



Rick & Sue McCoy

Chicken Project in Ndola, Zambia

During a short-term mission trip to Zambia in 2009, we made a heart connection with pastor John Mwale, from Ndola. John was impacted by the Father's great love and started "Father's Love Ministries," an *outreach to the widows and orphan children in the poorer areas around his small church*. John has a big heart and desire to help those with the greatest needs.

In his desire to have a sustainable source of money to do more for the orphans and widows, Father put in John's heart to raise and sell chickens and eggs. John asked us if we could help.



Our ministry took on this project to help John impact more widows and orphans.

Total project cost: **\$6,000**
Amount given to date: **\$2,000**

PRAY FOR THIS PROJECT TO TOUCH MANY HEARTS IN ZAMBIA!

You can give towards this project online at our website <https://abbasarmsintl.org/>
Or send checks payable to:
Abbas Arms International, Inc.
P.O. Box 1396
State College, PA 16804-1396



Where Is Your Focus?

The *language of the heart is images*. Our *image maker* in our heart displays the pictures and movies that are stimulated by the words we see, hear or read, plus what comes in through our 5 physical senses. We can get an image or a whole movie on our image maker just from a single smell, sound, or word! We can also get images from spiritual inputs like when we have a vivid dream or operate in the spiritual gifts of Prophecy or Words of Knowledge. These images often come with the emotions, feelings, or memories associated with them from our past.

I (Rick) can also capture images with my physical camera or other mobile devices. I can change what is in focus in those images by manually adjusting the aperture (f stop). The smaller the opening, the more things come into focus in my picture. I can also change the focus by switching from auto to manual focus. In manual focus I have complete control on what is sharp or blurred in my picture. And the third way to change the focus is to set the shutter speed too slow that any jiggle in the camera blurs the picture!

Just like changing settings on my camera can alter the picture I am taking, **my heart and brain can change the focus and what I am seeing on the image maker in my heart.**

What is TRUTH?

Twisting the truth is the first way that we can change an image on our image maker. The simplest definition for **TRUTH is anything that is not a lie!** A more focused definition might be that THE TRUTH is Jesus and the embodiment or expressions of Jesus in the Bible. Some people say, "I'll know it's true when I see it, feel it or hear it." My intent is not to get into a big debate about "truth," but to help you realize our hearts are involved in what we believe is really true! What you think is true is true to you until someone proves you wrong!

There are two truisms about our heart:

1. *We don't see things the way they really are, we see things the way we are.*
2. *What we really believe is what we believe in our heart.*

What's in our heart can change how we see life, the future, memories, or other people. For example, sometimes when Sue is trying to help get our relational circuits back on towards each other (because of a "serious discussion!"), she can express a memory of a past event that made her feel good. However, because something hurtful may have happened to me during that event, I can have a negative reaction and it does nothing to get my relational circuits back on! Those are called memories with a "splinter!" Instead of remembering all of the great parts of that event that should make me feel good, I'm still stuck in that hurtful moment. I know; I should forgive and release all the pain, but that's not always as easy as it sounds!

We can also change our focus if we believe a lie that then affects how we see another person or what we hear when they speak to us. For example, somebody may tell me that a person is a liar or may steal things from me. Even though I may have no experience with that person to reinforce that statement, I can still be more cautious about what they say or afraid to leave them alone with my valuable possessions!

Or another way to change focus is to allow ourselves to get too caught up in what is going on in the world. The lies, confusion and fear being presented to us about Covid, the economy, supply issues in stores, inflation, and world events all can get us focused on the negative and everything that is wrong. We can be dragged down into hopeless despair, depression, anger, frustration, fear or other negative emotions. We have a hard time focusing on anything positive! ***These are all like a picture taken with too shallow of a depth of field. One or two things might look in focus, but there are a whole lot of things out of focus!***

Critical and Judgmental Spirits Can Blur our Focus

Another thing that can mess up our focus is a result of what we got from the Garden when Adam and Eve ate of the Tree of the Knowledge of Good and Evil. **Gen. 2:6-7** When they ate of its fruit, their spiritual eyes and ears of their hearts were closed and their natural eyes and ears were open to know good and evil, right and wrong. Our hearts were never meant to know such things for it draws us towards judging everything and only results in sin, death and every evil work. **As a result, we have a tendency to focus on**

what is good or bad, right or wrong, sinful or holy about another person and tend to judge them accordingly. By nature, our focus tends to be towards the negative just like when we look at the single spot on someone's clothes or the black dot on a white piece of paper. We have a tendency to focus more on what is "bad" or "wrong" with another person instead of looking for the treasure in someone else! We can also focus only on what is not right about a friend, our spouse, our children, etc. and all the mistakes, losses, hurts and disappointments that have happened to us in that relationship. ***We can adjust our focus manually and see only what's wrong or bad in their lives.***

I know for me it is really easy to look at Sue and still see all the things that I think are "wrong" with her and wish that she would just change. "Life would be so much more enjoyable if she would just" Or I can still focus on memories of things from our past that would try to bring back negative images, feelings, or emotions and cause me to withdraw or disengage with Sue, especially during some of our "heated" discussions! In those moments I have allowed my focus to shift to the negative and totally forget all of the great times we have had together from our past or all the ways that she has already changed and made our relationship better!



One thing that can really blur our images is when we dwell too long on what is wrong, bad, boring, scary, fearful, or frightening until everything seems to pull us down or puts us in a bad or depressed mood. That can happen within ourselves or within another person. It's easy for me to look into the mirror and see everything that is wrong with my physical body. My mind can go over all of the things that might not be working right in my body and I can get discouraged or fearful. I can dwell and rehearse all of the things that I have done wrong in my life as I lay in bed trying to fall asleep. I can even think about all the things that I wish were different about Sue. But all that does is open the door for satan to traffic in my heart and brain with negative feelings about myself or others. Depression, fear, hopeless despair and anger are just a few of the things satan will try to keep us stuck in. ***That's like setting the shutter speed to low until everything easily gets out of focus!***

Encourage Yourself in Love!

I'm not saying that you need to put on the proverbial "rose-colored glasses" and ignore or deny where things may be at in your marriage or relationships. There may be some abuse, betrayal, dysfunction or unsafe conditions that need to be addressed and resolved through prayer, Godly counsel, or other actions first. **But I am encouraging you to take another look at those around you with "God's eyes." Father sees all of them through the finished work of the cross and His forgiveness of all their sins. "He is risen!" Matt. 28:6** Jesus did rise from the dead victorious over all sin and unrighteousness. That is "THE TRUTH!" Don't just see the bad or what is wrong, but look for the treasure in each and every person. Try to help draw that treasure out of them so they can see themselves a different way too. Don't allow the deceptions and lies of the enemy to drive a wedge between you and those around you!

The only way to know the TRUTH is through Love. And Jesus promised us that the Holy Spirit would guide us into all of the TRUTH. Only when you are born again and filled with the Holy Spirit can you expect to experience and know the TRUTH! We need to see life and other people through the eyes of our Papa who looks at everything through the finished work of the cross and Jesus' death and

resurrection! All our sins have been dealt with at the cross and we have the victory now!

We will know the TRUTH and the TRUTH will set us free! **John 8:32**

And we know the TRUTH through His LOVE!

Keep your heart and life in perfect focus with a big dose of Father's Love every day!

"We are guided into all truth as the love of God is increasingly poured out within our hearts. Truth is not the opposite of love; it is a product of love! It is only love which sees the truth and which can apprehend the truth; it is only the love of God which sees everything as it truly is. Fullness of love brings fullness of understanding. As the love of God is poured out within the heart, it will bring an ever-brightening dawn of revelation."

Stephen Hill *John - A Prophetic Revelation*



A Father's Blessing for Keeping Your Life In Focus!

I bless you to have a positive attitude about yourself and know who you are in Christ Jesus. I bless you to experience what it means to be called a "Son of God" and to be loved by your Heavenly Father as much as He loves Jesus. I bless you to have a discerning spirit and be able to identify the lies of the devil and to know the TRUTH that will set you free. I bless you to have Godsight and see yourself and others through Father's eyes and how He sees you. I bless you to be free of all critical and judgmental spirits and only speak words of blessing and love to everyone you meet. I bless you to see the treasure in other people and bring out that treasure in them and in yourself. I bless you to keep your focus on what is true, just, good, lovely and worthy of praise.

