

*From  
Christ  
with  
Love*



*From*

*Christ*

*with*

*Love*

*Letters from Jesus*

*Compiled by Patricia Abegunde*

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## HOW TO USE THIS BOOK

(This is also how to read the Bible)

**Pray before you read.** The Bible says no one can understand the things of God unless God helps them. Ask God to help you understand what you are about to read.

**Take your time as you read.** Don't rush. Take time to think about what you are reading and how you can use it in your life.

**Talk to Jesus about what you're reading.** Tell him what you're thinking about the things he's saying and what he might be trying to teach you through them. You can even write your own letter back to Jesus. This will help you remember your thoughts for a long time to come.

**Ask God questions about the things you don't understand.** God can give you the answer in many different ways. He may answer by putting a thought in your mind, or through writings in other parts of the Bible, through things that other people say, or through things that happen in your life. He may answer right away or he may answer later, but he always answers.

**Keep reading. Don't let the things you don't understand stop you.** Look for what you can understand and hold on to that.

**Use what you learn from each letter in your life.** If you do, God will teach you even more about himself. And you will enjoy a closer friendship with God.

This book has been written in such a way that you can read one letter each day. You may choose to read the letters alone, and allow Jesus to speak to you through them. Or, you can also read the thoughts at the end of the letters, and maybe even write your own letter back to Jesus!

Below each letter, you will find the parts of the Bible from which the letter was taken. The meanings of words that may be new to you are also below the letters. (The meanings of some new words are written in the back of the book.)

The following are a few samples of Jesus' letters  
on leaving your worries to God.  
You will find the rest of the letters in

## **LETTERS FROM JESUS, VOLUME 1**

YOU ARE TRULY LIVING  
WHEN YOU ARE  
LEAVING YOUR WORRIES TO GOD  
AND  
LIVING IN HIS PERFECT PEACE



### What do you need?

Like a child making a wish list for Santa Claus, you probably can make a very nice list of the things you need. Most of us tend to feel that we do have a pretty good idea of what we need in this life. But the real truth is we just think we know. Only God truly knows. He is the one who made us, and he knows us through and through. He knows the things we need even better than we do. And the good news is, he loves us so much that when we put our lives in his hands, he will always provide us with the things we need. Some of those things can be touched, like food, clothes and drink. Some of them can't be touched, like love, joy and peace. But whatever our needs may be, whether they are great or small, God is always ready to take care of them.

God is not like Santa Claus, however. When you give your life to him, he won't always give you everything on your wish list just to make you happy. As a matter of fact, he's got his own list of the things you need. And what's on his list may not always be the same as yours. But remember



he is the one who knows you best, so the things on his list are exactly what you need. Also remember that he loves taking care of you, so you never have to worry about your needs, great or small, present or future. God's got you covered, so you can just relax in him.

One little warning though: even when you know he is taking care of you, there may be times when you may find it very difficult to relax in God – times when your needs are pressing so hard on you that you just can't help but worry. So, what do you do in times like these? In the letters you're about to read, Jesus will teach you some very important things about facing such difficult times. Read on, and you'll find out what they are.

*Letter 19*

*Dear Child,*

*God, your Father in heaven, knows  
your needs.*

Based on: Luke 12:30

## THOUGHTS ON THE LETTER

While we may have some idea of the things we need, only God truly knows what we really need. After all, he is the one who created us, and he knows us even better than we know ourselves. Some of the things we think we need are things we don't need at all, or things that can actually hurt us in the long run. On the other hand, there may be things that we need badly, and we don't even know we need them! What a scary thought! Imagine if we had to rely solely on our own ideas about what we need. We would be in big trouble! That is why it is so good to have a god who knows what we truly need, not just what we want; a god who gives us only what is good for us, not everything we ask for.

You can trust in the wisdom of God concerning your needs. You can rely on him to provide only what is good for you. But as you do this, there is one very important thing you must keep in mind: not everything that's good for you will make your heart glad. Some of the things God will give to you will make you very happy. But there may also be those that may cause you pain. Some may even break your heart for a while. But everything God gives you will be for your good in the end, even the painful things. Think of it as medicine. Some are sweet, and some are bitter, but all are made for your healing. In the same way, some of the "cures" for your needs may be pleasant, and some may be bitter and hard to swallow, but they all will be for your good and God's glory in the end.

## WHAT ARE YOUR THOUGHTS?

*Letter 20*

*A Word from the Bible*

*God will meet all your needs. He will supply  
your every need from his wonderful riches in  
Christ Jesus.*

*Dear Child,*

*It gives God great happiness to give you  
all that he has. So, don't be afraid. And  
don't worry. God will always give you all  
you need.*

Based on: Philippians 4:19, Luke 12:32, 22, 31

## THOUGHTS ON THE LETTER

We wouldn't find much comfort in the fact that God knows our needs if we didn't also know that he will meet those needs. There are many people in this world who know about the needs of others. But that doesn't mean they'll do anything about them. They may not care enough to help the people in need. Or even if they do care, for whatever reason, they may not be able to help.

So, simply knowing people's needs doesn't do them much good. What makes the real difference is when the person who knows about the needs is also willing and able to help. This is why it's so good to know that God not only knows about our needs, he is also able to meet them. And unlike people who are able to help others, but don't care enough to do so, God does care. In fact, he loves us so much that it gives him great joy to meet our needs. And he doesn't do it in a stingy way – he likes to give us all that he has!

Can you believe it? God actually enjoys meeting your needs! This is why you don't have to worry or be afraid as you go about carrying out his plans for your life. He will always be there to help you when you need him – first, because he loves you, and then because it makes him happy every time he does it!

## WHAT ARE YOUR THOUGHTS?

*Letter Z1*

*Dear Child,*

*Don't worry about the food you need to live. Look at the birds. They don't plant or harvest, they don't have storerooms or barns for their food, but God feeds them. And you are worth much more than birds.*

*Don't worry about the clothes you need for your body. Look at the flowers. They don't work or make clothes for themselves. But I tell you that even King Solomon - the richest ruler of his time - was not dressed as beautifully as one of these flowers. And if God provides clothing for the flowers that are here today and gone tomorrow, don't you suppose that he will provide for you?*

*Don't have so little faith! And don't keep worrying, saying, "What will I eat?" or "What will I drink?" or "What will I wear?" God, your Father in heaven, knows perfectly well that you need these things. And he will give you all you need if you give him first place in your life.*

Based on: Luke 12:22, 24, 27-28, Matthew 6:31-33

## THOUGHTS ON THE LETTER

Sometimes, people think that with all the “big” problems in the world today – war, famine, disease – God could not possibly be bothered with their own “little” problems. But God has enough room in his heart to care about the biggest problems of the world and even the most basic needs of every single one of us. So, we never have to worry that any problem we have is not important enough for him. He cares about all our needs, whether they are “big” or “little.” And he’s always ready to provide for each one of them.

God cares about every area of your life, right down to the smallest details, like food, clothes and drink. So you can bring all your needs to him, whether they are great or small, and watch without worries as he takes care of each one.

Don’t be surprised if, sometimes, he even goes beyond providing only what you need and adds an extra special touch, like icing on a cake. Look what he did with flowers as an example. Flowers may need “clothing,” but they don’t need to be beautiful. Yet, God decided not only to clothe them, but to make them pretty as well. And if God cares that much about a flower that’s here today and gone tomorrow, think of how much more he will care for you!

## WHAT ARE YOUR THOUGHTS?

*Letter 22*

*Dear Child,*

*Don't worry about tomorrow. Tomorrow will have its own worries. Each day has enough trouble of its own, so live one day at a time.*

*God will take care of your tomorrow. He knows your needs, and he will always give you all you need from day to day.*

Based on: Matthew 6:34, Luke 12:30-31





*Letter 22 (A)*

*Dear Child,*

*Don't worry about tomorrow... Live one  
day at a time.*

Based on: Matthew 6:34

### THOUGHTS ON THE LETTER

Life is such a struggle for so many people in this world that they can barely make it through each day. They have their hands so full of today's troubles that they don't even have time to think about tomorrow. If this is what your life is like, the best you can do is trust in God. Rely on him from one moment to the next, and he will see you through.

For many other people though, while life may not be easy, it isn't quite as pressing as that. They still do have enough time and energy left in the day to think – and many times to worry – about the future. If this is where you find yourself, the best you can do – just like those struggling through each day – is trust in God. In the same way that you trust him with each moment of today, trust him also with each moment of tomorrow. Don't worry, and don't be afraid. God is faithful. And when tomorrow comes, he will be there to meet your needs. As a matter of fact, he's already there!

### WHAT ARE YOUR THOUGHTS?

*Letter 22 (B)*

*Dear Child,*

*God will take care of your tomorrow. He  
knows your needs, and he will always give  
you all you need from day to day.*

Based on: Matthew 6:34, Luke 12:30-31

## THOUGHTS ON THE LETTER

God is already in tomorrow, ready to meet your needs! Can you believe it? Yes, it's hard to imagine. But, you see, whereas we humans can only be present in one point in time, God is present in all of time. He's not limited by our human timeline. For him, there is no past, present or future – all time is now, and he is present in all of it. This means he can see all your tomorrows just as clearly as he sees your yesterdays and today.

As a human, you can't see the future. So, you can't know for sure which of the problems you're worrying about today will actually happen in the future. Even if you could know, you are limited by time, so you can't go into the future to fix your problems. But because he's already there, God knows exactly what your future need and troubles will be. Not only that, he knows exactly how to take care of them. And he is able to make provisions, even now, to help you meet those future needs.

So, why worry about tomorrow? Relax! Be at peace, and trust in God, knowing he will be there to provide all that you need, when you need them, and as you need them, according to his wisdom.

## WHAT ARE YOUR THOUGHTS?

*Letter 23*

*Dear Child,*

*Don't worry. Don't be fearful and troubled about your life. What's the use of worrying? What good does it do? Can you, by worrying, add a single hour to your life? Of course not! And if worry can't even do such a little thing as that, what's the use of worrying? So I tell you, don't worry!*

Based on: Luke 12:22, 25-26, Matthew 6:25

## THOUGHTS ON THE LETTER

Worry changes nothing (except maybe your state of health by making you sick). It doesn't take away the troubles you already have, and it doesn't keep the ones ahead from coming your way. As a matter of fact, worry has got to be one of the most useless efforts a person can make. So, in light of this, why waste your time and energy worrying about your problems? What would be much better is if you spent that same amount of time and energy on something more fruitful, like seeking God's wisdom on how to deal with your present problems, or how to prepare for the ones that may come.

Sure it's hard not to worry when it seems that things are going wrong. In fact, worry just comes naturally to most people at such times. But if you want the joy of true life with God, you must make up your mind that, with God's help, you will not allow worrisome thoughts to remain in your mind. Such thoughts will try to creep up on you from time to time. But as soon as you catch yourself worrying, turn your fearful thoughts into prayerful ones instead. And as the Bible says, "Give all your worries and fears to God, because he cares for you." (1 Peter 5:7)

## WHAT ARE YOUR THOUGHTS?

*Letter 24*

*To those who worry,*

*Why are you worried? Why do you have doubts? Your trouble is that you don't know the word of God, and you don't know the power of God.*

*God can do things that are not possible for people to do. With God, everything is possible!*

*Have faith in God. If you have faith even as small as a tiny mustard seed, all things will be possible for you!*

Based on: Luke 24:38, Mark 12:24, Luke 18:27, Matthew 19:26 Mark 11:22, Matthew 17:20





*Letter 24 (A)*

*To those who worry,*

*Why are you worried?*

*Have faith in God. If you have faith even  
as small as a tiny mustard seed, all things  
will be possible for you!*

Based on: Luke 24:38, Mark 11:22, Matthew 17:20

## THOUGHTS ON THE LETTER

When Jesus says, "Don't worry," he doesn't mean we're not to think about our needs and problems at all. What he's saying is that we're not to be fearful about them. For one thing, many of the things we worry about never happen. And even if they do happen, our worrisome thoughts cannot change one thing about them. Looking at it in this way, we can see that there's really no point in worrying.

Why then do we worry? The problem is that we focus our eyes on our troubles, instead of fixing them on God. When we fix our thoughts on our problems and all the bad things that can happen, our minds become filled with fear, and we become worried. On the other hand, when we fix our thoughts on God and all that he is able to do to help us, our hearts become filled with peace, and we become hopeful. So, given the choice between the two, why would we choose fear over peace – worry over trust in God? Sometimes we do this because we don't know God well enough to be able to trust him with our needs and problems. Or, if we do know him, we sometimes forget to think about his power.

So, how about you? When you find yourself beginning to worry, do you remind yourself of the power of God and all that he is able to do to help you? Do you try to remember that no matter how great your trouble, God is greater still? That there is no problem too hard for him to solve because nothing is impossible with God?

The next time you're tempted to worry, choose to focus on God rather than your troubles. If you do this, you will find that you're able to face even your toughest problems with a heart full of peace instead of a mind full of fear!

## WHAT ARE YOUR THOUGHTS?

*Letter 24 (B)*

*To those who worry,*

*Why are you worried? Why do you have doubts? Your trouble is that you don't know the word of God, and you don't know the power of God.*

Based on: Luke 24:38, Mark 16:7

### THOUGHTS ON THE LETTER

Do you know God well enough to trust him in times of trouble? If you don't, ask him to make himself known to you, then make the effort to get to know him better.\* You can be sure of this, if you truly and faithfully seek God with all your heart, he will make himself known to you – that's what he has promised! (Jeremiah 29:13) And as you come to know him and the greatness of his power, your faith in him will grow. Then it will become easier for you to choose to trust him rather than to worry.

\* **Getting to Know God:** See next page.

### WHAT ARE YOUR THOUGHTS?

### \*GETTING TO KNOW GOD

If you want to know God better, the first step is to open your heart and life to Jesus. Only then can you begin to draw close to God. As you read earlier, Jesus is the way to God. Just as you enter into a house through the door, you enter into a walk with God through Jesus – by putting your trust in him and giving control of your life to him.

Once you've entered through this "door," one of the best ways to give God the opportunity to make himself known to you is to spend time alone with him. Talk to him in prayer, and allow him to talk to you by his Spirit, through the Bible. Along with this, God may also choose to make himself known to you in many other ways. For example, he might use the things that people say and do, or the things that happen to you. So, keep your eyes wide open as you go through each day, then you will be able to see all that God is showing you.

Now, as you are getting to know God, remember to live in light of what you are learning. The more you live out what you already know, the more God will teach you about himself. On the other hand, if you don't make use of what you already know, why should God teach you even more?

(To find out more about getting closer to God, read pages 1-4.)



*Letter 25*

*A Word from the Bible*

God, by his mighty power at work within us, is able to do far more than we would ever dare to ask or even dream of. For this reason, don't worry about anything. Instead, pray\* about everything.

Is any one of you in trouble? He should pray. Is anyone among you suffering? He should keep on praying about it.

Tell God your needs with thanksgiving. And God's peace, which is far more wonderful than the human mind can understand, will keep your thoughts and your hearts quiet and at rest as you trust in Christ Jesus.

Based on: Ephesians 3:20, Philippians 4:6-7, James 5:13

**Pray:** To pray is to talk to God. You can speak to God out loud or quietly in your heart.





*Letter 25(A)*

*A Word from the Bible*

*...don't worry about anything. Instead, pray\*  
about everything.*

Based on: Philippians 4:6-7

**Pray:** To pray is to talk to God. You can speak to God out loud or quietly in your heart.

### THOUGHTS ON THE LETTER

It would seem that once a person has come to know the power of God, he or she would never worry again. But it doesn't usually work out that way. In fact, it is not unusual for people who have seen God solve their problems in the most amazing ways to turn around and worry about the very next problem that comes along! It makes no sense, but that's the way we humans are. Even when we do understand that God, by his power, is able to solve our problems in ways we can't even imagine, it is still often hard for us not to worry. This is because worry is a disease not just of the mind, but of the heart as well.

If worry were something that happens just in our minds, we could easily reason ourselves out of it. But our hearts are also very much tied up with our worries. And the feelings of the heart don't often submit to reason. Because of this, it is difficult for us to simply will ourselves to stop being afraid. Many times, we just can't help how we feel in our hearts, even when we know better in our minds. And God understands this. He doesn't want us to deny our fears, or try to hide them so we can appear to be stronger than we really are. No, God wants us to be honest and speak openly to him about our worries. In fact, this is the best cure for worry!

### WHAT ARE YOUR THOUGHTS?

*Letter 25 (B)*

*A Word from the Bible*

*Tell God your needs with thanksgiving. And God's peace, which is far more wonderful than the human mind can understand, will keep your thoughts and your hearts quiet and at rest as you trust in Christ Jesus.*

Based on: Philippians 4:6-7

## THOUGHTS ON THE LETTER

Speaking honestly to God in prayer is the best way to empty our hearts and minds of our fears, and to release them to God. When we do this, it opens the way for God to replace our fears with his peace. And the kind of peace that God gives is so deep, it is almost unbelievable. When this peace is in our hearts, we are able to face our troubles in a way that surprises even ourselves. Where we would normally be afraid, God's peace just won't allow it. It covers our fears so completely that we simply can't help being calm, and we don't fully understand why! Isn't that amazing?

So, the next time you find yourself worrying, even after all that God has done for you, don't be surprised as if this were unusual. And don't be ashamed when you just can't seem to stop, no matter how hard you try. Remember that many times, it takes the power of God himself to stamp out our fears. So, instead of struggling all alone, go to God in prayer. Speak openly and honestly to him about your worries. And as you do this, you will find that God not only has the power to take care of your problems, he also has the power to take care of your fears of about those problems!

## WHAT ARE YOUR THOUGHTS?

## A LETTER FROM PATRICIA

Dear Readers,

I pray and hope that reading this book, and doing the things that Jesus says have helped you to get closer to God. I believe you will grow even closer to him as you keep on spending time with him.

Don't ever stop spending time alone with God. Don't stop learning about God through his Son Jesus Christ, and don't stop doing what Jesus says. You will enjoy a wonderful life with God here on earth, and forever in heaven, if you keep on living in Christ.

Love,

Patricia

And now keep on living in Jesus. Keep your roots deep in him and have your lives built on him. See that you go on growing in the Lord, and become strong in the truth. Let your life overflow with joy and thanksgiving for all he has done.

Colossians 2:6-7

## WHAT TO READ NEXT

If you are wondering what book to read next during your time alone with God,

**I BELIEVE YOU WILL ENJOY READING LETTERS FROM JESUS, VOLUME 1.** (It should be available from the same source as this excerpt.)

**YOU WILL ALSO ENJOY READING ABOUT THE LIFE OF JESUS FROM THE BOOK OF LUKE AND THE BOOK OF ACTS.** (You can find both books in the Bible.)

Make sure to use a version of the Bible that is easy for you to read and understand. The New Century Version (NCV) and the New International Version (NIV) are good examples. You can find them at any bookstore or library near you.

As you read the Bible, remember not to let the things you don't understand stop you. Keep on reading. Find what you can understand, and hold on to that!

## MEANINGS OF WORDS

**Baptize:** To baptize a person is to dip that person into water and bring them back up again. This is a sign of the washing away of sins. Just as water washes dirt away from the body, people being baptized ask God to wash sin (wrong-doing) away from their hearts.

**Christ:** 'The Chosen One.' Jesus Christ is the one chosen by God to save us from our sins (the wrong things we do.) He is the one who makes us clean from our wrong-doing so that we can be with God.

**Devil:** The devil, also known as Satan, is the enemy of God and all human beings.

**Eternal life:** Life with God in all its fullness; a life that lasts forever – it can never be destroyed. This life is promised to all who put their trust in Jesus Christ, and follow his ways.

**Faith:** Belief and trust in God.

**Follower of Jesus:** A person who believes in Jesus and lives by his teachings.

**God:** The Maker of all things in heaven and on earth.

**Grace:** The kindness, mercy and love that God shows to us, even though we do not deserve them.

**Heaven:** The home of God. The Bible says heaven is a beautiful place, a place where there is no pain, sadness or death. God's people will live with him forever in heaven

**Hell:** A place of great sorrow and pain. It is a place of punishment prepared for the devil and his messengers (demons) because of the evil they have done. However, the Bible says those who reject Jesus here on earth will also have to live forever in hell after they die. This is because in rejecting Jesus, they are also rejecting the eternal life that God gives us through him. And in rejecting eternal life, which is life forever with God, they are choosing life forever without him. The only place to live without God is in hell.



## MEANINGS OF WORDS

**Holy:** Pure, clean.

**Holy Spirit:** The Spirit of God

**Kingdom of God:** A place ruled by God. The kingdom of God is where God is king, where God is the master, the one in control. (The Bible says God is king over everything in heaven and on earth.) Accepting the kingdom of God is allowing God to be the king in your heart and life.

**Lord:** Master, the one who is in control.

**Pray:** To pray is to talk to God. You can speak to God out loud or quietly in your heart.

**Satan:** the Evil One, the devil, a spirit being who is the enemy of God and all humans.

**Savior:** The one who saves. Jesus is our savior, the one who saves us from our sins.

**Sin:** A word, thought, or act against the law of God. We sin when we do what God says we should not do. We also sin when we don't do what God says we should do.

**Temptation:** Wanting to do what you know is wrong.

**Worship:** To worship God means to praise and live for God.

## SOURCES

Each letter in this book is composed mostly of direct quotes from the words of Jesus in the Bible. The following versions of the Bible were used:

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A quoted verse may be composed of a mixture of different versions of the Bible. On very few occasions, transitional words may have been added between verses for a better flow, but not to change meaning. Also, for the same reason, very few paraphrases of scripture by the author may have been used.

The dictionary in The New Century Bible and Webster's Dictionary were used in writing the meanings of the words in this book.