



Rick & Sue McCoy

We're Going to Africa in 2025!! April 30 – Jun 12, 2025

We have begun plans for a 6-week mission trip to three countries, Uganda, Kenya, and Zambia. **We have been asked by pastors from all three countries to come and share about Marriage God's Way.**

Everywhere in the world, marriage is under attack and Satan is trying to split apart families and destroy the foundation for strong biblically based and God-fearing governments and countries. And the pastors in these countries are not immune to Satan's attack on their own marriages too!

We covet your prayers for:

- ♥ Ease to coordinate all venues, accommodations, transportation, food, supplies, etc.
- ♥ Wisdom for organizing our itinerary, meeting schedules, and help for each location
- ♥ How to effectively cover the important topics and prepare the individual teaching lessons that will impact their hearts and their marriages.
- ♥ We are asking for both the pastor and their spouse to attend all the sessions. Pray for their travel expenses, family needs, health, and other challenges to be taken care of so they can come for the entire time and enjoy their time together!
- ♥ Agree with us that all the finances come in before we leave. Estimated cost: **\$20,000**

Thank you for your prayers and support!!!

Giving options: Online through our website: [Donate](https://www.abbasarmsintl.org/donate/) or <https://www.abbasarmsintl.org/donate/>

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A Lifestyle of Love

When Father gave me the title for this Love Letter, I thought I knew what He wanted me to share. Before He would let me write, however, He took me on quite a journey asking me "What is the meaning of the word, "lifestyle?" The Merriam-Webster dictionary states it is *the typical way of life of an individual, group, or culture*. Our lifestyles and eating habits may be different from others depending on what country we live in. Our friends can influence the kind of clothes we wear, the music we listen to, and how we spend our time. Our decisions about how we spend our time and the things we do every day certainly show other people what is important to us! I believe that what is in our heart will be reflected in our behavior, words, and actions! Others know us by the way we live our daily lives!

God always planned for us to live like the Father, Son and Holy Spirit do in a Kingdom of love. Their hearts' desire has always been to lavish their love, togetherness, and glory on us! From the beginning of the Bible God has been unveiling His plan to bring us, His family, back home to live in His love. When Adam and Eve chose to act independently of God, they lost their ability to relate to God and know His great love. Yet, in God's time, love came down from above in the form of baby Jesus to reveal the depths of His love. It's why we celebrate Christmas! But the scriptures also tell us He was the lamb slain before the foundation of the world to die for our sin and to bring us back into God's family. **Rev. 13:8; Eph. 1:4** Jesus' lifestyle on the earth revealed what His Father's Kingdom is truly like. He also said, "**I came that they may have and enjoy life, and have it in abundance (to the full, till it overflows).**" **John 10:10 AMPC** We are meant to enjoy our life on the earth as well as in heaven! The question is "Are we living our lives like Jesus lived His and walking like Him in a lifestyle of love?"

Jesus, the Same Yesterday, Today and Forever

The writer of Hebrews tells us that Jesus is the same, yesterday, today and forever. **Heb. 13:8** What He said then is what He will do now! Do we believe His Word is true? There are several verses that agree that *our God is unchanging* which means His thoughts, words, and heart desires are constant. Whenever we struggle to believe that God is good and that He really wants to bless His children,

we need to remember that His heart is always for us. Let Him speak to you from: **Num. 23:19; Rom. 8:31-32, 37-39; James 1:17-18**

Jesus said He came to reveal His Father to us! In the Gospel of John, Jesus talks about His Father over 40 times! But Jesus didn't just talk about His Father, His actions were just like His Father. Every day He walked demonstrating His Father's will to give life and love to all those who came to Him. He healed the sick, got rid of the devil's ways of stealing life from people, and valued everyone from the least to the greatest. Jesus lived receiving His Father's love and sowing it into others. The only ones He ever spoke harsh words to were the religious leaders who lived by the Law/rules but failed to show love or compassion to people and their problems. Jesus lived **a lifestyle of love** because He knew His Father's heart was only love! **God is Love! 1 John 4:16**

Living from Above – A Kingdom of Love

Jesus taught His disciples to pray that **“Your Kingdom come, Your will would be done on earth as it is in heaven.” Matt. 6:10** So what is His Kingdom of heaven like? C.S. Lewis said, *“The most serious thing in heaven is joy!”* But what else is in heaven? There is nothing but life, peace, goodness, real relationships with others, and never-ending love! Reading the book, ***Jesus and the Undoing of Adam*** by C. Baxter Kruger opened

my eyes to the depth of togetherness, relationship and fellowship that the Father, Son and Holy Spirit have always had and always will have. They are inseparable. Baxter says, ***“When Christianity says God, it says Father, Son, and Spirit existing in a relationship of acceptance and delight and good and self-giving love, a relationship so true, rich, and real... We can... say that God is three, yet utterly one.”*** God always dreamed of having full fellowship and togetherness with His children. He never planned to be alone. Love needs someone to give love to! We were meant to be a part of His family and be given a place in the circle of life and love that the Trinity enjoys. Our Triune God desires to lavishly give their love and way of life to us now and forever!

Jesus lived from His Father's Kingdom of love and went about doing good to all! As we read the Gospels, may we see all the ways Jesus lived, moved, and impacted others because of the love and heart relationship He had with His Father. At Jesus' baptism,



He heard His Father say **“You are My dearly loved Son who brings Me great joy.” Matt. 3:18** He lived secure in His true identity as His Father's son and freely focused on others. He humbly came to “re-present” His Father to the people by only saying and doing what His Father told Him. Jesus came to do His Father's will and totally depended on His Father and the Spirit to direct Him. May we live secure in our identity as His greatly loved sons/daughters, depending on Him and allow His love to flow through us more!

I did a study by Kristi McLelland this year on Acts, where she talked about the word **disciple**. She shared how a disciple didn't just want to know what their rabbi knew; **a true disciple wanted to live his life just like his rabbi!** The disciples/apostles written about in Acts lived the same way every day or 24/7 all week long! They lived a lifestyle just like Jesus! It wasn't just a Sunday morning habit and the rest of the week they lived a different way. In fact, the pagan people of Antioch were the first to call the disciples “Christians,” coming from the Greek word, “christianos” meaning “little Christs.” They lived their lives as examples of His kingdom of love, re-presenting Christ Jesus to the world wherever they were! My prayer is that we all would live our lives walking and talking more like Jesus!

Knowing Father's Heart for Us

The world we live in often wants us to focus on all the things we need physically, financially, socially and more. If we don't see how our needs can be met, we can become insecure and even fearful. Father wants to show us His heart and have us experience His love. That's why Jesus came to redeem and reconcile us so we can live in His family forever. Some of us may never have known a loving parent's heart as we grew up. Others may have gotten wrong images of our true Heavenly Father because of the church we attended, or the things others told us about God. Some people believe He is an angry old man. Our Father really wants to have an intimate, everlasting love relationship with each one of us, but many people have never been introduced to a good, good Father who loves us unconditionally, is gentle, kind and wants to comfort and care for His sons/daughters. Love is what swallows up needs and allows Love (God) to reveal our true identity! He wants to draw us tenderly to His heart so us can experience His heart of love and gain access to the reality of His kingdom of love – heaven on earth.

For me that has been a process of yielding more of my life to the Trinity and letting them lead rather than the old “Sue” thinking she knows what to do! Knowing the purity of my Father’s heart and His ways being far above mine has helped me walk differently. One day as I read **Matthew 11:27-30 Message Bible**, I found myself wanting to live those verses out daily. What Jesus says in **verse 27** is powerful! **“The Father has given me all these things to do and say. This is a unique Father-Son operation, coming out of Father and Son intimacies and knowledge. No one knows the Son the way the Father does, nor the Father the way the Son does. I’m ready to go over it line by line with anyone willing to listen.”** Father is always ready for us to know Him more! A man of God years ago said, *“God will go as far with you as you want to go, but He won’t force you! He’s a gentleman.”* The **verses 28-30** talk about us letting go of our own ways and being yoked with Jesus. He wants to walk with us through everything we face, so we can learn how He does it! Jesus desires that we **“learn the unforced rhythms of grace!”**


How to Love and Live Like Jesus

The refrain to a song that was sung many years ago says, “They will know we are Christians by our love, by our love, they will know we are Christians by our love.” Jesus also gave His disciples a new commandment that they should love one another as He loved them. He even said, **“By this all will know that you are My disciples, if you have love for one another.” John 13:35** I believe our Father’s love is growing in all of our hearts, but the ability to love even our enemies is often challenging. Do you know who has the easiest time loving everyone and is also quick to forgive and let go of things? **A young child!** Father has been showing me that becoming **“childlike”** again is the place where He can come in and transform our hearts from the inside out. Then we can freely love like a little child! Jesus sat a little child on his lap and said, **“Learn this well: Unless you dramatically change your way of thinking and become teachable, and learn about heaven’s kingdom realm with the wide-eyed wonder of a child, you will never be able to enter in.” Matt. 18:3** TPT Little child in the Greek means a very young child, a toddler!

Are we willing to be childlike and let Father fill us up with His love and teach us how to live each day like Jesus? What are some characteristics of a little child? A little child is weak and dependent on their parents, so

they are happy to be carried. They trust their dad and mom know best and are happy to be led. Their big hearts are wide-open to receive and give love freely! They find great joy in exploring their world and are teachable because there is much they don’t know. Little children forgive easily and forget too! They have great faith and believe our words easily. They are care-free and don’t think about tomorrow! My grandchildren are now both grown and in college, but as I write this, I remember clearly that what I just described is how my grandchildren lived their daily lives when they were little! They weren’t stressed about anything and lived in the moment truly enjoying each day! Jesus invites us to come to Him and He will give us rest. As we surrender or yield to be yoked with Him, He’s ready to show us how to really live life and how our soul finds rest!

The early years of my life on earth I lived not knowing much about God. But there came a time when I met Father. Suddenly, I felt more alive and younger than ever before! Getting to know Him as my Father made our relationship real, not just a fact! Finding my Father/Abba, as I call Him, opened my heart to let Him father me as His child! I like letting Him be my big Abba and I am His child. I have let go of my need to perform for love, and now I’m free to be weak at times. I let Him carry me, and above all, I ask Him to show me who He is and who He wants to be for me! Living with my heart open to receiving every good thing He has for me is becoming a greater reality in my life too! Having experienced His goodness makes it easier to surrender to His will and expect Him to transform my heart and life from the inside out! I live loved daily and love him too. As He has changed my heart, I find myself seeing others through His eyes of love! **Living a lifestyle of love** is becoming more of who I am! My heart’s desire is to reflect Him to others too. I pray that when others see us, they will see our Father, not us! But remember, it’s a lifelong process to become like Him and He loves the process not just the end goal!



Today, be
the reason
someone
feels loved

A Father's Blessing

I bless you to experience the abundant life Jesus came to give you. May you know the delight, acceptance, never-ending love, and the deep rich relationship Father, Son and Holy Spirit want to have with you. I bless you to find real life from above in His Kingdom of love. May your heart become childlike again, trusting in His love and care for you, and knowing He is only good. I bless you to have a heart that is wide open and ready to receive all that He freely wants to give you too. May you become a true disciple of Jesus wanting to live your life like Jesus did, a lifestyle of love. I bless you with a greater level of intimacy with your good Father and also let Him show you who He wants to be for you in this season of your life. May you receive more of His love and allow it to flow to others. Amen

