



Rick & Sue McCoy

The Love Letter

Abba's Arms International, Inc.
EXTRA ISSUE Volume 14

EXTRA!! EXTRA!!

Enduring With Joy...It is a Process

Did you watch the Winter Olympics? The athletes made it look easy, but they spent countless hours of hard practice, believing to reach their joyful goal of winning a medal. What kept them going? They were motivated to press through, not quit and endure the process! What motivates us to endure hard times in life with joy and not quit? Jesus is our example of enduring everything He faced with joy! **Hebrews 12:2-3 NKJV** says, "...For the joy set before Him, He endured the cross, despising the shame...For consider Him who endured such hostility from sinners against Himself, lest you become weary and faint in your souls." Jesus' love for His Father and us motivated Him to suffer and die for us. His ability to endure came as He spent time receiving all He needed from His Father!

I'm writing this extra Love Letter because Father spoke to my heart that we all need to be encouraged. While the world is a mess, He desires that we as His children focus on the "process" of becoming more like Jesus. I (Sue) have learned after many years of walking with the Lord that I grow the most during hard times, not the easy ones. Living each day receiving my Father's love and growing my heart-to-heart relationship with Him is what keeps me going, growing, and learning to endure with joy! No matter what circumstances we face, it's time to keep our eyes on Jesus and see His smile and delight in us! Then we won't become weary and faint as we focus on our reward which is an eternal one - living in His Kingdom now and having an eternal home in Heaven!

Learning to Endure or Persevere

In Webster's 1828 dictionary the word, *endure* means "to last, continue in the same state without perishing, to remain, to abide, to bear with patience, to support without breaking or yielding to pressure." Some people endure a situation, but they have a bad attitude and just put up with something they don't like. Enduring with the right heart attitude like Jesus is a character trait that we only learn through practice in hard situations. Jesus came to redeem us, but also to be our example of living with joy all the time. Jesus lived many years on the earth not doing ministry, but learning. We are told, "Jesus matured, growing up in both body and spirit..." **Luke 2:52 MSG** Time and experiences

of life are what help us grow up and mature. The first time we do something it is usually hard, but after doing a task over and over, it becomes easy. Besides perfecting tasks, learning how to interact with the people is a place where we practice enduring with joy. By imitating the example of godly people, we learn how to persevere, not give up, and do the right thing when circumstances aren't easy.

Unfortunately, we live in a fallen, broken, sin-filled world where often our parents and others around us didn't give us godly examples to follow. This has resulted in a world where many adults never learned as children how to not give up when life situations didn't go the way they wanted. When situations fall short of our expectations and things seem out of control, we can easily get mentally or emotionally discouraged. Those are the times when it is easy to let go of believing what God's Word says. Our enemy comes to steal, kill, and destroy our faith, peace, joy, relationships, health, finances, and much more.



The Bible records the stories of many people who chose to follow God and do hard things when it wasn't easy. Check out: Abraham, Joseph, Gideon, David, Ezra, Nehemiah, Esther and others. The Apostle Paul experienced more negative situations than anyone, but nothing stopped him. **2 Cor. 4:8-11** He had experienced our Father's love and comfort which helped him endure hardness and encouraged others to endure like good soldiers. **2Tim. 2:3, 10** A good soldier isn't distracted by other things, but focuses on the end goal. Our goal is trusting our good Father and spending eternity with Him! We can overcome and endure to the end when we see Jesus and respond to life like He did. Keeping a positive attitude even when we don't do something right the first time and feel like quitting is possible when we remember that Jesus is with us, smiling and cheering us on!

Things that Hinder Us from Enduring or Cause us to Quit

Our world has been full of many negative, difficult problems in the past two years that have overwhelmed many people. Every day there is bad news that presents much fear whether about Covid-19, sickness or death, not being with family/friends, the fear of losing a job, lack of finances, violence, and more. The airwaves are full of negative words wanting us to fear the future.

It is very easy to go with the flow, listen to and repeat what the media or others are saying. The world focuses on this natural realm, unaware of activity in the Spirit realm. If we believe what we hear from natural sources or other people, our enemy may wear us down. He wants us to lose heart, get discouraged, yield to fear, and become hopeless so that we lack endurance and faith for our future.

How we use our time and what we focus on can affect our words. Every word has an image attached to it. The images on the screen of our hearts and minds can then affect what we believe and speak. If we focus on the negative images from the media, we may get discouraged and stop believing that God is bigger. “Tel-e-vision” is Telling a vision of what they want us to believe is truth. We must ask ourself, “Does it agree with God’s Word, the real truth?” Our words are like seeds that we sow each day either towards life or death. God tells us to choose life. **Deut. 30:19-20** Are your words helping you or hindering you from enduring and producing life?

Another ***hindrance to enduring comes when we put our eyes on ourselves and fail to see God in a situation.*** If we live as orphans looking to ourselves to solve all our problems, we may not know what needs to happen. Independence was the downfall of Adam and Eve in the Garden, thinking they could live without their good Father. They thought they knew best! Being humble like a little child asking for Father’s help is the better way. When ***things don’t go the way we anticipated, it’s easy to start murmuring and complaining about our problems.*** That response comes when we have ***stopped being thankful*** for the good things in our lives and we only see what is wrong! Ask Father to help you let go of your old ways of living and ask Him for His ways!

Things that Help Us Endure with Joy

Jesus’ joy wasn’t found in the circumstances in His life. His eyes were set beyond the cross having a vision of sin removed and all of us free to come home and be a part of Father’s family forever! Wow! Joy is not a feeling but something that grows from the inside. It is one of the fruit of the Spirit and increases as we get a clearer image of how greatly we are loved and belong to Him forever! **James 1:5** says “**Count it all joy when you fall into various trials, knowing the testing of your faith produces patience ...**” James knew that tests and trials help us learn to patiently endure with joy and make us more like Christ! Learning to patiently endure with joy is a part of maturing and allowing the character of Jesus Christ to be formed in our hearts and lives. ***Focus and see all the fruit of the Spirit growing in your heart. We can keep a good attitude during hard times as we receive more of His joy, patience, love, kindness and other spiritual fruits.***



To endure with joy, ***we need “God-sight,” seeing everything through our big God!*** The Bible is full of stories of how other people walked with God, learned how to go through hard things, made mistakes at times, yet overcame situations. Imagine yourself in David’s shoes and see yourself conquering big problems like killing Goliath. He kept his faith by looking to his big, big Father God! The more we know Him, the bigger He becomes and we can expect Him to be who He is for us! Recently I was tired, overwhelmed, and feeling responsible to complete a lot things by a certain time. I had lost my joy! I chose to pause, get quiet, and put my heart and eyes back on God. He reminded me that I wasn’t alone (**Heb. 13:5**), He cares for me (**1 Pet. 5:6-7**) and He is my help (**Ps. 121**). Then Holy Spirit showed me the steps to accomplishing my tasks. Being aware of Him with me refreshed me and my joy returned!

Recalling our experiences with God also keeps our heart and attitude in a positive place. Can you remember past situations where Father has come through for you, with answered prayers, brought good out of bad situations, or how He cared, encouraged, and was faithful using other people? As I remember what He has done for me in the past, then praise and thanksgiving flow out of my heart and mouth! We can endure with joy when we see and remember who He is and what He has already done in our lives! ***Being thankful and expressing appreciation for all the blessings in our lives for 5 minutes 3 times a day rewires our brains to the positive.***

Living from His Kingdom Above

There is a great shaking going on in our world today, but His Kingdom cannot be shaken! **Heb. 12:28** His Kingdom is righteousness, peace, and joy in the Holy Spirit. **Rom. 14:17** Being continually filled with Holy Spirit will also keep our joy level up! Can you see yourself seated with Christ, aware of the things above making the things of earth not as big? **Col. 3:1-2** How did Paul endure so much with a joyful attitude? “**He chose to look not at things which are seen, but at things which are not seen. For the things that are seen are temporary, but the things that are not seen are eternal!**” **2 Cor. 4:7-8** How do we keep our eyes on Jesus, the Author and Finisher of our faith? It’s not by doing more; it comes by returning to Him, resting in Him, beholding Him, and waiting on Him to work. **Isa. 30:15, Isa. 40:26,28-31** In Hebrew, ***wait*** means to ***twist together***. To make a stronger rope, three or more cords are braided together. As we wait, He makes us one with Him! We get “twisted” together with Him into a threefold cord that’s not easily broken! **Ecc. 4:12** Living as His son/daughter in His Kingdom is the best way to endure joyfully knowing you are loved, accepted, forgiven, secure and have a Father who is ready to teach you how to walk like Jesus and endure life with joy!

The Chicks Have Arrived!

Construction of our chicken project in Ndola, Zambia is complete and the first 102 chicks are in the rearing house and beginning to grow! PTL! It looks like they have doubled in size from the first week under the watchful eye of the Pastor John Mwale and the caretaker/guard. It is a learning curve for everyone with a local NGO giving them helpful advice and direction. ***Profits from the sale of the chickens will be used to help the widows and orphan children in the poorer areas around his small church.***

We have already had \$2,000 come in this year plus the \$2,000 received last year!

That leaves just \$2,000 to completely pay for this project!



Computers are being used!

We have begun to record and download videos to our two churches in Ndola, Zambia and Nakuru, Kenya. Very positive feedback has been received from the pastors. Our videos for a youth weekend impacted everyone who attended with lots of questions and they now are having follow-up meetings with the youth!

We have received \$1,700 so far and **need an additional \$2,700 to complete these projects!**

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

