

Subject: Fat-Burning
From: "St. Francis Episcopal Church" <vicar@stfrancisva.org>
Sent: 2/25/2015 8:11:29 AM
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February 25, 2015

Fat Burning Activities

*... their heart is unfeeling like fat, but I delight in your law.
Psalm 119:70*

An Unfeeling Heart

This is a very arresting verse from Psalm 119 appointed for morning prayer this morning. It reveals the source of an unfeeling heart. The reason mentioned here is lack of regard for the law of God. If you have ever been told you do not care, or you do not listen, or you are insensitive, or you

need to "walk a mile in their shoes," or any number of things like that a good first step for you might be to examine how you actually feel about the law of God. If it is something you do not like, would rather avoid, and think is way too judgemental then you may have an unfeeling heart. The cure for an unfeeling heart is to delight in the law of God.

Delighting in the Law of God

The first question that many have about delighting in the law of God is this, "How do I do that?" This question reveals a legalistic approach to life. We seek to do everything on our own power. However, the question "how do I do that?" could also very powerfully open the door to an ability to delight in the law of God. When the answer is, "by the grace and power of God and not on our own," it makes all the difference. The law God wants us to follow is this:

Love the Lord your God with all of your heart, all of your mind, all of your soul and all of your strength. . . . You shall love your neighbor as yourself. There is no other commandment greater than these. Mark 12:30+31

The only way to love like this and deight in it is by the power and grace of God. In one sense, when we ask, "how do I do that?" we can be hiding from the grace of God. Any time we want to do something for God on our own power we are hiding from God's grace. There is a very simple, but very challenging discipline for this. When you feel the question starting to rise in your mind, "how do I do that?" replace it with "Jesus, what would you have me do about that?". As you follow Jesus in that way you will begin to see the power of His grace as you love God with all you have and your neighbor as youself. There is great delight in that.

Coming Attractions

Sunday, March 1, 2015 worship at 10:00am

Sunday, March 8, 2015 worship at 10:00am followed by pot luck

Wednesday March 11, 2015 vestry meeting at 4:00pm

Sunday Sermons during Lent- Some of you have already noticed that I gave up preaching for Lent as well as giving up hiding things from God. We are having the leaders of our missonal commnities share their vision and work with us on Sunday mornings. Bobbie Levines shared wonderfully about the work at Symphony Assisted Living two Sundays ago. MJ Weatherford shared this past Sunday about The Garden as it gets underway this spring. This coming Sunday Richard Walker wil be sharing about our outreach to the Parke, Centerville.

Please bring non-perishable food with you when you worship at St. Francis. The food will be distributed through the food pantry of the Goochland Free Clinic and Family Services. You may leave your items in

the box provided in the vestibule.

Centerville Circle of Prayer

For Tuckahoe Physical Therapy that many people in our communt would be restored to normal physical activity.

Diocese of Virginia

St. Philip's, Richmond; St. Bartholomew's, Richmond; Grace, The Plains; St. Paul's, Haymarket; St. Mary's, Arlington.

Metropolitan Richmond

For healthcare in Metropolitan Richmond: For persons living with HIV/AIDS and for their families, friends, and communities; for persons working to find a cure.

Grace and Peace,

John Maher

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