



And Also With You

MARCH 2016

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

MARCH

SUNDAYS

10:00 am
Worship
(nursery provided)

MONDAYS

10:30am-
Intercessors Soaking
Prayer-990-8225
6:30pm-Graham
Cooke Group-
Information 455-5940

WEDNESDAYS

10:30 am
Women's Bible
Study-
Information 990-2973

FRIDAYS

8:15 am
Men's Group-
Information 751-5266

CHALICE BEARERS

March 6
Lent IV

Bob and Jane
Grafe

March 13
Lent V

Daylight Savings
Begins

Becky Johnson
Jan Bogue

March 20
Palm Sunday
Susan Jones
Maggie Rockett

March 27
Easter
Janic Terry
Kitty Barksdale

Old Muscle Memory



The Rev. Scott Davis

We are in a season where God is dealing with old muscle memory. He is testing us to see if our former responses emerge so that He can then expose and eliminate them. He knows that old muscle

memory drag us down and drag us backwards instead forward in our life new life in Christ.

Here is a definition of muscle memory: *“Muscle memory is not a memory stored in your muscles, but memories stored in your brain that are much like a cache of frequently enacted tasks for your muscles.”* Our soul has muscle memory. It has that cache of frequently enacted responses that we have experienced through the years.

When the Israelites were in the Wilderness en route to the Promised Land they encountered numerous difficulties. These hardships served a purpose. Difficulties were not to harm God's people but to expose their slave mentality so that God could develop a freedom mentality. If they enter the Promised Land thinking like slaves then they cannot conquer it. It is only after developing a freedom mentality that God allows them to enter His promises.

The Israelites have old muscle memory that emerges time and again during their sojourn in the Wilderness. They encounter food and water shortages, attacks from

both desert tribes and serpents. Many of the encounters cause there to be an old muscle memory from their soul. They can respond to each problem by remembering that it is God who exacted the ten plagues, the Red Sea crossing, and the daily manna. They can recall how each time He rescues them it is without fail. However, they choose to go with their soul's old muscle memory and begin to recite how wonderful Egypt was and how great the vegetables there were.

We do the same on our journeys. The journey is called *sanctification*. It is the passage where Jesus is developed in us. Along the journey God tests us just like He tested Israel in order to discover what lies in our hearts. If our response is old muscle memory then God wants to have us do therapy to the soul in order to create

new muscle memories. Deuteronomy 8:2 says,

“Remember how the LORD your God led you all the way in the wilderness these forty years, to humble and test you in order to know what was in your heart, whether or not you would keep his commands.” Slave thinking will destroy all hope of conquering the Promised Land which is our destiny.

The reason for this article is because we are in a season where many believers are being tested to see what kind of muscle memory is left. Is it new muscle memory or old muscle memory? I have talked to a number of people who are feeling as if they are going backwards instead of forwards because they are being tempt-



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ed to respond to current stresses in old ways. The enemy, of course, tells them that they have not been victorious in certain areas and that it is hopeless to keep trying. This is when the Holy Spirit reveals that the responses are merely old muscle memories and that we are now new in Christ. Just because our immediate response

IF YOUR BODY HAS MUSCLE MEMORY, WHY IS IT ALWAYS SO HARD TO GET OUT OF BED... is an old muscle memory, it does not mean that

we cannot quickly do a volte face, correcting it with a new response we have mastered in Christ.

One other reminder is that Satan sends *trials*; God sends *tests*. The words explain the difference. A trial is a legal term while a test is an assessment phrase. The accuser of the brethren continually puts on trial before the Father. Look at Job, Peter, and Joshua the High Priest (Zechariah 3:1). A trial is about guilt and innocence. It includes quite a lot of testimony of wrongs committed. But, God never sends us trials. In fact in the contemporary form of the Lord's Prayer we pray, "Save us from the time of trial and deliver us from evil...".

God, however, tests. (See Deuteronomy 8:2.) A test is used to assess learning. It is a gage that allows a person to know that they are prepared to go to the next level. Tests are not meant to condemn but to bless. When you find yourself responding to stresses in old ways it might actually be your soul's old muscle memory. Put it in check and then remember what God has been teaching you in recent times. Blessings, Father Scott +



Daylight Savings Time Begins
March 13,

To Grace Church,
Thank you soooo much for the wonderful financial gift you gave us this Christmas. We are truly blessed and our cup runneth over! Although we often lack the words to express our gratitude, we thought you might like to know that we decided to purchase with the money you blessed us with. A piano! It was a purchase that we had been considering for some-time & the kids are really excited to start lessons. So we wanted to say thanks! Thanks for your support and prayers, for your hospitality and love toward our family, and for partnering with us so that we can follow God's call to bring the Gospel to France. Many blessings! The Rileys




"SPRING CLEANING TIME & TREASURES GALORE"

April 9th, 2016 will be our annual Yard Sale for Grace Church. It will be from 8:00am-1:00pm or closing earlier if we sell out of all the treasures!

You have 7 weeks to go through your treasures and give them the opportunity to become someone else's treasure. (No clothes will be accepted)

Donations will be accepted the week of April 4th and we ask you to please price your treasures before bringing them to the Church.

Lots of help is needed so please let Maggie Carnes know that you want to be included in this fun fellowship.



MARCH BIRTHDAYS

- 7 STELLA MARTIN
- 11 DIANA PARKER
- 13 BILL PATTON
- 21 KATHY PATTON
- 26 PATTY EDHEGARD
- 28 MARIE PARKER
- 28 MARY WHITTINGTON