



Rick & Sue McCoy

We're On YouTube!

Besides our Facebook page, Abba's Arms International, Inc. has its own YouTube channel!

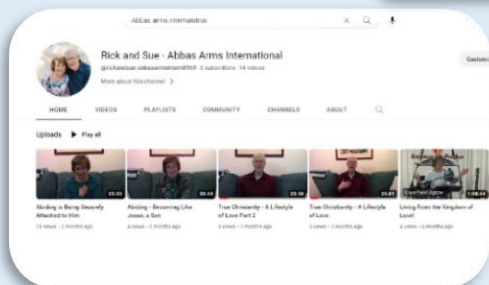
<https://www.youtube.com/@rickandsue-abbasarmsintern8969>

Or you can search YouTube by typing **Abbas Arms International** to reach our page.

With Covid restricting travel, we decided to start making videos to send overseas to our pastor friends in Uganda, Zambia, and Kenya Africa. The videos have been a big success impacting both youth and adults. As a result, we chose to make them available in the USA on YouTube.

We have recorded short videos about experiencing God in nature, the Father's Love, Sonship, Living as Christians, and various other topics. We are making a second group of videos that will be sent overseas in June that will be posted soon on this channel too. We also plan to post some of the videos we made for the soaking times in our home and some teaching from conferences.

We encourage you to visit the YouTube channel and hit the SUBSCRIBE button if you like what you see!



True Christianity -- Living in Hesed (Attachment Love)

In my last Love Letter, "True Christianity – A Lifestyle of Love," I (Rick) introduced the special Hebrew word for God's Love, "Hesed," and talked about several ways His love can affect how we live our lives as Christians. In this letter, I want to do a deeper dive into Father's Hesed love and how His love can impact every part of our life and the way we live in this imperfect world.

Before we get started, I want to make it clear that when I use the word "heart," I am referring to both the mind and heart working together as one. In the Hebrew, there is no word for "mind" because the *heart and mind work together as one spiritually*. We have a physical brain that does all the processing of what is going on in and around us and a physical heart that keeps our blood flowing. However, I'm using the word "heart" as the center of who we are and how we respond to both the physical and spiritual world around us.

Hesed and Attachment Love

One of the definitions for attachment is an emotional bond between two or more individuals such as affection, loyalty, or love. Attachment gives us the idea of gluing or holding things together. In neuroscience, attachment love is what connects us to our mother or both parents. Hesed is God's "attachment love" that forever connects us to Him! Jesus illustrated this when He said that He was the vine and we are the branches attached to that vine. **John 15:5** The branches (us) are connected because of Father's Hesed love. As I was thinking about this, I could see that the root of the vine is the Father and He is the source of life for the whole plant as it flows from Him through Jesus and out to us, the branches!

Everyone of us will attach to somebody and that person will teach us how to be human - our needs, fellowship, purpose, and relationship with God. If that attachment doesn't go well, it will result in the most painful thing that ever happens to us. However, if the attachment is good, it will result in the most precious feelings in our heart. Thankfully, regardless of how our lives may have been growing up, our Heavenly Father's Hesed Love can bring healing to even the most damaged hearts and restore us to a healthy fulfilling life! If you feel that there may be some broken parts of your heart from attachments, I recommend you seek trained Christian counselors who can help you walk through the healing process. Sue and I have sought help, and it has made a world of

difference in our own relationship and our lives!

Attachment is the strongest force in our brain, even stronger than our will. It was Jesus' attachment love to the Father that allowed Him to resist His own will in the Garden and yield to Father's plan of the cross. Love-bonded attachments build joy because we know that the other person is pleased to be with us. It was this joy from attachment to the Father that gave Jesus the strength to endure the cross. **Heb. 12:2** Attachment love is even stronger than death!

Hesed is that "sticky" kind of love Father has for us where it is impossible to ever stop Him from loving us regardless of what we may ever do or not do. He loves us because that's who He is! **1 John 4:16** Therefore, *Father is always pleased to be with us!* He always stays close and is ready to connect with us. There are numerous times in the scriptures that we are instructed to seek the Lord earnestly, continuously, and with all our heart. Why? Because when we do, He lets us find Him! **2 Chron. 15:2,15 (AMP)** Every time we connect with Father, it brings more joy to our heart. We always have someone who is pleased to be with us! Relational joy builds attachment, identity, and character in our heart. It was when I forgave my natural father and began receiving my Heavenly Father's love that I became aware of **my true identity** of being His beloved son. This revelation changed my life and put me on a new course to be set free from addictions and heal the broken parts of my heart. I no longer have to be afraid of being rejected because it doesn't matter whether someone likes or accepts me or not; I know my Daddy loves me! I challenge you to seek the Father and find out for yourself the real truths about your identity!

Besides knowing who we are, I want to share a few other benefits of attachment love:

1. Our first identity as infants is a copy of our primary caregiver through our attachment with them. As we grow up, however, our identity gets modified through relationships, life, and the environment we grow up in.
2. Significant others that we share attachment love with can produce a state of mutual mind where we can think the same thoughts as they do. This mutual mind impacts our identity and character. Jesus is the perfect example through His attachment love with the Father. Jesus told the crowds that He could only do what He saw the Father doing **John 5:19** and say what He heard the Father saying! **John 12:49**.
3. Healthy attachments with others create joy. Joy is the energy or force that drives relational activities

which then impacts our individual and group identity (our people).

4. Attachment love is what builds, maintains, and transforms our brain. We begin to filter everything from an attachment point of view.

Besides our character and identity, we are guided by the most powerful thing the brain knows – who we love! Attachment love causes us to charge into burning buildings, face wild beasts, perform extreme acts of strength, or receive prodigal children without hesitation or forethought. Attachment love always overrides our will, logical thinking, and reasoning because they all can only make choices in the slow track of our left brain! Attachment love responds faster than we have time to think about it!

Centrality of Attachment Love

Years ago, Father gave me the image of how important the Father's Love is to every part of our Christian walk. I saw a wheel with a hub in the center and spokes coming out from the hub in every direction.

In the center of the hub were the words "Father's Love." Each spoke was labeled with a different aspect of what Christians do, experience, or walk in as they engage with others. For example, some of the spokes were labeled with words like Grace, Glory, Healing, Salvation, Kingdom, Prayer and Intercession, and Sonship. The list goes on, but you get the picture. Everything related to Christianity flows from and is supported by Hesed Attachment Love!

The first place Hesed goes to work is in our own heart. However, we first must receive Father's love before we can have love to give away to others or have it impact our own heart. My first big impact with His love was my powerful salvation experience in college, but it was many years later before I was able to fully open my heart and completely receive His love for me. I had built walls around my heart and used addictions to help avoid dealing with more pain. I also carried a lot of unforgiveness towards my dad and mother which further hindered me from receiving or experiencing His Hesed attachment love. As I walked through forgiveness and began having my heart healed from the past wounds, I was able to fully experience Father loving me. The healing of my heart has opened the door to more intimacy with the Father and deeper attachment to Him. My heart and attitudes towards others are changing and I am less judgmental than I was in the past. Father is transforming my mind and allowing me to think more in mutual mind with Him! PTL!



In Paul's letter to the Ephesians, he prayed for our hearts to be rooted and grounded in love. **Eph. 3:17-20** Love must be the firm foundation for us to grow and mature spiritually and emotionally. It's only then that we can begin to comprehend the love of Christ that passes mere head knowledge. We will never be able to love our enemies and those who hurt or do evil to others until we can begin to think like Father thinks through a loving attachment with Him. Hesus love connects us with all of humanity, even our enemies! Father is also there in loving attachment with us in our pains and sufferings. He is always present in our times of need, whether emotional or physical. Father's love excludes no one but includes everyone. He has no favorites and looks past all our past and present experiences. He sees every person as His son or daughter!

Hindrances to Experiencing Hesus Attachment Love

One of the biggest hindrances to experiencing this intimacy with Father are the painful things that happened to us in the womb and our lives. Most of the pain that I carried in my heart I did not even know was there until Holy Spirit revealed it to me during several conferences and meetings by anointed individuals. I had to embrace this pain that had hurt my heart. I had to take it all to Jesus and Father and allow their comforting love to heal those areas of my heart. I also had to abandon all the false ways I was using to obtain love and comfort. I had shut down my feelings and there were times that I felt like Father wasn't there or was about to leave me in my brokenness. But, I have since realized that He never left me and was always there working on ways to help heal my heart.

The real hindrance that we allow to torment and stop us is **our denial of God's first love for us as His sons and daughters**. Every time we start hating ourselves, beating up on ourselves for making stupid mistakes, or condemning ourselves for falling for the temptations and lies, we are denying God's love and goodness for us. I was trapped in that vicious cycle of getting free or being prayed for and then falling back into the old negative habit patterns and then being hard on myself again! Only after I experienced God as my loving Heavenly Father, was I able to start loving myself and believing the truth that I was His beloved son! The reality is that the first love we received still dwells inside our heart. When we expose the lies, ungodly beliefs, and fears so Father can deal with them, we can still come home again to that love already inside of us!

Enjoying More Hesus Attachment Love

Hesus Attachment Love is the first love we experience even before we were in our mother's womb. **Jer. 1:4-5, Ps 139:13-14** Before experiencing anything or anyone here on the earth, we were held safe in our Father's embrace and we looked into His eyes of perfect love. That image is permanently engraved in our memory and becomes the deep longing in every one of our hearts to return to the Father and experience His everlasting, immeasurable, and unconditional

love for us! For some, that may seem almost impossible after everything you have experienced or done to push Father away from you. For others, that memory was buried even before you were born or shortly thereafter and has never seen the light of day in your life. I believe for a lot of us, the oppressiveness of the sin in the world going all the way back to Adam and Eve has put a veil over our heart. That veil is only removed by someone or some event introducing you again to your loving Heavenly Father and reminding you of your sonship. **Rom. 8:19**

Whether you're still in the dark or His love is still a weak glimmer in your heart, there are a few things that you can do to help enhance your experience of His Attachment Love for yourself. Joy is one big way to build attachments and increase your emotional capacity to stay relational even in negative emotions and to experience more and deeper attachments with Father and others. Joy comes when we know someone is pleased to be with us. The more time you spend with people who are pleased to be with you (your people), the more your emotional capacity will grow. These people will also be a source for helping you remain relational or return to joy from big emotions you have with yourself or others.

Since Father is always pleased to be with you, the more time you spend with Him, the more your emotional capacity will grow and the stronger your attachment to Him will become. There are many ways to accomplish this. Emanuel means "God with us." So, you can follow Jesus' example and separate yourself to pray with Father. One way is called **Emmanuel Prayer** where we pray about things interactively with Father. This is not a monologue, but a two-way conversation with Father! You can also do **Emmanuel Journaling** where you ask Father a question and write down what He says to you. A third way is **Interactive Appreciation** where you can express your appreciation for something Father has done or created for your enjoyment and then listen to hear what He says back to you about what you thanked Him for. If you are uncertain about hearing Father's voice, usually the first words or impressions you hear are from Him. You can always check what you hear against God's Word or ask a Christian friend about what you heard. And a fourth way is **Emmanuel Lifestyle** where we just practice the awareness of His presence with us and connect speaking or hearing His voice all day or night long. Father becomes a part of our everyday life!

Start being loved today as His son or daughter!!

You can find more helpful ideas and information about these topics and more at several websites:

Deeper Walk International

<https://deeperwalkinternational.org/>

Thrive Today <https://thrivetoday.org/>

Life Model Works <https://lifemodelworks.org/>



A Father's Blessing for Living in Heseed Attachment Love

I bless you with a fresh new revelation of your Father's Attachment Love for you. I bless you to know the width and depth, and the length and height of the Father's Love for you. I bless you to be filled with the fullness of God in everything you do and in every part of your life. Be filled with the Spirit of Love as it manifests in your life through His joy, peace, patience, goodness, kindness, gentleness, faithfulness, and self-control. I bless you with a greater revelation of your loving Heavenly Father and His love for you as His beloved son or daughter. I bless you with joy-filled relationships with others.

