



THE LOVE LETTER

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

Volume 3, Issue 1

1st Quarter

Update about Abba's Arms Int'l



We send our love to each of you with our first newsletter of 2011. We officially have a **new logo** for Abba's Arms International, Inc. We want to thank Fenny Lai who created it for us. We believe it symbolizes our ministry as we share Abba's love with each person we meet and see their hearts healed. We are closer to **launching our website**, which we hope will happen by the next newsletter! We plan to soak ourselves in **Father's Love by attending a conference and a school in the Virginia Beach, VA area from March 7th-19th**. Please pray for us to experience more of in His love and have our hearts enlarged for others. Our prayer for each of you is that you walk in a greater place of intimacy with your Father and with your spouse if you are married!

Intimacy – The Doorway to Deeper Love

Until I met my wife, I had no idea what intimacy was like. Webster's dictionary defines intimacy as a "close friendship" or "nearness in friendship." Among the definitions for a related word "intimate" are "one to whom the thoughts of another are entrusted without reserve" and "to love entirely." When I use the word "intimacy," I'm not talking about the "falling in love stage" that you read about in romance novels and fairytales or what a couple experiences during courtship and early marriage. What I think best describes intimacy to me is the phrase "into-me-see," and that is where I want to go with this article.

Intimacy is the deep communion of heart and spirit between two people or with our heavenly Father. It is where we share heart-to-heart our dreams, hopes, fears, struggles, past hurts, heart wounds, and joys. Nothing is hidden or "off-limits" for discussion and sharing. It is a state where the walls are down and the roof off of our lives, totally open for the other person to see. I'm giving someone the privilege to look into the depths of my heart without shame or fear of what is there or how that other person, or Father God, will

respond. Besides the physical closeness, this is what is implied in **Gen. 2:24-25** where Adam and Eve were naked and not ashamed in the garden. It is that becoming one flesh where we know and are known completely by each other. It is where love flows to its deepest levels. It is also a place where our heavenly Father wants to be with us too!

To accomplish true transparency and intimacy, you first must be able to trust one another and feel safe to be open and transparent. Because of past experiences or hurts and wounds, however, most of us are very cautious and guarded about sharing our innermost thoughts or deepest emotions and feelings. We tend to allow our "false self" to control our lives, and we hide behind the lies and walls we have built to protect ourselves from being hurt again. Fear of rejection and what other people think keep us captive in our self-imposed prisons. Shame about what we don't like about our self or fear of someone finding out what we have done or what has been done to us can also keep someone from opening up their heart. Transparency can only come as we receive more of the Father's

love; the Holy Spirit sets our captive spirit free; and we build basic trust with another person. As I have been able to accept who I am, acknowledge what I have done, and receive His forgiveness, my intimacy with Sue and my heavenly Father have grown tremendously.

Blood Covenant

The foundation upon which transparency and basic trust are built is the blood covenant. We enter into this covenant through the cross and receiving Jesus as Savior, and we may later form another blood covenant with our spouse when we get married. Craig Hill in his book "Two Fleas and No Dog" defines blood covenants as a total agreement unto death that is unconditional and never broken. In other words, it is an agreement between two people that can never be altered or broken without severe consequences. That level of commitment makes it easier to feel safe and allows us to open up and be transparent with someone or with our heavenly Father. Basically, a blood covenant was entered into through seven steps. First, a commitment was made before God and not based on the performance of the other party. Second, terms were expressed

including duration and scope of the commitment. Usually it included everything they had, even their own lives. Third, gifts were exchanged, usually four valuable items: 1) a coat or robe representing the tribe or family and their position (sign of authority), 2) their name – each would take the name of the other person, often combining them, 3) their weapons belt denoting their willingness to defend each other against all enemies, even to the death, 4) their blood either through direct exchange or a sacrificed animal. Fourth, vows were made before God that usually contained blessings for keeping the vows and curses for not keeping them. Fifth, witnesses attested to the making of the covenant to ensure the covenant would not be broken. Sixth, a sign of the covenant was exchanged either through a scar on their body or a container with a copy of the covenant worn for others to see. Seventh, they would share a covenant meal symbolic of their friendship.

All seven elements of a blood covenant are also in a marriage ceremony. The marriage is conducted in the presence of God; terms are expressed ("I take thee for better or worse..."); gifts are exchanged (wedding gifts and blood is shed on their wedding night the first time a woman has intercourse); vows are pronounced ("I take you to be my lawfully wedded wife/husband ..."); witnesses are present; rings are worn as an outward sign of the covenant; and there is a covenant meal (at least dessert!). This blood covenant becomes a protective shield over the marriage and their hearts to keep the couple together and committed to each other for the rest of their lives. However, this only builds trust when both partners agree to uphold the terms and conditions of the covenant. If one partner looks at the marriage as a contract based upon the performance of the other partner, then the bond will not be strong enough to promote transparency, and without transparency, there can be no intimacy in the marriage.

Intimacy with our Heavenly Father

It is our blood covenant with our heavenly Father through Jesus Christ that creates the foundation for receiving forgiveness, becoming a son or daughter, and having an open, transparent, and intimate relationship with our Father. We must trust in the covenant and His Word that He will always be with us (**Deut. 7:9**). When we feel secure in His love and acceptance of us, we can begin to open our hearts to Him and enter into a deeper intimacy. Note. If you never experienced love and acceptance growing up as I did, it may take some time, like it did for me, before you will be able to go there.

We can only share our sins, faults, and shortcomings if we are certain of receiving forgiveness provided through the cross. We must have complete trust in our heavenly Father and know that He accepts us as we are. The unconditional love and acceptance of our heavenly Father should allow us to feel safe and be open and transparent with Him.

There is nothing that we will ever do or say that would ever cause Him to love us any less or any more than he does right now! With this open transparency, we can have an intimate relationship

with our heavenly Father. This transparency will allow us to defeat sins and bad habits, risk loving others, and walk free from shame, fear, guilt, and self-hatred.

However, we must guard our self from drifting away from our heavenly Father when we don't run to Him with all our fears, dreams, feelings, emotions, hopes, needs, and struggles. Hidden things can destroy our intimacy with Father. It is not that He has drawn away from us for He will never leave or forsake us (**Deut. 31:6**), but we can drift away in our relationship with Him. If we try to cover things up and live a lie, we

only deceive our self (**Jam. 1:22**).

Some Hindrances to Intimacy in Marriage

Keeping things hidden in a marriage will also destroy intimacy and keep a distance between a couple. Your spouse will sense that something is wrong or that there is a wall between you. When you lie or hide the truth, you cut the other person out of a part of your life.

When you are not open and transparent with your spouse, it eventually leads to what Craig Hill calls "soulical adultery" which may lead to physical adultery. Soulical adultery is when you are transparent with someone other than your spouse. You share exciting news, revelations, or beautiful scenes with them; you have deep emotional or spiritual conversations with someone else; or you share your marital frustrations with someone other than a counselor. Sharing the emotions and struggles in your life can build intimacy with the wrong person and lead to romantic or sexual desires. By denying your spouse those conversations, intimacy is not possible and you begin to think that you have fallen in love with someone else.

There are many other actions and behaviors that will also kill intimacy. For example, men will use anger, criticism, humor, joking, closing up and withdrawing on their wife or others. Such actions shut down both meaningful communication and any further questioning about what the man is trying to hide (no transparency, and therefore, no intimacy!). Conflict, when not handled properly, can also shut down intimacy. Conflicts arise out of the reactions we have to the deep-rooted hurts and lies we received while we were growing up. The words or actions of another person can trigger negative responses in us that devalue, discredit, or invalidate the identity, emotions or feelings of the other person. When this happens the wife feels no love and the husband feels the disapproval and lack of respect which only fuels the conflict to grow stronger.





Under these conditions, walls go up, meaningful conversation stops, transparency is not possible, and intimacy is lost.

Restoring and Building Intimacy with the Father

As mentioned earlier, intimacy is built on the foundation of a blood covenant through Jesus Christ and later in marriage. It then becomes the process of the two becoming one with the Father. By dying to self and our will we can find our true identity like the apostle John did at Jesus side, "I am the one Jesus loves." We are His beloved sons and daughters in whom He is well pleased!

We must be careful not to allow the cares of this world, the deceitfulness of riches, the lust for other things, and our busyness to steal the Word or our passion and love for Jesus and the Father. It's our passion and love for the Father that sustain us through the ups and downs of life, the tests and trials, and circumstances that try to depress or discourage us. With His love, we can maintain a close intimate fellowship with the Father. However, we can let life's distractions draw us away from Him. We cannot allow ourselves to get comfortable and content where we are at right now. I can get comfortable with how things are going and back off on my fellowship with Him, and before I know it, I'm a long ways away from the intimacy I desire to have with Him!

We must continually stir up the desire within us to get closer to the Father. In **Hebrews 6:12** we are warned not to become sluggish with our faith. The Greek word for "sluggish" is "nothros" and means "something dull, unexciting, lost their zeal or desire, disinterested, take it or leave it attitude." It is not just someone who is lazy. We can be very busy and still be "slothful" towards the Father, the Word, and His love. We need to press in and be imitators of those with passion who through faith and patience

inherit the promises. (**v. 6:12b**) As we open our hearts to another person or our heavenly Father and draw near, intimacy grows and we sense their love and acceptance.

We are His beloved child and that is the way He knows us and relates to us. The condition for obtaining and maintaining this awareness of our belovedness is time alone with the Father. Just as John put his head on Jesus' chest and listen to the heart of the Father, so must we place ourselves in His arms and hear Him say, "Be still and let me love you!"

Too often, however, our focus is stuck on who we were, or think we were. The accuser and liar, Satan, tries to convince us of our unworthiness. Our embarrassment compels us to hide, cover up, draw back, or apologize for who we think we are. All the time Father has been trying to shout over the noisiness of our life and tell us the truth. His Son Jesus Christ has already taken away the sins, the pain, and brokenness of our lives. We are already forgiven and He loves and accepts us just the way we are. We don't have to try and earn His love; we just have to be His beloved child. Be still and hear Father whisper to you, "I love you. You are my beloved son/daughter!"

Intimacy in Marriage

Restoring intimacy in a marriage requires that same deep desire to draw close and open your heart to give and receive love from your spouse. We ought to relate to our spouse as our beloved through time alone with them. It is a process of becoming one. In his book "Eight Steps to Intimacy," John Trent uses **Song of Solomon** to give us a biblical blueprint for understanding if we are really intimately in love.

1) **A Strong Physical Attraction** – She desires that he kiss her multiple times! (**Song: 1:2**) A strong physical desire (with constraint until the wedding night!) is part of a healthy courtship. The lack of sexual desire in the mar-

riage is a good indicator of major problems and can lead to other problems.

2) **A Purified Character** – Her passion is based upon his character, not his strength, his money, or his cologne. His dignity, manners, morals, and inner integrity promote her passion. (**v. 1:2-3**)

3) **Respected by Others** – The wife is not the only one who sees his value. Others recognize and appreciate his character and confirm what the wife is seeing.

(**v. 1:3**)

4) **A Biblical Balance in Roles** – The husband must take the lead and they work together. (**v. 1:4**) He becomes a servant leader who serves those he leads. As a leader, he respects her feelings, emotions, desires, opinions, and convictions.

5) **An Increasing Security in the Relationship** – Our outward actions towards our spouse builds the security and reinforces our love for each other. In verses **1:5-6** she is insecure about herself and his love for her. She is more possessive in verse **2:6**. After the marriage she is more secure in their love (**v. 6:3**) Then in verse **7:10** she can fully rest in his love for her, knowing his desire is for her alone.

6) **Give Praise** – Solomon uses several statements of praise and word pictures to reinforce her beauty and encourage her character and potential. He praises her seven times, the number of perfection!

7) **A Focus on the Loved Ones** – In verses **1:13-14** she compares her lover to a fragrance around her neck that is a constant reminder of his love. We need to keep our spouse on our minds throughout the day and let them know in various ways that we are thinking about them, especially when we are not in their presence. Cards, letters, phone calls, and flowers unexpectedly all speak to the other person that they have importance, value and a place in your heart.

8) **A Spiritual Oneness** – In verses **1:15-16** "beams of cedar and rafters of cypress" speak of woods that were strong, beautiful, expensive, and used primarily to build tabernacles. Two people in marriage must be equally yoked walking together spiritually with the same faith,

Intimacy – The Doorway to Deeper Love (con't)

or when the storms of life come, they will not have the strength in the marriage to stand. Walking in all eight of these steps will help you build a biblically sound relationship with intimacy, love, and strength to endure all the tests and trials of life. Begin today to build intimacy with your heavenly Father and, if you are married, with your spouse.

To reach the deep love that we desire with our spouse or our heavenly Father comes from a relationship founded on a blood covenant where there is complete transparency. Intimacy comes from this safe environment of open meaningful conversations and draws the two together into a deeper and deeper love for each other. We must keep the desire for oneness stirred up inside us, not allow anything to distract us, and not allow anything to remain hidden. We also must keep our eyes focused on our true identity as His beloved son or daughter.

Pray this prayer out loud:

Heavenly Father, I come to you desiring to experience more of your love and intimacy in my life. Draw me to you and let us run together throughout the rest of my life here on the earth. Hold me in your arms, look into my eyes, and tell me again and again that I am your beloved child in whom you are well pleased. Show me your plans for my life and then lead me along the way to do your will wherever I go. I receive your love continually and give it away to the next person I meet. Your love flows through me to meet the needs of others and bring healing and wholeness into their lives. Thank you that you are my Father and I am your son forever! In Jesus Name, Amen.



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

1406 Harris Street
State College, PA 16801
kku1mccoy@verizon.net