



Rick & Sue McCoy

The Love Letter

Abba's Arms International, Inc.
2nd Quarter Volume 18

Last Call to Purchase Bibles for Africa!!

Thank you to all of you who have already given money towards putting study Bibles into the hands of pastors where we ministered in Uganda and Kenya last year.

If the Holy Spirit has been stirring your heart to help send a Bible or several Bibles, there's still time! The cost for a Study Bible in Uganda is \$23 US dollars. We know these pastors will be extremely thankful for your gift!

We will be sending all the money we have received by May 31 to purchase as many Bibles as possible.

Thank you for your generous support and prayers for this project!



You can give online through our website
<https://www.abbasarmsintl.org/>

Or by check made out to:
Abba's Arms International, Inc.
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State College, PA 16803

Is Your Heart Centered or Distracted?

Recently Father asked me a question, "Are you centered on Me or on the things of this world?" I had heard a couple songs where the word, "center" stood out. In both songs, the lyrics were about *Jesus being the center of it all!* Webster's 1828 Dictionary defines **center** – *to be collected to a point.* Our world today is filled with so many things vying for our time and attention such as our phones, the internet, social media, countless TV channels showing movies, sports, etc., and the list goes on! It's difficult to stay centered and not be pulled in different directions. Father lovingly spoke to my heart about the many commitments that were on my calendar which were stealing my focus on Him and dividing my thoughts on many different things!

Father showed me how my heart can get images that the world presents and take me away from seeing Him or how He sees the situations in my life or the world around me! He desires that we live, aware of His presence knowing we aren't alone and let Him guide us through each moment of our days! Do we live, aware of His love and see Him supplying all that we need rather than **self** being the one that orchestrates our days? The world can be very noisy, trying to get our attention which often leads to anxiety and fear over things we can't control! He asked me, "What is unchanging in your life?" I said, "You and the things You created are what remains the same!" Then He showed me a picture of the sun at the center of our solar system keeping our earth in orbit at just the right distance supplying the light to sustain life for everyone and everything. Like the sun, Father simply wants us to trust Him because He is the center of everything that is unchanging! He is the same yesterday, today and forever! **Heb. 13:8** May He paint His images in our hearts, so we stay centered on Him, not the chaos or the enemy's lies that try to distract us and get us in fear!

Who is in Charge?

When we come into this world as a baby, we are totally dependent on our parents to take care of us, meet all our needs and teach us what we need to know. A baby is like a blank paper ready to be written upon. The Holy Spirit showed me the way we see and experience our world can be dominated either by love and security or by fear and feeling alone. If our parents knew God's love and our home was safe, we probably saw our world as good and we followed our parents' beliefs about God and life. But if our parents didn't

know much about love and lived out of fear themselves, we may have questioned what they believed and looked for other things or places to fill what was missing. So, **who is in charge of your heart and beliefs?** God, the world, today's latest trend, who we listen to the most, or where we focus our time?

A young child is very teachable and believes that their parents know best. But often as we grow up, we want our own way and become independent and do not want to listen to our parents. Our decisions are based on what we want. **Self** can be strong and in charge, not considering God or anyone else. If we think the world revolves around us, we can totally leave God and His thoughts and ways out of our lives.

The world is full of people trying hard to handle their lives on their own. Many people live each day just hoping they don't run into a problem that is too big for them to handle. An orphan is someone who doesn't have a father or anyone to help him/her. I lived like an orphan for many years of my life, "trying to figure out" life on my own. Some days I ended up with knots in my stomach and anxiety in my heart. But when I experienced my Heavenly Father's love many years ago, I came to know He is always ready to help me. Even now, self's old patterns can try to take over. That's when I forget to depend on Father, but I am learning to quickly repent and ask Him to be in charge again!

Our Focus

Have you ever used a magnifying glass? It can make things that are very tiny become much bigger! The image we pay attention to is what becomes bigger and more real in our hearts. Father helped me see how much the news on the TV (tell-a-vision) is trying to capture our focus on how we see life. Much of the news media reports are negative and contain lies which lead to fear about the future. Watching too much news causes my heart to see the big problems in the world, and I struggle to see things through God's eyes. This world and man's ideas are constantly changing, but God and His Word are truly the only thing that is unchanging! His words, thoughts, and ways are higher than man's and they never change. **Matt. 24:35, Isa. 55:8-9**

The world is full of many thoughts and opinions which can cause us to be unsettled about what to believe and what image to allow in our heart. Choosing daily to believe and trust what God's Word says rather than the images the world paints is the only way to be stable and centered. When we question or doubt what God says, we **"become like the rough seas driven and**

tossed by the wind. You're up one minute and tossed down the next. When you are half-hearted and wavering, it leaves you unstable." James 1:6-7 TPT If we focus only on God's goodness, we are **magnifying our God** and He gets bigger than this world! It requires being childlike and trusting our BIG FATHER GOD to teach us how to walk each day trusting Him to direct our steps no matter what it looks like! **Psalms 34:3** says, **"Oh, magnify the Lord with me, let us exalt His name together."** If we spend more time reminding ourselves who our God is, He can become bigger than any circumstance trying to surround and limit our ability to trust Father. No matter how much the world tries to move us, if we are rooted and grounded in Father's love and goodness, our hearts can rest securely and at peace too.

Where are Your Eyes?

Have you had someone look into your eyes and say, "I love you!" and you can see and sense they mean it? What effect does that have on your heart? You smile, feel joy, know you are accepted and belong without doing anything! That is what Father wants you to experience with Him. In **Hebrews 12:2 TPT** tells us to **"look away from the natural realm and fasten our gaze onto Jesus who birthed faith within us and leads us forward into faith's perfection."** It goes on to tell us that

Jesus' heart was *focused on the joy of knowing that you would be His* that He was able to endure the pain of the cross! He saw beyond the moment and saw the loving relationship we would have for eternity! Paul also told us **"...not to look at the things which are**

seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal!" 2 Cor. 4:18 Paul goes on to tell us to set our mind on things above, not the things on earth. **Col. 3:2** This earth is not our eternal home. When we take Jesus as our Savior, we will live forever as Father's sons and daughters.

We have two sets of eyes. Our physical eyes help us stay safe in this natural world, but there is a need to also develop and live from the eyes of our heart that **Prov. 4:20-23 TPT** talks about. In those verses, we are told to **"listen carefully to and pay attention to...My Words...fill our thoughts with My Words...they will impart true life and radiant health into the very core of our being...Guard the affections of our heart for they affect all that we are!"** Images are the language of the heart and Father meant for us to get His images about life, not the world! Recently, while reading the Gospels, Father



told me to see Jesus' face and notice His gentle, compassionate heart for each person. I saw His love flowing out and touching each of their needs! God's Word tells us as believers in Christ to **BEHOLD HIM. 2 Cor. 3:18** To behold someone or something isn't just a glance or brief look. **Behold** means to fix the eyes upon, to see with attention, and to observe with care. The more I behold Him, the more I have gotten to know His heart and that keeps me from being distracted by other things!

The Heart is the Center

This morning Father showed me the importance of making Him the center of every part of my heart and life. Many years ago, when our sons were quite young, there was a man known as the "Donut Man" who wrote songs for kids. One song talked about ***there being a hole in the middle of each person's heart that only Jesus could fill!*** Father told me, "I AM not just the center of the universe, but I was always meant to be the center of each person's heart and life too!" The things of this world will never fill the hole in our hearts. He is the only One who can fill the gaps, holes, and things we've been missing with the

substance of Himself, LOVE! He wants each of us to know –***we were always meant to carry His light, His life, His love, and His glory!*** We are meant to look like Him as He made us in His image and likeness for all the world to see Him in us! But it is also a place of rest because everything is coming from Him not us! It's the place of being childlike and letting go of control because you know He's our good Father! Walking in dependence, trust, humility and love, lets him be the center and the One in control. With our identity in Him, we can stay centered, at peace and rest in His unchanging character and ways! May we walk that way with each new day!



The Father's Blessing for a Centered Heart!

I bless your heart to receive more of who your big Father is and what He wants to be for you every day! May the eyes of your heart be focused on Him and the distractions of this world become smaller. I bless you to magnify the Lord's goodness and exalt His name every day and see His unchanging nature. May you see His unchanging nature and allow Him to become the center of your life! I pray you receive more of His love in places that haven't experienced Him yet! May you walk as His son/daughter knowing He is always there! I bless you to trust Your good Father so you can be centered and rest in His great love!

