



*Rick & Sue McCoy*

# *The Love Letter*

Abba's Arms International, Inc.  
1st Quarter Volume 15

## **PRAISE REPORT FOR 2022!!**

We wanted to share these praise reports about Abba's Arms International's impact on three African countries, Zambia, Kenya, and Uganda, this past year without our traveling there! Here's some of the ways the laptops, projectors, screens, internet costs, sports equipment were used:

- ♥ Showed teaching videos that we made and DVDs of The Chosen series - touched many people and helped make the Bible become real and alive!
- ♥ Churches grew and a new church was planted
- ♥ Able to project songs and Bible verses in churches where few people have Bibles
- ♥ Pastors see more hunger in the youth and their churches for teaching about love!
- ♥ Showing the Jesus movie and Passion of the Christ in remote areas – people were saved
- ♥ Community outreaches around the churches
- ♥ Sports equipment used for youth programs and during Sunday school
- ♥ The well provided clean water to church, community and school
- ♥ Profits from the chicken project provided funds to do an outreach to the orphans and widows near the church



**If you would like to support these and future projects, you can give:**

online at our website <https://abbasarmsintl.org/>

Or send checks payable to:

Abbas Arms International, Inc.

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State College, PA 16804-1396

## **True Christianity – A Lifestyle of Love!**

“The truth, even though I cannot feel it right now, is that I am the chosen child of God, precious in God’s eyes, called the Beloved from all eternity and held safe in an everlasting embrace.”

Henry Nouwen *You are the Beloved*

When Father first gave me (Rick), this topic to write for my first Love Letter this year, I never realized how big a topic this is! It includes why and how He made us to engage with other people and how He desires for us to live with each other here on the earth. The more I have thought about this topic, the more I realize that you could write volumes of books about each aspect of it! So, my desire with this article is just to give you an introduction and hit upon several broader areas. My hope is to stimulate your interest and challenge you to look at your own life and make some adjustments, as I am doing, to walk in love with my Heavenly Father and the rest of His family!

### **Hesed – “Attachment Love”**

“Hesed” is the Hebrew word that refers to God’s Love and is like the Greek word “agape,” used in the New Testament. There have been entire books written about these two words, but to keep things simple, it’s the “sticky” kind of love God has for us, His family. Just like gum, His love sticks to us so well that it is virtually impossible to separate ourselves from Him loving us regardless of whatever we may say, do, or not do! He loves us because that’s just who He is! **1 John 4:16** You experienced His Love even before you were in your mother’s womb, and we carry the memory and experience of His “first” Love in our heart! **Ps. 139:16** There is a deep yearning inside of all of us to return to that first love and “attach” to Father for eternity!

Babies are born with the desire and need to attach to other people. The first thing babies look for are another person’s eyes and face. Just watch a young baby and you will see what I mean! What they want to know is if you are pleased to be with them which brings joy to their heart. It’s how we all begin to build joy in the joy center of our brain. Joy is the fuel our brain runs on and helps us process all the events in our life. Our first attachments are with those who feed us, bring us joy, and allow us to rest and be quiet. We will attach either out of love or out of fear. Love-bonded relationships are secure and allow friendships to grow and mature, however, fear-bonded relationships are not secure, and friendships are difficult to

maintain. These attachments and bonded relationships can begin to shape our identity as we open our hearts up to others.

Salvation results from a secure loving attachment to God, and our identity changes to being a child of God! What is “*born again*” inside of us is the reality and remembrance of who we have always been, His sons and daughters, which began when we were with the Father before we were in our mother’s womb! Salvation goes beyond a mere decision or act of our will which was introduced from the teachings of the Enlightenment. (The Enlightenment applied reason and rational thought to religion, Biblical truth, and God’s wisdom and revelations.) The reality is that our brain and heart only respond to attachment love, not our will and reasoning! Salvation is a response to the Hesed love from our loving Heavenly Father as demonstrated by Jesus’ death and resurrection on the cross. Just like the prodigal son at his coming home party, when we receive salvation, we see the full extent of our Father’s great love for us, something most of us may have never seen before! God so loved us that He gave His only Son to die for us. **John 3:16**

### Transformed by a “Spirit of Love!”

Paul encourages us to “walk in the Spirit,” and we will not pursue the things of the flesh or be under the Law.

**Gal. 5:16-18** Then he follows this with the familiar verses of **Gal. 5:22-23** which talk about the “fruit of the Spirit.” Because both “fruit” and “Spirit” are singular in all of the Greek and English translations, it is possible that Paul wanted to emphasize to us that the fruit of the Spirit is Hesed love and that love is manifested in our lives as **joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control!** Those certainly are all qualities of our Heavenly Father who is love! This “Spirit of love” gives us the freedom and peace to be ourselves and walk into our divine destiny!

Fear is one of the big negative emotions we can walk free from. God’s Hesed love will eliminate fear in our lives. **1 John 4:18** Just like Jesus in the midst of a storm was able to rest, we can have no fear even in the midst of all the chaos and turmoil in our country and world. We can live in the Kingdom, but still be in this world to impact others with the Father’s love. Worry is another form of fear that comes when we begin to doubt God’s Word and only focus on this world. We are to trust in the Lord and not lean on our own understanding. **Prov. 3:5-6** Our flesh is never

right and only gets us into more trouble! Besides, worry disconnects us from God and others. We can have a home with Father, but never be there because worry takes us all over the map with our thoughts and actions! We must give up control of our life to Father and let His Love control our lives. Then, with God in control, everything we do becomes important! When you replace everything with Hesed love, there won’t be any room for fear!

Because of what happened to me growing up, I had a very strong fear of rejection and making mistakes. I received rejection for being clumsy and being left-handed growing up from my dad, teachers, and others. I also felt rejected because my dad was always too busy to take much time with me and he did not feel comfortable with expressing his love to me. Pain, regardless of its origin, drives us to seek comfort from other sources. Mine was an addiction to pornography and masturbation. I hid it for many years until I forgave my dad and others and experienced the Father’s Love for me. Then the enemy could no longer harass and tempt me with his lies, shame, guilt, and fear of someone finding out. From that time on, whenever negative thoughts try to draw me back into old patterns of thought or give in to a temptation, I just say, “It doesn’t matter what that other person thinks, or the lies the devil says to me. I know my Heavenly Father loves and accepts me just the way I am, His son!” I have been free from that addiction ever since! PTL!

Sin is another big area that we can see victories and walk free from through attachment love with Jesus and Father. Love bonds with God and His people are the primary movers in changing character. The Enlightenment model, and what is commonly embraced by the church, tells us that, when we know the truth, we will be motivated to make good choices and that will empower us to change our behavior and character. However, choices involve an act of the will, and the will is very fickle. Our will can be easily overruled by temptations, our flesh, or even a few beers! I tried for over 25 years to stop the addictions I had, but every step I tried to make towards freedom would eventually get trumped by my flesh!

I’m not denying the importance of the Truth in our walk to freedom from sin and death. Jesus said that He is the Truth **John 14:6** and that “knowing” the truth will set you free. **John 8:32** The Greek word here for knowing is “ginosko” and literally implies an intimate relationship like a man “knowing” his wife in marriage.



## Sonship – Love in Action

When we become securely attached in love with Jesus, we can enter into a state of *mutual mind* with Him. In mutual mind with someone, we begin to know and think in complete harmony with them. For example, Sue and I have lived love-bonded with each other for over 52 years, and we have begun to know what the other person is thinking or intending to do without them saying a word. We are more and more becoming “one flesh” with each other! We can have that same experience with Jesus as we attach in love with Him to the point where our thoughts can become more like His thoughts. Just like Jesus’ love for His Father, we can become more like Jesus who only did and said what He experienced from being with the Father. Jesus said that a sign of your love for Me will be that you will “obey My teachings.” **John 14:23** He didn’t say, “When you (intellectually) know the Truth, you will obey My teachings!” Only through attachment love and being in mutual mind with Jesus will we ever be able to love our enemies and turn the other cheek to those who strike us! It’s only in that level of “knowing Jesus” (being in mutual mind with Him) that we will truly be set free!

I had a strong will and could stop myself for a while only to fall back into sin again, but it wasn’t until I experienced the Father’s love for me and began walking as a son that I was able walk free from the old habit patterns of comforting my pain. I moved from doing the right thing because the Word said I should, to doing it because I wanted to please the Father, to finally stopping the addictions for good because of my love for the Father and experiencing His love for me as a son.

Attachment love and love-bonded relationship are the center of effective discipleship that produces permanent changes in character and behavior. Jesus emphasized the importance of love when He said that the two most important commandments are to love God with all your heart, soul, and mind and to love your neighbor as yourself. “All the Law of the Prophets hangs on these two commandments.” **Matt 22:36-40** Love is the greatest force for living a righteous life and impacting the Kingdom. All the other commandments could be summed up as examples of how we are to love God and others. I heard one teacher say that the 10 Commandments are all just examples of who God is and what He does, something we will do naturally as we become more in mutual mind with Him through attachment love! And Jesus said it another way, “Love each other as I have loved you. No one has greater love than this, to lay down one’s life for a friend.” **John 15:12-13** Dallas Willard challenges me with his statement that, “True Christian character is when your immediate response to everyone and every situation is love!” I know my goal now is to let *Hesed* love be the motivator and deciding factor in how I live my life and respond in love! How about you?

Paul wrote to the Romans that “creation eagerly waits for the revealing of the sons of God.” **Rom 8:19** This is not a subset of the population on earth, but includes every man and woman ever born into this earth. We are ALL sons and daughter of our Heavenly Father. It’s just that some of us don’t know that yet or may never discover their true identity. The only thing decided here on earth is whether we respond to His Love and make Jesus our Lord and Savior or not.

Throughout history, God has always wanted all of us to live as His sons and daughter so that He could be a Father to us. **2 Sam 7:14, Ps. 68:5, Rom 8:16, 2 Cor 6:18** As our loving Father, He wants to bless us, take care of all our needs, protect us, and give us every good and perfect gift from above. **Jam. 1:16-18** Father created us to have healthy love-bonded relationship, first with Him, and then with those around us. This attachment love opens our hearts to experience His love for us and allows us to be saved and walk in sonship with Him.

Jesus is our best example of what it is like to walk as His son or daughter. Jesus was in full submission to His Father and even endured the cross because of His great love for His Father and us. **Heb. 12:2-3** Jesus spent time with the Father, received His Love, and gave it away to everyone He met. And Jesus said that we could do even greater things than He did! Henry Nouwen said that the only thing that Father has to give us is Love and “every good thing we receive is an expression of that Love!” These are the “greater things” that we can receive and give away to all we meet!

The first person we have to love is our self! We need to love every part of our heart and self and accept the good, bad, and ugly. As I discovered my true identity as a son of God, I had a struggle at first loving every part of myself. Satan tried to convince me that I had done too much, gone too far, for Father to forgive me. It wasn’t until I began to see my true identity as a son that I saw Father looking at me through the cross and what Jesus had done for me. When I look at things through God’s eyes, I began to see myself and others differently and began to love myself and others. I haven’t arrived where I want to be yet, but I challenge you to step out with me as sons of God and change the world around us!





## **A Father's Blessing for Walking in a Lifestyle of Love!!**

I bless you to know your true identity as a son or daughter of our Heavenly Father and what it means to have Him as your Father. I bless you to experience His Presence wherever you go and know in your heart that you carry His love and peace all the time. I bless you to receive His love for you in new and powerful ways that will change your abundant provision for both needs. You are blessed with can be a blessing to you with His protection and you and your loved ones in



life forever. I bless you to see your spiritual and financial more than enough so that you everyone you meet. I bless peace knowing that He holds His hands.