



Rick & Sue McCoy

Well Water Project - Zambia!

We are making progress on our well project for Zambia. We have received \$6,200 and only need an additional \$2,200 to meet our goal of \$8,400. Our contact has been checking with the well drillers to find the best price and product for that amount. If you have already contributed towards the project, THANK YOU! If you have not, but would like to be a part of bringing water to a new school and the surrounding community, you can still do so by contributing through Paypal at our website <https://abbasarmsintl.org/> under the GIVING drop-down on the Home page or by sending a check made out to:

Abba's Arms International, Inc.
P.O. Box 1396
State College, PA 16804-1396



Your Vote Counts in 2020!

The 2020 elections are crucial to the future of our country. First of all, you must be registered to vote, last day to register for the primary election is May 18 (PA primary is now June 2) and for the presidential election is October 19 (Presidential election is Nov 3).

Find out what the candidates' positions are and what their party platform has in it. Statistics show that 90% of what senators and representatives vote for, regardless of their party affiliation, line up with their party's platform.

If every Christian registers and then votes in the next election, they will become the deciding factor of who wins all the open seats in our country! Many elections are won or lost with as little as a 10,000-vote difference.

Vote your values. If you don't like what is going on in our state and federal government, you have the power to change that when you vote!

BOUNCING BACK!

As I thought about bouncing back, Father dropped into my heart the idea of a basketball. Growing up I enjoyed playing basketball and I always kept my ball fully inflated so that it would have the best bounce for dribbling, shooting, and passing. But when the ball began to leak, it would quickly lose its bounce making it difficult to use. The image of the basketball showed me how much our heart and our life, is like that ball. When we are full of Father's Love (air in the ball), we can function at our maximum level as His sons and daughters. However, when our capacity to receive and experience His love is diminished, it becomes more difficult for us to live as His true children. In that state, we can easily be overwhelmed by negative emotions and feelings or the memory of painful and traumatic events.

Father knew, and Jesus warned us, that in this fallen world we would experience bad and difficult things happening to us. Hurting people hurt other people and make bad decisions that may impact other people. Jesus also said that some people would hate us because they hated Him first. **John 15:18** Since Father gave us all a free will so that our love would be a choice and not a command, He is now unable to stop someone's will even though it may result in some of His children being hurt. Even in the trials and tribulations of our lives, Father has given us some ways to bounce back and not allow them to steal our joy, peace and experiencing more of His comforting love.

Bouncing Back from Death and Loss

Experiencing the death of a loved one or someone who was close to you is never easy even after a prolonged illness or from old age. The loss is very real and the reality that they are gone until you see them in eternity, can be extremely difficult and deeply painful. The sudden unexpected death of a loved one can be even more devastating and register in our heart at a much deeper level. There were several people that attended our pastors' training in Zambia that had recently lost a spouse or sibling. Even though deeply impacted by the loss, Father was able to minister His comforting love to them in the grieving and healing process. They also had a support team of other pastors at the school who were able to comfort and encourage them. By the end of the week, we could see their countenance had changed and there was hope in their hearts again. **Psalm 30:5**

I also realize that not everyone may have the kind of support group that these pastors had. If you find yourself unable to shake free from the grief and sorrow related to a death, don't try to deal with it by yourself. Find some close friends or relatives that have some emotional stability who can come alongside of you until your heart begins to heal. Or you might need to seek some professional help to walk you through any depression or prolonged grieving. You can also share your feelings and ask your questions to Father God who is always ready to comfort you. Crawl up into His lap and let Him wrap His loving arms around you and hold you tight!

Your loss may not be the death of someone, but you may have suffered some other type of loss such as a job, investments, divorce, health, or property. I think of the story of Joseph and how his father and brothers treated him after he shared the dreams God had given him. Even though Joseph lost everything and found himself in prison, he remained faithful to the Father and never lost sight of the visions and dreams Father had given him. He used "**God Sight**"

when everything looked hopeless and continued to keep an intimate relationship with the Heavenly Father. (*read more about God Sight at our website*

<https://abbasarmsintl.org/>) By staying faithful to Father's promises and keeping a close intimate relationship with Him, Joseph was able to interpret Pharaoh's dream and save the nation of Israel during a severe drought.

"What's impossible with man is possible with God."

Luke 18:27 He can restore what the enemy tried to steal from you!

Bouncing Back from Painful Events and Memories

There are many things in life that can wound our hearts and leave painful memories, emotions and feelings. Trauma and the breaking apart of our hearts happen when the pain becomes too great for our hearts to handle. These pains may have come from the obvious "B Wounds" of emotional, physical, or sexual abuse, terror, rejection, abandonment, etc. Or the wounding may have been a result of the "A Wounds," the things that should have happened to meet your love needs, but didn't.

Father planned for us to learn from our parents how to build joy, return to joy from negative emotions, stay relational with others who are in negative emotions, and many other skills. ("*Transforming Fellowship – 19 brain skills that build joyful community,*" Chris M. Coursey, 2016 Life Model Works) ***Joy comes when we know that***

someone is pleased to be with us. We build joy through being with other people who are joyful and pleased to be with us. Belonging to a loving church fellowship or other group can be very helpful and sometimes necessary, in healing the wounds from our past events. Joy has the ability to cancel out the negative emotions and feelings and return our body to a state of peace and rest. Joy can also lessen the impact of painful events and help us deal with them in healthy ways.

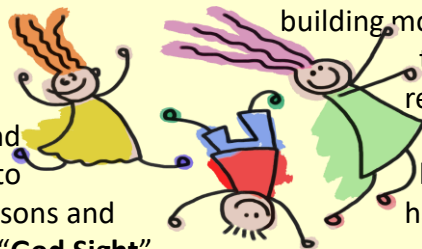
If you are married, one of the best things you can do is develop a close intimate relationship with your spouse. There are many ways Sue and I ***express our appreciation and how pleased we are to be with each other!*** We have playful interactions during the day with ***joy smiles, looks, and touches*** and take time to ***have fun!*** We are building more joy capacity that helps us get through the difficult times and stay in a loving relationship with each other! Even if you are not married, you can still establish healthy love-bonded relationships with others and have fun too!

Our Heavenly Father and Jesus are always pleased to be with us and help build joy in our heart. So, it's also important that we cultivate an intimate relationship with Father and Jesus and bring them into every area of our lives. Sue is ahead of me in this, but we are both working on practicing His presence all the time while we are awake and thanking Him for loving us all night long while we sleep!

Bouncing Back from Mistakes and Being Hard on Yourself

We have all had to submit to authority figures in our lives that had a "favor line." If you did everything right, hit the ball right, were a "good boy or girl," then you received their favor and praises. But if you didn't do it right, then you were on their bad side and received their criticism, judgment, rejection, or in some cases, wrath! Since one of our basic love needs is acceptance and approval, we end up doing whatever we can to keep on the "good side" of the favor line. My parents were very much that way and I went to great extremes to get their praises and approval through "good behavior," even though it was for all the wrong reasons.

Others may have had a "perfectionist type" father who was always pressuring them to do things better, continually raising the bar a little bit higher. If you were a first born, then you may have had parents who didn't know what to expect for your age and forced you to do



things you weren't yet able to do. As a result, we can become self-made perfectionists. And if we didn't do it "right" or "perfectly," then we beat up on ourselves and got into self-hatred, self-condemnation, self-rejection, shame, or embarrassment.

If you find yourself in this category, here are a couple things that I've used that may help you heal from these wounds too. The first thing to set me free was receiving the **revelation of sonship**. *I am my Heavenly Father's son and He is pleased with me*. He doesn't have a favor line! What I did or the mistake I made doesn't identify who I am or how flawed or imperfect I am. What I do or how it turns out may **not be my preference**, but I'm okay with that. I've made peace with myself! Another helpful thing I do is to use these three words when I mess up or hurt someone else's heart, "**I WAS WRONG!**" It takes all the pressure off when we admit our mistake and are okay with being imperfect.

Bouncing Back from Sins

First of all, I want to make it clear that Jesus died and rose again to deal with the "sin issue." However, because of the way our heart works, we can still fall back into old habit patterns and seek worldly pleasures to comfort our pain. Someone touching our pain can cause us to do something displeasing to our Heavenly Father. For over 30 years I was saved and

filled with the Spirit but still controlled by the habits of addiction to pornography and masturbation from the pain in my heart. It wasn't until ***I forgave my mother and father and changed from the heart of an orphan to the heart of a son*** that I finally started receiving the Father's Love, and I walked away from the addictions. The more my broken heart is made whole with Father's comforting love and I walk as His son, the less I do things that would displease the Father. I have stopped condemning and beating up on myself even when I do mess up because I now know my Father loves me just the way I am. I'm no longer fearful of rejection or what other people think because Father still loves me. I have decided to love myself and embrace the parts that still need more healing.

God made us to be able to bounce back from all the negatives that come into our lives. Through His Word, His comforting love, revelation of our sonship, intimate fellowship with Him, and supportive fellowship with others, we can walk free from the past and into our glorious future. None of us are perfect and there will always be people out there who will hurt us, and the devil may still tempt us, but we can get rid of all the guilt and shame for how we may still respond. We are all a work in progress continually being transformed into the image of Jesus! So, keep bouncing back to your position and identity as a true son of the Father!

A Father's Blessing to Bounce Back to Your Sonship!

I bless you with the skills and fellowship with Father and others that will allow you to bounce back from every situation or circumstance that tries to pull you down. I bless you to be fully aware of who you are as Father's son or daughter. I bless you with continued revelation of what it means to walk as a son or daughter in His Kingdom here on the earth. I bless you to have God Sight as you look at yourself and others and see the treasure in each person. I bless you to continue having your heart made whole and healed as you receive more of His comforting love. I bless you to experience an intimate powerful relationship with Father and Jesus that grows sweeter and sweeter over time. I bless you to be aware of His presence wherever you go, and even while you sleep, with a tangible knowing of His love for you. As your heart heals, you will carry His love and peace into every situation. You will walk free from the past and into the glorious future Father has for you!

