



Rick & Sue McCoy

The Well is Completed, Dedicated & Blessing Many!



We are rejoicing that the well to supply clean water in Ndola, Zambia has been completed and is blessing the church,

school and surrounding community. Our friend, Eunice, mentioned their need for clean water when we were in Africa last year. Upon our return, we shared about Abba's Arms taking on this project and believing God to fund it. It has been quite a journey but an industrial well was drilled and completed a few months ago. Even with all the restrictions with Covid-19, recently Eunice and her church leaders were able to dedicate the well to the Lord!

One of the women who contributed towards its completion had the Lord impress upon her that this well is like the well where Jesus met the Samaritan woman in John 4. She declared that not only would this well provide and bless many with water, but that it would be used to bring in a great harvest of people into His kingdom!

While the well is completed, we are continuing to stand for the Lord to bring in the remaining \$2,000 that Abba's Arms covered in order to finish the project. We have not mentioned this since the beginning of 2020, but if any of you would like to sow a financial seed to cover the remaining funds you can donate online at our website, <https://abbasarmsintl.org/donate/> or mail us a check made out to Abba's Arms International, Inc. P.O. Box 1396 State College, PA 16804-1396

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**BE SURE TO VOTE NOVEMBER 3<sup>rd</sup>!**



## One Thing is Needful!

For several months, with everything I (Sue) listened to or read, the Lord highlighted the words "one thing" is necessary. Jesus spoke these words to Martha who was worried and distracted about many things while her sister, Mary, choose only to sit at Jesus' feet. Jesus told them both that Mary had chosen the good part that will not be taken from her!

**Luke 10:38-42** Wow! It is quite easy for me to go through my days more like Martha, being distracted by so many things that need to be done, even though I want to sit at His feet. He also highlighted Psalm 27 and is having me read it often! I saw how David's heart was like Mary's wanting only one thing! **Psalm 27:4 TPT** says, "**Here's the one thing I crave from God, the one thing I seek above all else; I want the privilege of living with Him every moment in His house, finding the sweet loveliness of His face, filled with awe, delighting in His glory and grace. I want to live my life so close to Him....**"

What an image of how David wanted to live his life knowing God above all! The longer I walk with Him, the more I believe He has always desired to simply walk, talk and do life with us, His children! We were made to personally know Him and live secure in His love!

## Necessities are Important!

Jesus' words are important for us to consider too! From the different translations of Luke 10:38-42, I found a variety of words used for "one thing is needful." They include *essential, most important, necessary, and one thing worth being concerned about*. In Webster's 1828 dictionary "need" is defined as "*to be in want; necessity; a state that requires supply or relief.*" What are the necessities or essential things we need to live on the earth? We need oxygen from the air to breathe, food to supply energy for our bodies, and clothes and shelter for warmth and protection. We are not our own source and live only by taking in things from outside of ourselves. We were never meant to live looking to ourselves for answers. God created everything for His man and wants us to look to Him! **Col. 1:16-17**

We have a good, good Father who provides what we need to live in this world. Early in my walk with the Lord, I went to Him with my list of things I wanted Him to do for me. Rick and I saw Him bless us by supplying the money we needed,

healing our bodies, and more! But our hearts need to feel we have a home where we belong, are known, seen and loved! After my heart experienced His Love, I saw He knows me and loves me as I am and He wants me to know Him too!

Living at home in His love is much sweeter than just the things He has done for me! Jesus came to reveal His Father and make a way for us to be a part of His family. He wants us to know Him personally yet He never forces Himself on us! He gave us a free will and lets us decide if we want to know Him and live in relationship/fellowship with Him! One encounter with Jesus totally changed Saul to Paul. He no longer valued his former life saying, **“I count everything as loss compared to the priceless privilege and supreme advantage of knowing Christ Jesus my Lord....so that I may know Him (experientially, becoming more thoroughly acquainted with Him...” Phil. 3:8-10**

Paul focused on one thing like Mary and David desiring and choosing— to seek Him, know Him and experience His heart of love! Will we value Him over the things of this world?

### **The Distractions of this World**

Webster’s 1828 dictionary defines **distraction** as **“a drawing apart, separation, disorder, confusion from multiple objects crowding the mind and calling the attention different ways.”** As I read that definition, I said, “Ouch!” As much as I want to be Mary, my life pattern has been more like Martha. When Martha wanted Mary to help her in the kitchen, I believe Jesus’ tone was gentle but He told her, **“You’re fussing far too much and getting worked up over nothing.”** I remember many times that I tried to figure out how to do everything on my own even after being born again and filled with the Spirit! Ultimately there were many things I was concerned about that today I can’t even remember. Jesus would say they were nothing! It has been a process of letting go of my old ways and letting Him lead. Over the years of my healing journey, He has removed getting my identity from what I do, feeling responsible for things that weren’t mine, trying to do more than is healthy for me and not loving and caring for myself! Now He is teaching me the importance of not allowing my mind to be pulled in different directions, but staying focused on Him, living in the moment!



We live in a world that is full of things that can distract us! In the parable of the sower, Jesus talks about different kinds of soil (hearts) that receive His word. He says we can hear the Word, but the cares of this world and the deceitfulness of riches can choke the word and it becomes unfruitful. **Matt. 13:22** Also Jesus said, **“lay up treasures in heaven...for where your treasure is, there your heart will be also.” Matt. 6:20-21** How we spend our time and what our hearts and minds are focused on is important. In today’s technology-filled world, many people are trying to “tell-us-a-vision” wanting us to believe what we hear from other sources without measuring it against The Truth, Jesus! What I focus on impacts what I desire! What is your heart focused on?

### **Face-to-Face**

At the beginning of the Covid-19 lockdown, there was much turmoil in my own heart with my thoughts going all over the place. Then one morning when I was feeling like I needed to pray more, **He asked me to simply sit quietly in His presence, be still and receive His love and peace!** Instead of focusing on all the ways I typically spend my time with Him, each morning He affirmed there was only one thing that was important – sitting at His feet! My heart and my whole being became more aware of Him smiling and delighting in me without any activity on my part! It felt like a divine reset for me by stopping all my activities. I realized when my eyes are only on who He is and what He wants to be for me, I can rest and know that He is the One taking care of things! Mary took a place that women in Bible times typically weren’t given, but Jesus let her have that place at His feet! Her heart was set on Him and Him alone! He spoke to me and said, **“A heart-to-heart connection cannot be taken away by anything external!”**

When our hearts and eyes are set on Him alone, we can experience a face-to-face friendship/relationship with God like Abraham, Moses, and others had. After spending forty days on the mountain with God, Moses’ face glowed. He wants us to live what **Hebrews 12:2 TPT** says, **“We look away from the natural realm and we fasten our gaze onto Jesus...”** To gaze means *to view with fixed attention on someone or something*. Peter, James and John could never forget being on the mountain and seeing Jesus transfigured with His face shining like the sun and Father speaking, “This is My Beloved Son

in whom I am well pleased.” **2 Pet. 1:16-18** Our face-to-face connection with Him will not only change our hearts and us, but He wants His love to flow out of us and impact the atmosphere wherever we go too!

Several years ago, I heard a woman talk about us being like the moon in our relationship with God. Just like the moon reflects the light it receives from the sun, we too reflect the light we receive from His Son! She went on to talk about the various phases the natural moon goes through each month depending on its position in relationship to the sun. As His sons and daughters, the more we keep our hearts and eyes fully focused on the Son, the more we will reflect the fullness of His light and love to those we interact with! Have you ever heard anyone say you may be the only Jesus someone else sees? May we all keep gazing into His face and “**reflect the glory of the Lord. And the Lord – who is the Spirit – makes us more and more like Him as we are changed into His glorious image.**” **2 Cor. 3:18 NLT**

### To Be One like the Father and Son

What does it mean to be one? **Being one** means *single in union or undivided; single in kind, the same*. God – Father, Son, and Holy Spirit - have always lived in harmony, united and flowing together as One. Ever since Adam and Eve’s decision to act independently of the One who created them, people have lived their own way. Mankind lost the image of a loving Father and being part of a family. Instead people have lived as orphans without support, looking to self and making decisions from what they think or know rather than looking to God’s Word that would unite people and make them like Him! When Jesus came to the earth, He came as a visible expression of His Father. Jesus and His Father were so one that Jesus could say if you have seen Me, you have seen the Father. As you read the Gospels, can you see Jesus not doing or acting on His own but revealing His Father, the One who sent Him? What is the oneness of the Father and the Son? They are one substance – love!

Coming to the earth as a human baby meant Jesus had to learn to be like His Father in His soul and body. In His spirit He was one with His Father. Before Jesus’ three years of ministry, He simply lived on the earth allowing His human body and soul to synchronize with Father’s heart. Jesus often took time apart to be in

His Father’s presence which allowed Him to keep their union strong. I heard one Bible teacher say Jesus’ soul was so one with His Father there was nothing to divide! Paul wrote “**But we have the mind of Christ ...and hold the thoughts (feelings and purposes) of His heart.**” **1 Cor. 2:16 AMPC** Our spirits were made brand new when we accepted Jesus as our Savior and Lord. It’s my soul and flesh that think, speak, and act in ways that are not like Jesus! Rather than beating up on myself, I am choosing “one thing” to sit at His feet, focusing my eyes on Him and asking Him to align my spirit, soul and body to be more like Him each day!

Before Jesus went to the cross, He prayed for all of us, “**that they may be one, as You, Father are in Me, and I am in You; that they also may be one in Us, that the world may believe that You sent Me.**” **John 17:21 NKJV** How will the world see or know Him if we live only from this earthly realm? We were made in His image in our spirits and Jesus is bringing many sons to glory as we all belong to the same family! **Heb. 2:10-11** It is important to give Holy Spirit permission to guide us to just what we need to become more like Him. Learning to receive the substance of Love and who He is has taken the pressure off me to perform for love! Father wants us to sit, receive and experience more of His love in our hearts so that Christ is formed in us and we become like Him! Our spirits are already perfect, but He is committed to completing what He began till our soul and flesh reflect Him! **Phil. 1:6** Paul gives a good word picture of how to see ourselves. “**We are like common clay jars that carry this glorious treasure within...**” **2 Cor. 4:7** As you keep your eyes on Him and receive His love, others that cross your path will taste and see Him in your life! Remember He is always ready to connect heart-to-heart and spend time together with you!



## Blessing to Walk in That “One Thing”

I bless you to make time each day to sit at His feet, gaze into His eyes, and receive His love, joy, and peace in your heart. May you let go of all the distractions and the other things that seem so urgent, trusting Him to order your steps after you bask in His Presence. I bless you to be like Mary, choosing to simply be with Him getting your identity and value from Jesus! May Holy Spirit pour greater revelations and experiences of His love into your heart. I ask Father to fill you with the substance of His love that Christ may be formed in you. May you rest secure in His love. I bless you with a new image of you “being one” with Jesus. I bless you to keep looking at the Son and continue to be changed from glory to glory, reflecting Him more completely! Amen!

