



Rick & Sue McCoy

The Love Letter

Abba's Arms International, Inc.
1st Quarter Volume 13

READ THIS FIRST!!

It's Time to Update Our Love Letter mailing addresses!!

This is our 13th year of sending out our Love Letter free to you as a way to continue to bless you with what the Father is revealing to us and keep you informed about important events and prayer needs for our ministry. We continue to add more mailing addresses and emails to our list from events and inquiries from our website

<https://abbasarmsintl.org/> The cost to send out hard copies for one year is close to \$4.00/address. To be good stewards of our resources, improve the quality of the Love Letter, and not be a burden or nuisance to anyone not desiring to receive it, **we are asking you to do two things:**

1. Please take a couple minutes to fill out the enclosed post card and comment on how you have been impacted by the Love Letter.
2. After completing the post card, please place a stamp on the post card and mail it back to us!

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Again, we want to thank all of you who have faithfully supported and prayed for us during the past 32+ years of our ministering, first to children and then the child inside of every one of us! May the Father richly bless you for your financial gifts and sacrificial time in prayer and volunteer service over the years! We have quite a file of testimonies and many memories of those who have been touched, saved, healed, filled with the Spirit, and set free through this ministry. PTL!!

Remember, you can access all of our old Love Letters at our website <https://abbasarmsintl.org/category/the-love-letter/>



Attachment Love

The Transforming Power of Christian Maturity

"...the life of Christ will be released deep inside you, and the resting place of his love will become the very source and root of your life." Eph. 3:17 TPT

I (Rick) love this translation, but you may be more familiar with the version which says, "*that you being rooted and grounded in love*" may be able to comprehend His love that is beyond earthly knowledge. This love is like a big oak tree that has a tap root that goes deep into the earth and branches of roots that firmly hold the tree in the ground even during hurricane-force winds. We could say that this tree is firmly "attached" to the ground and cannot be moved!

That is a good description of what the Father's love is like towards us and the strength that our love can be for Him and those around us with whom we connect through His love.

1 John 4 talks a lot about God's love and how we can abide in Him, who is love, and have His Love abide in us. We find in verse **4:19** that we have to receive His Love before we can have love to give away to someone else. You can't give away what you haven't received first! This God-kind of love is referred to in the old testament as "Hesed" and in the new testament as "Agape." A study of how the word "Hesed" is used implies a **commitment** or **covenant** level of love. Father loves us because He is in covenant with us and will never break that commitment with us. That's why we can say that there is nothing we will ever do or say that would cause Him to love us any more or less than He does right now! Some refer to Hesed as the "sticky love" that you just can never get unattached from! This is the love I want to explore in this article on Attachment Love.

Levels of Love

Attachment love goes beyond all the other levels of natural love that we can think of. I have a love of chocolate and nature. I have loving friendships with people I enjoy being around. I can feel love in a group who are pleased to be with me or I can experience love from my family and relatives.

Up until recently, I used to think that there was no level of love higher than between our Heavenly Father and us as His sons and daughters. I still have fond memories of my first

encounter with His love while I was worshipping and had a vision of myself as a toddler walking beside Him clasping His finger with my tiny hand and looking up into His face. I was overwhelmed with love and began to cry for the first time that I can remember. I had shut down my emotions because I could not stand the rejection or pain from others, but Father opened my heart again that day and my emotions have been released since then. However, as wonderful as that was, I have walked into an even greater sense of His Love recently as His **“beloved son”** in whom He is well pleased! I now know how powerful those words must have been to Jesus at His baptism in the River Jordan when His Father spoke those words over Him. I know it really touches Sue’s heart when I refer to her as my beloved! I believe this is what He meant when He said that He would be a Father to us and we would be His beloved sons and daughters! **2 Cor. 6:18**

Now we are getting a glimpse of what attachment love is like! That’s how we can be *“filled with all the fulness of God”* **Eph. 4:19** It’s impossible to know with our left-brain intellect what this love feels like. It’s not about emotions, feelings, understanding or knowledge. It’s about something you have to experience. Words cannot describe what it is like to be loved (Hesed) by our Heavenly Father! You just “know” in your heart that He loves you! It’s an intimate relationship between two or more individuals, just like what Sue and I experience as a married couple. At this point, I must interject a word of caution. There is a counterfeit love that may appear in some ways to be the same, but is built with fear bonds instead of love bonds between individuals. Fear bonds are built from negative emotions like shame, fear of rejection, fear of abandonment, feeling alone, hopeless despair, anger, hate, etc. These connections are fragile, easily abused or broken, lack joy or a real sense of belonging and often deteriorate into abuse, illicit relationships, gang membership, occult, and other negation relationships. ***However, love-bonded relationships are secure, long-lasting, life-giving, and full of joy and peace!***

The Will vs Attachment

The will works on the slower left side of our brain and is not reliable. ***Our will is weak and easy to change. It’s one of the first things to disappear when we are tired, frustrated, tempted, or have a few beers!***

There are many “wills” that are hard to separate from our desires. Talk to anyone like myself who have tried to use their will to stop a bad habit. Even though I had a strong will and could stop the pornography for a while, eventually the temptations and desires would revive and I would slip back into it! Only Father’s attachment love could set me free! Just think of the situation of Jesus in the Garden of Gethsemane. It was through His attachment love with the Father that Jesus was able to resist His own will in the garden to fulfill Father’s plans for His life!

Lk. 22:42

Our heart trumps the will every time because it functions on the “fast track” right side of our brain. The strongest force in our brain is attachment. We were designed to build attachments with others and our Heavenly Father. Loving attachments are built and strengthened through joyful relationships with others. Attachment love is the connection of the branch to the vine where we begin to become like Jesus and develop the “mind of Christ.” We become part of His family not simply through choice and our will, but through a loving relationship with Him! Salvation comes through a change of our heart, not an act of our will!

Attachment Love

Attachment love is the key to open our heart and allow authentic transformation. It also helps us grow in our spiritual and emotional maturity. Our identity can only be changed by someone with whom we have a loving relationship. At birth a baby will copy the identity and everything else about those who are their caregivers and who are pleased to be with them. Relational identity is cemented through attachments and difficult to break. It’s hard to convince you that someone else is your mother! Our brain strongly guards our identity and will only allow someone who is in attachment love with us to impact or change our identity.

Our identity is also built through our group identity with “my people.” These are the people who act and think in harmony with how we live and think and who are pleased to be with us. The greater the synchronization of our thoughts with others, the stronger the attachment love grows. We can actually begin to think the same thoughts as someone else or know what they are thinking before they say a word.



This mutual mind state is seen the strongest in those we spend the most time with and open our hearts to like our spouse, old close friends, and close relatives. Sue and I have been married for over 50 years now and we often know what the other one is thinking before they say anything! Through our fellowship, meditation on His Word, worship, active journaling and soaking in His presence, we can develop a mutual mind state with our Heavenly Father, Jesus, and Holy Spirit. The more our thoughts line up with His thoughts, the more we will grow in Christian maturity. It's not about asking ourselves, "What would Jesus do?", but quieting oneself and entering into mutual mind with Him. Then we will "know" what to do every time!

Dallas Willard, an American philosopher, gives a powerful definition of true spiritual maturity as the place where your immediate response to every circumstance or situation is love, even with your worst enemy! Wow! I assure you that I'm not anywhere close to meeting those high standards yet, but that is where I want to be some day!

It's in mutual mind with Father that we will truly be able to love our enemies and do good to those who treat us poorly. Attachment love motivates us to love

others and compels us to run into burning buildings, shield a child from flying bullets, perform supernatural feats of strength, face wild beasts or certain death without any hesitation. It overrides the will and our logical left brain before they have time to think it through!

Attachment love comes through joyful relationships. One of the best places to find those relationships is in our churches, Christian organizations, and good causes. Seek out opportunities to engage with other believers and loving non-believers through small groups, family connections, and other charitable causes. Remember, joy comes through knowing that someone is pleased to be with you. Be a joy starter and look for ways to show others that you are pleased to be with them!



A Father's Blessing for Attachment Love

I bless you to experience more and more of the Father's great love for you as His beloved son or daughter. I bless you to walk in the awareness of Him continuously loving you all of the time. There will never be a time when you will not know that He loves you regardless of where you are, what you have just said or done, or whether you choose to love Him or not! I bless you to have joy-filled relationships and be a joy starter wherever you go. I bless you to carry His love and bring peace into every place where you go. I bless you to have families and friendships that build love, unity, fellowship and joy with each other that spills out into everyone you meet at church, on the street, or at work.

