



Rick & Sue McCoy

God Has Given Us a Big Vision! We're Going to Africa!!

From **April 30th to June 11th** we will be sharing on "Marriage God's Way" in 10 different churches and places in Uganda, Kenya, and Zambia, to pastors and their wives. We will also be sharing Father's Love and walking in true Sonship with youth and children in several of the churches.

- ♥ For 6 weeks, we will impact the hearts and marriages of **240 pastors and their wives**. The pastors can then impact their churches and whole communities with a God-inspired way to build loving marriages and families and begin to change entire nations! *We will be giving every pastor a bound copy of all the lessons we prepare for the trip.*
- ♥ We will also be ministering to over **1,000 youth and 100 children** from 4 different locations and help them walk through heart forgiveness and into their true identity as Father's sons and daughters!
- ♥ We have also been invited to speak at **8 different churches** about how they can walk in love with their families and marriages.

Our need for your prayers is great! We will send out targeted prayer focuses soon. But for now, pray as we write all the lessons and prepare to share with many different groups.

We are currently finalizing all the plans, coordination for the trip, and developing a budget to cover all our costs.

Our current estimate for the trip is \$20,000.

Would you prayerfully consider being a part of seeing Father's vision fulfilled?

♥ Giving online through our website:
<https://www.abbasarmsintl.org/donate/>

♥ By check payable to: Abba's Arms Intl, Inc.
1406 Harris St. State College, PA 16803

Thank you for your prayers and support!!!!



Living from a Strong Spirit

The real you *IS* your spirit! The Bible tells us that God is a Spirit and He desires that we experience the fullness of His Spirit in our lives. **John 4:24, John 3:6** Our spirit is the part of us that our Heavenly Father gives each of us as we are sent from heaven to the earth. Many people living today aren't aware that there is more to them than their outward bodies, souls or personalities. For many years I never understood that I was meant to live from my spirit, filled with His Holy Spirit, so that I can live like Jesus did.

We are made up of three parts just like our God is three parts, but One – Father, Son and Holy Spirit. We are a spirit, we have a soul, and we live in a body. Our spirit and soul will live eternally, forever. In the beginning, God made man in His image and likeness equipped to live like Him. Yet we read how Adam and Eve didn't follow what God said but chose to listen to and act on the serpent's words. They fell for the lies of our enemy, the devil. Since that time, there has been a great battle going on in the invisible spirit realm between God's Kingdom of light and the devil's kingdom of darkness. Jesus said the thief, the devil, comes to steal, kill and destroy, but I have come that you may have life and have it more abundantly.

John 10:10. Living with our spirits discerning and resisting evil is how God planned for us to truly enjoy living from His Kingdom of light! It's time that we live from our spirits, being "God-inside minded" and focused on His Kingdom ways. As believers we need to take our place walking like Jesus with good overcoming evil and light causing darkness to flee.

The Father of Our Spirits

The Bible tells us that our Heavenly Father truly is the One who made our spirits. **Job 33:4** says, "**The Spirit of God has made me, and the breath of the Almighty has given me life.**" Other verses refer to Him as "**the God of the spirit of all flesh**" and "**the Father of spirits.**" Many people ask, "Where did I come from and why am I here?" After listening to Kat Kerr, who Father has taken to heaven many times, my heart is convinced we each were conceived in the heart of our Heavenly Father who knew us in heaven before we ever came to earth. He has dreams and destinies for each of us. There are verses that speak of how He knew us before we were in our mother's wombs. Read **Ps. 139:13-17, Isa. 46:3-4, Jer. 1:5**

Most of us don't remember our time in heaven, because the sins of past generations have opened a door to cloud our hearts so that we walk in spiritual amnesia, not knowing our true identity. Our enemy deceives us into believing lies about God, so we walk in darkness unable to see His goodness and love. Father wants us to know and understand who He is and who we really are – His sons and daughters meant to live from His Kingdom and learn to rule and reign over the devil that Jesus defeated at the cross.

We are meant to live our daily lives from our spirits, not this natural world. But how do you do that? When God breathed the breath of life into Adam, the word "life" is plural. He breathed 2 lives into us – an outer man and an inner man or spirit! We are prone to spending more time taking care of our outer man – our body and soul than the inner man of our heart. Paul prayed in **Eph. 3:16**, "that He would grant you, according to the riches of His glory to **be strengthened with His might through His Spirit in the inner man...**" That phrase is really asking God to increase our spiritual strength or power that comes from Holy Spirit filling our spirit on the inside! What an image! We are meant to live aware of His power within us and not consider our outer man. Like our bodies need food, His Words are the spiritual food that feeds our spirits! Holy Spirit is meant to teach our spirits about Jesus and His ways. **John 14:27, 1 John 2:27** Our spirits will get stronger if we live from our inner man and don't allow the things of the world to be our focus.

John the Baptist and Jesus had strong spirits. John was filled with the Spirit in his mother's womb and Jesus relied on Holy Spirit especially when He was in the desert for 40 days being tempted by satan. We are told Jesus returned in the power of the Spirit. **Luke 4:14** They lived their lives from the inside out! Can we see ourselves with strong spirits living from His strength within and letting Him flow through us? We need strong spirits so we can resist the devil's evil thoughts and actions, and let Holy Spirit's power heal, restore us, and set people free!

Do We Focus on Ourselves or on Him?

For many years I was so aware of all the areas of my life that were not like Jesus yet, that I struggled to believe He could use me or flow through me. One day He told me He uses imperfect vessels. Becoming like Him is a life-long process which He is excited to help us with because He already sees us "in Christ!" It's

not about the outside but the glorious treasure He has placed in each of us. In **2 Cor. 4:7 Message** says, "**We carry this precious Message around in the unadorned clay pots of our ordinary lives. That's to prevent anyone from confusing God's incomparable power with us.**" Too often we focus on the outside and live being "self-conscious" or "sin-conscious" and not living "God-conscious!" My old ways didn't disappear instantly. "I" (my soul and flesh) controlled my days. I was very independent, self-sufficient, quick to judge myself and often overly introspective! I could focus more on the mistakes I made than what I did right. Sometimes I let Holy Spirit who lives inside me flow out to touch other people, but other times I didn't see myself as strong or filled with His power. So, I failed to resist the lies of enemy and let my flesh rule.

Whatever we give our attention or focus on gets stronger! He desires *our focus change from us to Him!*



We were always meant to live as children of our good Father. Our true identity comes from our inner man like Jesus, living as a Son to His Father! We are meant to look to our spirit and Holy Spirit's help every day, not our outer man. Every morning, I say, "I yield myself to You! I surrender, none of me and all of you! Holy Spirit take over and do what I can't do!" To have a strong spirit we must yield to His Spirit and thank Him for changing us from the inside out. Read **Phil. 2:13** When I get busy with daily tasks, I can get overwhelmed and go back to old patterns. Quieting or pausing throughout my day turns my heart and mind back to Him letting Him direct my steps. Thanking Him for all that He is and wants to be for me keeps me focused on Him as – my Source, my Healer, Peace, Provider, Strength, etc. These practices have helped me become more peaceful, knowing He's in charge, not me. To have a strong spirit we must continue to recognize the Greater One who is living inside ready to fill us and flow through us with His love, power and ability to change situations like Jesus did!

Do we see ourselves with the Greater One living inside of us? "It's Christ in me the hope of glory." **Col. 1:27.** The further I walk with Him, the more I realize He always planned for us to be one with Him like Jesus prayed in **John 17:21.** It's not about us being strong but us living in such oneness. He wants us aware of our weakness with His strength/power flowing through us doing the work. Our spirit gets stronger as we abide in Christ, our True Strength. I like how

2 Cor. 12:9 Mess. puts it, “...My grace is enough; it's all you need. My strength comes into its own in your weakness. Once I heard that...I quit focusing on the handicap and began appreciating the gift. It was a case of Christ's strength moving in on my weakness.” Like the first century believers, we too can live allowing His Spirit to flow through us and touch other people with His love, life and power! Remember we may be the only Jesus others see and experience!

How Do We Strengthen Our Spirits

A habit is any action that is frequently repeated almost without thinking which some call “muscle memory.” We are made in God’s image, so just as He created everything with His spoken words, we too create our future by what we speak and declare daily! As we speak His Words from our spirits out of our mouth, we can see them take place. I have a habit of speaking to myself in the morning about being a spirit and my true identity, saying, “I am a spirit, filled with Holy Spirit, and I walk, live, move and have my being in Him!” As I speak and agree with what God says, the more I believe that’s who I am and how I see myself. But we must *eat His Word* because feeding on the things of this world - news, TV, or social media - will only distract us from what strengthens our spirits. Make time daily to read the Bible and pray Eph. 1:17-23 asking Him to open the eyes of our heart to see how He sees. When we are hurting, we can ask Him to comfort and restore our souls and fill us with His love. After our hearts are full, then He leads us to feed on the meat of the Word showing us areas of our lives that need to change so we become more like Him!

Praying or talking to Father throughout your day is another good habit. We can ask Him for specific wisdom and direction in decisions we need to make, but prayer is meant to be more of a dialogue between Father God and us! It’s not just a list, but about what is important to Him. He wants to be involved with the little as well as the big details of our lives! I’ve gotten to the place where I ask what I am to wear today, where I put my cell phone when I can’t find it, or how to order my errands. He often brings people to my mind to pray for or contact to encourage them. We become more sensitive to our spirits and Holy Spirit if we keep listening and asking what needs to happen next. Prayer is meant to be about connecting in an intimate heart-to-heart relationship with our good Father, understanding our Savior, Jesus, and

letting Holy Spirit guide our day.

Strengthening our spirits is greatly increased by *praying in the Spirit*. When we pray in our prayer language, it engages a part of our brain that isn’t used for anything else. It even boosts your immune system. It’s a great way to subdue our flesh and soul realm as our brain doesn’t understand what we are saying. Increasing the amount of time you pray in the Spirit disciplines our natural man. It also opens the door to the other gifts of the Spirit flowing through us. I encourage you to ask Father for Holy Spirit as He only gives good gifts. If you have any questions about how to receive Holy Spirit and a prayer language, feel free to contact us at our website and we will share more with you.

<https://www.abbasarmsintl.org/contact-us/>

The last area I suggest we all practice is *making/taking time for intimacy with Him!* I spend time every morning with my Father, but in 2020 when everything shut down, He asked me to just sit in His presence without my daily routine. He allowed me to worship with a couple songs or He had me focus on a Bible verse, but He wanted me to learn to totally quiet my outward man and soul so that I could begin to experience what it means to abide in Him and be one with Him! At first it was hard, but over time I found it was the most restful and precious time of my life! I still just sit, “being” with Him some mornings. Sitting and being still is about receiving all that I need from Him, my true Source. *Abiding*, in Greek is “meno” and means to remain as one, stay, be at home. In John 15, Jesus gave us a great word picture about abiding -He is the Vine and we are the branches. If we’re not attached fully to the vine, we will dry up and struggle to have the supply that He desires to give us. Sitting with Him has increased the reality of my oneness with Him and His Strength being in me!

As we practice developing a heart connection with Him, we will have strong spirits and walk and talk like Jesus. Our immediate response will be to submit ourselves to God, resist the devil and speak God’s Word to stop him. **Jam. 4:7** And Father God will anoint and fill us with Holy Spirit and His power so we can go about doing good, healing all those oppressed by the devil, just like Jesus! **Acts 10:38**



A Father's Blessing

I bless your spirit to awaken and look upward into your Father's face. May you sense His delight as you experience His smile and see His eyes full of love. May your heart and spirit be filled with great peace and joy knowing you belong! Holy Spirit, blow afresh on each person's spirit so that their spirits are stirred to take their place living from above. May your inner man be strengthened by His Word and Holy Spirit to walk in His ways. I bless you with a greater revelation of His Word, a sweeter prayer life, and more time spent praying in the Spirit that leads to greater boldness in your life as you speak His Word and stop the enemy. I bless you to abide in Him with increased intimacy. May you experience the fullness of His Holy Spirit so that the kingdom of darkness is pushed back and the Kingdom of light increases. I bless you to become a channel for Holy Spirit to flow through, touching others with His love, power and goodness in this dark world. Amen.

