



And Also With You

FEBRUARY 2014

Grace Anglican Church 817 Estella Drive Fairhope, Alabama 36532
251-929-1606 www.graceanglicanfairhope.com

FEBRUARY

SUNDAYS

10:00 am
Worship
(nursery provided)

Children's

MONDAYS

6:30pm-Graham
Cooke Group-
Information: 455.5940

WEDNESDAYS

10:30 am
Women's Bible
Study-Information:
990.2973

12:00 noon
Holy Communion

FRIDAYS

8:15 am
Men's Group-
Information: 422.3169
2:pm
Song of Solomon
Bible Study-
Information: 990.9375

CHALICE BEARERS

February 2

Maggie Rockett
Susan Jones

February 9

Becky Johnson
Jan Bogue

February 16

Kitty Barksdale
Janic Terry

February 23

Bob and Jane
Grafe

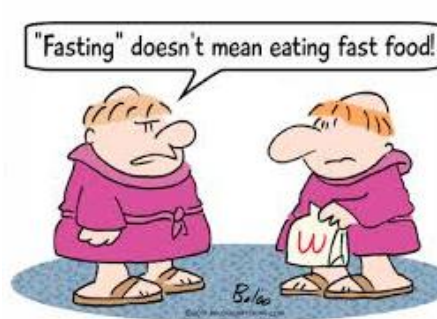
Fasting Is Not Enough



The Reverend Scott Davis

Recently I had a conversation with someone outside our church who was dealing with a negative behavior in their life. (I have her permission to share this.) Her solution to the problem was to *fast* from the behavior. For instance, if the problem were alcohol, porn, or worry it (it was none of the above), then my friend would abstain from drinking, looking at the internet, or fretting. Yet, as soon as the person said that she was going to fast from the negative behavior, it was as if the Holy Spirit said, "*Fasting is not the answer.*" Fasting from undesired behavior simply takes a person from a negative number to a zero, metaphorically speaking. Fasting from negative behaviors is not bad, but it does not fix the problem, however. If abstaining from negative behavior moves a person from negative numbers to zero, then what takes a person from zero to the positive numbers in life? Again, it was as if the Holy Spirit whispered the answer, "*Replacing the negative with the positive (or the holy) is the solution, not simply removing the symptom.*" In the past, we Christians have regularly stressed abstinence and fasting. There is nothing wrong with either, and it is certainly safer than indulging in negative be-

haviors. However, the church falls short when it only deals with outward behaviors rather than inward causes. When the root problem is not dealt with, then the symptoms usually return. Fasting is not enough. *Replacement* is God's answer. Jesus shares the spiritual principle in Matthew 12: 43-45. "*When an impure spirit comes out of a person, it goes through arid places seeking rest and does not find it. Then it says, 'I will return to the house I left.' When it arrives, it finds the house unoccupied, swept clean, and put in order. Then it goes and takes with it seven other spirits more wicked than itself, and they go in and live there. And the final condition of that person is worse than the first.*"

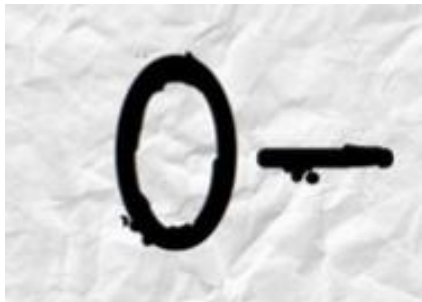


The principle explains why fasting alone cannot take the place of healing. I am an advocate of fasting, of course; however, fasting only brings the problem up to zero. That is as far as it goes. Replacing the negative with the positive transforms lives.

Matthew 12 explains that unless the Holy Spirit moves into the clean, vacated heart, the person can very well end up worse off when the addiction, the demon, or the negative, symptomatic behavior returns. What might be specific answers to such negative behaviors? Many alcoholics deal with deep hurts from the past and/or guilt. The person involved in porn suffers from the lack of intimacy and hopes to regain it through viewing intimate glimpses of others. The solution is to work on and invest in the God-designed relationship with their spouse since God designed us for

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intimacy with another. The person addicted to worry deals with trust issues: can I really trust an invisible



God to truly have my best interest at heart? Since faith comes by hearing and hearing by the Word of God, then worriers might choose to include more of the Word in their daily routines, especially when tempted by anxious thoughts.

I realize that this may be an oversimplification to deep and complex problems, yet the root causes are often simpler than we imagine. The alcoholic would do well to take guilt and pain to the Cross. The person involved with porn would also do well to take the lack of intimacy to the Cross. The worrier would do well to take all doubts to the Cross. All of our problems are basically *spiritual* in nature.

The bottom line is that the negatives in our lives have God-given antidotes. All solutions can eventually be found at the foot of the cross. So do not quit fasting, but do not depend on fasting to fix you. Look for the specific reason you gravitate to your specific form of anesthesia (and yes, worry is as much anesthesia as alcohol and porn), and ask God to meet you at that point with His antidote.

Blessings, Father Scott+



We want to welcome to Patrick Mutual to the Grace Church's Worship Team. Patrick attends the Union Ministries which meets at Grace Church on Sunday nights. Patrick is helping Grace as part of his gift, ministry and mission to the Lord. We are grateful to have Patrick as a part of the Worship Team (pictured below).
Welcome, Patrick!

Congratulations to Carson Rockett who was inducted into the Bayside Academy Hall of Fame on January 24, 2014. Carson is presently working on his Masters degree at Duke University.



Our love and sympathy to Kitty Barksdale on the death of her sister, Ann Rowe Hill on January 21, 2014 in Silverhill, AL.

There will be an Valentine's Pot Luck following church on Sunday, February 9. The main dish will be Italian with theme being, "Love In the Eternal City!"



FEBRUARY BIRTHDAYS

- 9 Steve Roth
- 10 Janic Terry
- 17 Susan Jones
- 20 Tracy Roth
- 21 Amanda Williams
- 22 Tracie Barger
- 23 Betty Schussler

