** There is a parable that Jesus tells of a certain man, a father that had two sons. The one son left home with his share of his inheritance and the other son worked in his father's fields. But do you know what the father did every day? He kept looking, waiting and wanting his sons to come home so he could enjoy a close relationship with each one. When **this father saw his younger son** was headed home, do you know what he did? As you think about the story begin to **"imagine how your Heavenly Father sees you"** and what He longs to do for you! What is your Father ready to do for you and what will be your response? **To be continued ...in the next issue!**





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## A Father's Blessing

I bless you with knowing deep in your heart that your true Father sees you, values you and knows the details of your heart and life. I bless you with having a greater capacity to trust Father and believe He only has plans for good and not evil. May you rest knowing He is working all the time on your behalf even though you may not be able to see it all! I bless you with your heart being aware of His presence and His faithfulness every day. I bless you with knowing that your Father is with you at all times. May you know and experience Him fathering you! May you know He is there as the answer for your uncertainty; your defender and deliverer when you feel attacked; your faithful friend when you feel alone; and the God of love when you feel unloved and need a hug! I bless you to know in your heart He is the One who will never walk away or turn His back on you. I bless you with living every minute aware that your Father is there and His heart is to meet your every need and fulfill the desires of your heart! May you experience more sweet fellowship with Him just as Adam and Eve had in the Garden of Eden!

