



## THE LOVE LETTER

Abba's Arms International, Inc.  
(Kings Kids Unlimited, Inc)

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### IMPORTANT!! READ THIS FIRST!!

## The Love Letter

We are attempting to be sensitive to those who receive the Love Letter and still be wise stewards of the Father's money He has entrusted us to use with Abba's Arms International, Inc.

With the increased cost of sending out the Love Letter, we want to make sure that it is being used and a blessing to those who receive it. In that regard, we are asking for your response to this edition of the Love Letter. **If we do not hear from you, we will assume that you do not want to continue receiving a hard copy of the Love Letter.**

If you only want an e-mail copy, please give us your e-mail address. We will continue sending the Love Letter to all those we already have on our e-mail list and those who respond to this notice.

You can also access all of the copies of the Love Letter at our website: [www.abbasarmsintl.org](http://www.abbasarmsintl.org)

Please send your response to: [www.abbasarms55@yahoo.com](mailto:www.abbasarms55@yahoo.com)

Thank you for your continued prayers and support of the ministry!

### Joy-filled Living!

One verse kept echoing in my (Sue) heart before I sat down to write this article. It is ***"When they saw the star, they rejoiced with exceedingly great joy!"*** Matt. 2:10 What did it look like for those wise men to rejoice? What does exceedingly great joy look like? We often associate joy with Christmas and the holidays, but I believe JOY is meant to be part of our lives every day. I started checking my own life: Have I lived my life rejoicing and expressing joy on a consistent basis? Joy is a fruit of the Spirit which is in me, but have I cooperated with the Holy Spirit to let joy flow out more? As I listened to a message by James Jordan, he stated that *"Christianity is the only religion with joy."* That really impacted my heart and then he quoted C.S. Lewis saying, ***"The seriousness of heaven is joy!"***

The world around us is full of stress and fear. Too often we can take life's circumstances too seriously. When we focus on and magnify our present problems, they often steal our joy. That is also the time when we fail to see our "big Daddy" who is always there loving us

and ready to help. How will the world see what our Father and His kingdom are like if we don't live aware of Him? When we, His kids, live daily aware of our Father's heart filled with love for us, joy will be in our lives and draw others home to our loving Father too! My prayer is that as you read this article, Father touches your heart and gives you some new images that will help you live a joy-filled life one day at a time!

#### Difference between Joy & Happiness

Sometimes we can confuse happiness with joy. Happiness can be influenced by "happenings;" the external sources, events, or feelings that happen in life. Happiness can be described as an experience of feelings from contentment to intense pleasure, but those feelings often don't last long. **Happiness may be momentary, but joy is a state of being** which comes from within and is more permanent. It brings inward peace and contentment. Joy is constant and remains through life's ups and downs. As His joy permeates our lives, others will want what we have and be drawn

to Father, the true source of joy!

The world tries to get us to believe that we will find happiness and satisfaction in some "thing," but true joy comes from knowing our Father. The Bible has a lot to say about joy and rejoicing. Joy is used over 422 times and rejoicing in its various forms is used over 300 times. As I looked up more verses, I became convinced that Father God wants to be our source for joy. David said, ***"God, my exceeding joy..."*** Ps. 43:4 Several of the writers of the Bible describe joy coming to those that look or return to Father God rather than looking to self or others. Check out: **Ecc. 2:26; Isa. 12:3; Isa. 51:11.** Finally, **Ps. 16:11** says, *"In His presence is fullness of joy."* Father wants us more aware of Him always being with us, so that we can relax and be joyful knowing He is our "everything!" Joy will increase in our lives as we get to know who He is and enjoy what He has already done for us. Then it will be easier for us to believe and rejoice that He wants to constantly care for us allowing us to live differently than the world!



### Joy is Knowing Someone loves you!

*Joy is relational and contagious!*  
Experiencing joy in loving relationships is one of the most powerful forces in life. My understanding and image of what joy looks like and where it comes from has been enlarged by listening to a CD entitled *Eucharisteo, The Gift of Joy* by Linda Forester from Life Center Church in Harrisburg, PA and reading a book, *Living from the Heart Jesus Gave You* by James Friesen, E. James Wilder and others. Several of my thoughts have come as a result of these resources which I pray will enlarge your understanding of the importance of joy. Joy is the result of knowing you are loved by someone and have a place in their heart!

#### **John 15:9-11**

Joy is the first emotion that a baby desires and seeks! Have you ever seen a baby's eyes light up followed with a big smile and giggles when someone looks at him? Joy is the delight we experience when our hearts connect and we feel loved. From the time babies are born, they seek joy and want to be the "sparkle in someone's eyes!" Life makes sense and is empowered by joy when we are in relationship with those who love us and are sincerely "glad to be with us." When we see pleasure in someone's eyes, we feel joy and know we are loved, enjoyed, served, protected and much more. Our feet want to run to them and even dance or sing. Joy can grow and be communicated non-verbally through our senses with loving looks, tender touches, and a pleasant tone of voice. It is important to cultivate joy in our lives no matter what our age.

Father wired us to want and need relationships with Him and others. Life is all about coming home to His family and enjoying the same sweet fellowship that Father, Son and Holy



Spirit enjoy. But on earth some of our relationships can be painful. It's the enemy that is working hard to destroy and break up relationships. Linda Forester said, "*Our greatest human primal fear is being alone, but joy is the neuro-biological foundation of a healthy human life.*" In the first eighteen months of life babies are meant to live in joy, build a capacity for joy, and learn that joy is one's normal state. Our identity or self-image develops based on how we think our mother and father see us, impacting "who we are." Our parents are also meant to show us how to regulate our emotions and return to joy from unpleasant emotions such as being hungry, upset, or tired. That joy capacity is what allows us to jump back up and dust ourselves off from the hurts. If our parents were oriented to love, we can endure all things and return to joy more easily. But if our parents were oriented to fear, we may experience being unstable or disorganized. Our heart and brain are greatly influenced by what we experienced as babies, yet Father designed our brains in a special way so we are not without hope of things changing.

Our brains' joy center is the one part that can continue to grow all of our lives! So no matter what we experienced growing up nothing is impossible for Father to change in us! Our joy can increase and grow!

### The Power of Thanksgiving

Living in joy is the calling and destiny of us all. Jesus came to give us abundant life and to show us how to walk each day with joy despite life's circumstances. With only a few hours left before Jesus was crucified, He stayed in relationship with His disciples, broke bread, gave thanks and continued to give. **Luke 22:17-19** Jesus offered thanks though He was about to be rejected, deserted and broken because He knew His Father's love and trusted His will for His life.

**Thanksgiving always precedes the miracle.** What was Jesus looking at that allowed Him to endure the cross? **Heb. 12:2** We were the joy set before Jesus. He died and rose again to bring many sons to glory! **Heb.2:10** What an example of joy in the midst of trying circumstances!

How quickly do we express thanks for the good things in our lives every day? The tendency is to focus on the one negative thing and not the ten good things. The word **thanks** in Greek is **eucharisteo** which includes the root words for grace and joy. It **means to be grateful or actively express gratitude towards**. Linda Forester said, "Thanksgiving is the manifestation of us saying yes to the grace of God every day!" Thanksgiving gives us the eyes to see our Father and gain a different perspective on how to live life. Giving thanks for the parts of our body that are working properly or today's needs being met keep our hearts open to receive Father's goodness and grace. Gratitude is the pathway that leads to joy.

Ungratefulness has the opposite effect. Satan was the first to be ungrateful. His unthankful attitude led to his downfall and eventually infected the garden where Adam and Eve became ungrateful for all Father had given them. If we align ourselves with the enemy, we may only see what we are lacking and fail to see all the gifts Father has already placed in our lives. If we live in ungratefulness, we are really saying – we don't trust Father to provide for us. Father meant for us to live in contentment and joy.

### The Importance of Joy

As I mentioned earlier the first two years of a baby's life are focused on building and developing joy. Too often our culture has overlooked the importance of growing joy mostly due to ignorance. We need to understand the value of joy. First, the Bible tells us that "the joy of the Lord is our



strength.” **Neh. 8:10** Secondly, joy along with righteousness and peace have major places in Father’s eternal kingdom. **Rom. 14:17** The scriptures reveal that our Father’s face is the source of joy! In **Acts 2:28** **Amp.** Peter quotes the psalmist, “**...You have made known to me the ways of life; You will enrapture me – diffusing my soul with joy – with and in Your presence.**” Father’s face fills us with joy just as the delighted parent’s face fills a baby with joy. **Psalm 89:14-16** speaks about our seeing mercy and truth in His face and being blessed as we hear His joyful sound and walk in the light of His countenance (face). He fills us with joy as we see His face and heart of love and hear His joy over us! This is the blessing that gives us strength!!!

Have you ever walked into a room and sensed there had been fighting in that room before you got there? What you sensed was not vibrations of joy. Everything in the universe is vibrating at a certain frequency. There are now machines that can measure the vibrations coming off of us. Words that we speak and emotions that we are experiencing all have vibrations too. **Being irritated** is the same frequency **as mercury** which is deadly to our bodies. If we are **angry**, we are vibrating at the level of **lead**, another deadly element! These kinds of emotions lower our immune system. The medical community now states that up to 95% of all diseases are brought on by stress due to irritations and other deadly emotions. Love is one of the best ways to build up our immune system. When we experience joy because someone is glad to be with us, our body can be content and at peace.

Feelings of gratitude and appreciation are some of the most positive emotions that we can express. As we continue to walk in gratitude and thankfulness, they can change our personal lives.

Experiencing heart-felt emotions of love, care, and appreciation produce very different frequencies than when we are stressed out about something. Practicing gratitude allows our physical bodies and its systems to function in a healthy way. Dr. Omato has done many experiments on the power of negative and positive words and their effect on water crystals as they freeze. Words of love and gratitude form beautiful crystals, with gratitude being even stronger than love. (You can read more and see his experiments on YouTube and the internet) Why mention this? Our bodies are made up of 70% water and our brains are 85-90% water. Living in peace and joy allows the water’s frequencies in our bodies to do what it is supposed to do, but if we are stressed, the frequencies of the water can’t cleanse our bodies but holds onto toxins. The physical benefits of gratitude, joy, and thanksgiving are much greater than we thought!!

### **Walking in Joy and Gratitude**

Joy is one of the fruit of the Spirit, which means it was deposited in our heart when we were born again. His joy is growing in us more each day. True joy is expressive whether we make a joyful noise **Ps. 100:1**; shout for joy **Ps. 5:11**; or rejoice by dancing and celebrating that we are part of His



family. **Luke 6:22-23** Do you realize that heaven throws a party for every sinner that comes home? **Luke 15:7** We need to become more child-like (children have about 300 belly laughs a day). Having a merry heart or a rejoicing heart is like medicine that keeps us healthy. **Prov. 17:22** Many years ago a man named Norman Cousins had a painful illness which doctors couldn’t heal, but he watched many hours of the Marx Brothers movies and laughed himself to a

place of no pain. He also lived many years beyond what the doctors expected. If you can’t find a reason to laugh, do what Father does. He sits in the heavens and laughs at men thinking they know more than Him! **Ps. 2:1-4**

What gives Father joy? YOU! **“He is in your midst and will rejoice over you with gladness; He will quiet you with His love; He will rejoice over you with singing.” Zeph. 3:17** That sounds like a Father that is thrilled to be with you and has a huge smile on His face and a heart that is exploding with love because you are His child! You have a special place in His heart! If you could wake up each day being aware of His joy and excitement over you, it would jumpstart your joy and bring a smile to your face! Let Father give you an image of His pleasure in you and live life from that place in your heart!

*Living From the Heart Jesus Gave You* (Page 24) offers a few joy-building suggestions to practice with your families and with others:

1. Smile when you greet those you love and use sincere voice tones.
2. Take a sincere interest in really knowing the other person. Work hard to understand their fears, joys, passions, talent, and pain.
3. Treat each other with dignity and respect. Listen without interrupting.
4. Discover what brings the other person joy: time to talk, an encouraging note, a helping hand.
5. Give them little surprises that cause their eyes to light up and let your eyes light up too!

Linda Forester also offers some suggestions on how to walk in gratitude and more joy each day:

1. Practice overcoming the self-destructive habit of ingratitude. Brother Lawrence kept his mind on God and became more grateful each day, bringing great intimacy with his God.

### Joy-Filled Living (con't)

2. Live with a grateful heart. Living in gratitude is an action not just something you read about in books. Daily express your gratefulness!
3. Think on good things and learn to be content even in the difficult circumstances. **Phil 4:8,11-12**
4. Make a list of the gifts and things Father has already given you. Then bless Father for it.
5. Live in the moment. If we are living in the future or a place of wanting something more or something different, we may miss what Father is doing now and what He has for us.

### Father's Blessing

I bless you to know that you are the sparkle in your Father's heart and eyes. I bless you with feeling the joy that Father has as He looks at you - His eyes full of love and a big smile on His face, being thrilled with you today! I bless you with experiencing the joy that your Father has as He thinks of the blessings He has prepared for your future. I bless you to daily practice expressing your gratefulness and thankfulness to your Father so that you have increasing joy and gladness in your life. I bless you with the abiding strength to be where Father has placed you and walk into your future because you are able to drink deeply of the joy that Father has in you as His beloved son/daughter crafted for His pleasure and purposes. I bless you to experience exceedingly great joy more and more in your life! Amen!



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