



# **The Free North Church Inverness**

*a congregation of the Free Church of Scotland*

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## **A GUIDE TO SUNDAY WORSHIP**

### **11 am – Sunday 9<sup>th</sup> August 2020**

*Sunday services at 11 am and 7 pm are conducted by our minister  
Rev Angus MacRae. Tel: (01349) 862183. Mobile: 07 506 006 459.*

*Email: angusmacrae1967@gmail.com*

**This is a guide to our Sunday Morning Service, streamed online at 11 am on the Free North YouTube channel and available afterwards for catch-up. Tonight, a short service including praise will stream on YouTube at 7 pm, followed by a Zoom fellowship at 7.30 pm. (Subscribe to our YouTube channel: [www.youtube.com/channel/UCjxeX18IKP4grKdqWEt2dgw](http://www.youtube.com/channel/UCjxeX18IKP4grKdqWEt2dgw)).**

#### **WELCOME & CALL TO WORSHIP (from Psalm 136:1-3)**

*Give thanks to the Lord, for he is good. His love endures forever.*

*Give thanks to the God of gods. His love endures forever.*

*Give thanks to the Lord of lords: His love endures forever. Amen.*

#### **PSALM 31:1-7 (Sing Psalms version)**

In you I've taken refuge, LORD;  
You are my shelter in distress.  
O let me never be ashamed,  
But save me in your righteousness.

LORD, turn your ear to hear my cry;  
Come quickly to deliver me,  
And be my rock and firm defence,  
My stronghold and security.

You are my fortress and my rock;  
For your name's sake be my sure guide.  
Preserve me from the trap that's set;  
You are the refuge where I hide.

Redeem me, LORD, O God of truth;  
My spirit I commit to you.  
I hate all those who trust false gods;  
I trust the LORD, for he is true.

I will rejoice and take delight  
In all the love that you have shown,  
For my affliction you have seen;  
To you my soul's distress is known.

*Tune: Finnart (LM). Words © Free Church of Scotland 2003.  
Recording from Free High Church, Stornoway.*

#### **PRAYER & LORD'S PRAYER**

This week we pray for our sister churches in **CAMPBELTOWN & STORNOWAY**.

#### **CHURCH FAMILY UPDATE – RESUMING IN-PERSON WORSHIP**

We expect to resume in-person worship in the Free North church building from next Sunday morning 16<sup>th</sup> August. Initially this will be limited to 50 persons on Sunday mornings at 11 am and on Wednesday evenings only. Sunday evening will be an online-only service. There will be no creche or Sunday School, but families with children are welcome. We are required to follow public-health safeguards including recording contact data for all entering the building. Try to arrive in good time to be shown to your seat by the welcome team. If you need water bring your own water bottle and any books, bibles, or children's toys and materials that you require. The Scottish Government require the use of facemasks for indoor church services and 2-metre social distancing. Worshipers may be seated with other household members or with someone in their social "bubble". Having considered feedback from a survey of the congregation, the

leadership team now encourage **all those who wish to attend our services to do so**. We plan to divide the congregation **by surname** into **two groups** so that as many as possible may attend on Sundays, each group taking turns week-about. **All** who wish to attend on a Wednesday evening are welcome to do so. We will follow this week-about pattern for 4 weeks and then review and make any adjustments required. The pattern is Sunday 16<sup>th</sup> August - surnames **A to Mack**; Sunday 23<sup>rd</sup> - surnames **Macl to Z**). The pattern will repeat for Sundays 30<sup>th</sup> August and 6<sup>th</sup> September. This guidance is flexible but is intended to maximise attendance without requiring a prior booking system. New visitors and any family or individual who cannot attend when it is their “turn” (perhaps because of travel, illness or shift work) should feel free to attend when they can. We do not wish to exclude anyone who wishes to attend or to put pressure on anyone to return, for example if they have health concerns. Online worship services will continue to be provided for those worshipping at home or in a cluster of homes. We want people to have fellowship and to be able to speak to each other, but the public health advice on hand sanitation and social distancing must be followed. Please do not attend church if you have any symptoms of Covid-19.

### HYMN: 10,000 REASONS

The sun comes up, it's a new day dawning;  
It's time to sing Your song again.  
Whatever may pass, and whatever lies before  
me,  
Let me be singing when the evening comes.

*Bless the Lord, O my soul;  
O my soul,  
Worship His holy name.  
Sing like never before,  
O my soul.  
I'll worship Your holy name.*

You're rich in love, and You're slow to anger,  
Your name is great, and Your heart is kind.  
For all Your goodness, I will keep on singing;  
Ten thousand reasons for my heart to find.

And on that day when my strength is failing,  
The end draws near and my time has come,  
Still my soul will sing Your praise unending:  
Ten thousand years and then forevermore!

*Sung by Chris MacLeod. Words: Jonas Myrin & Matt  
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### BIBLE READING: JOHN 5:1-15 (read by Kirsteen Marion Gillespie)

1 Some time later, Jesus went up to Jerusalem for a feast of the Jews. 2 Now there is in Jerusalem near the Sheep Gate a pool, which in Aramaic is called Bethesda and which is surrounded by five covered colonnades. 3 Here a great number of disabled people used to lie—the blind, the lame, the paralysed [— and they waited for the moving of the waters. 4 From time to time an angel of the Lord would come down and stir up the waters. The first one into the pool after each such disturbance would be cured of whatever disease he had.] 5 One who was there had been an invalid for thirty-eight years. 6 When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, “Do you want to get well?” 7 “Sir,” the invalid replied, “I have no one to help me into the pool when the water is stirred. While I am trying to get in, someone else goes down ahead of me.” 8 Then Jesus said to him, “Get up! Pick up your mat and walk.” 9 At once the man was cured; he picked up his mat and walked. The day on which this took place was a Sabbath, 10 and so the Jews said to the man who had been healed, “It is the Sabbath; the law forbids you to carry your mat.” 11 But he replied, “The man who made me well said to me, ‘Pick up your mat and walk.’ ” 12 So they asked him, “Who is this fellow who told you to pick it up and walk?” 13 The man who was healed had no idea who it was, for Jesus had slipped away into the crowd that was there. 14 Later Jesus found him at the temple and said to him, “See, you are well again. Stop sinning or something worse may happen to you.” 15 The man went away and told the Jews that it was Jesus who had made him well.

## PRAYER OF CONFESSION

*Most merciful God, Father of our Lord Jesus Christ, we confess that we have sinned in thought, word and deed. We have not loved you with our whole heart.*

*We have not loved our neighbours as ourselves. In your mercy forgive what we have been, help us to amend what we are, and direct what we shall be; that we may do justly, love mercy, and walk humbly with you, our God. Amen.*

## SERMON – JOHN 5:1-15 – DO YOU WANT TO GET WELL?

The Gospel of John demands a response. In this sign at the pool of Bethesda Jesus performs another healing miracle. The challenge for the crippled man, for the Jewish leaders, and for us today revolves around two questions. What do you want Jesus to do for you? What will you do for Jesus? The cripple had no answer. He was apparently ungrateful and willing to turn Jesus in to the authorities who were persecuting him. If we want to be well, not just healed but “raised up” from spiritual and physical death, then our personal response to Jesus must be one of faith and loyalty.

## HYMN: THIS LIFE I LIVE

This life I live is not my own,  
For my Redeemer paid the price.  
He took it to be his alone,  
To be his treasure and his prize.  
The things of earth I leave behind  
To live in worship of my King.  
His is the right to rule my life,  
Mine is the joy to live for him.

I died to sin upon the cross,  
I'm bound to Jesus in his death.  
The old is gone, and now I must  
Rely on him for every breath.  
With every footstep that I tread,  
What mysteries he has in store.  
I cannot know what lies ahead  
But know that he has gone before.

There is a voice that pierced the grave,  
A power that rolled the stone away.  
A sound of life, I know I'm saved.  
The voice of God has called my name.  
So I will rise, and in the air.  
Behold the glory of the King.  
I will not fear to meet him there,  
I know my life is hid with him.

*Sung by Emu Music, St Ebbe's Church, Oxford. Words:  
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## BENEDICTION

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### DIARY, NEWS & PRAYER

For the next few weeks **BOTH** Morning and Evening Services will premiere on **YouTube** at 11 am and 7 pm. There will then be a Zoom-based informal fellowship after the evening service from 7.30 pm. Our evening theme is: **The Next Revival**. Tonight's message is on **Joel 2 and Acts 2 – When the Spirit Comes**. The usual Zoom log-on details can be obtained from Martin ([office@freenorthchurch.org](mailto:office@freenorthchurch.org)).

There is a Zoom meeting of **Sunday School** today at 10 am. Thanks to all who were involved in *Bags of Discovery*. Best wishes to all pupils and teachers returning to schools this week and next week.

**Monday Guy's Group**: Join us for fellowship and to discuss pages 7-38 of Joe Barnard's book *The Way Forward*. There is an **online fellowship** on Zoom (usual log in) at **10.30 am** on the 10<sup>th</sup>. Have your coffee ready! The **in-person group** (aimed at younger men) will be held at Rob MacIver's home in Farr at **7 pm**. We may look at some of the following issues:

**1). How does exhaustion affect the discipleship of Christian men?**

How has the workload of men changed over the last 50 years?

Do you agree that pastors and church leaders often wrongly diagnose exhaustion as laziness?

**2). The book claims that ‘what often looks like resistance is frustration, especially the frustration that comes from inadequate training’ (p. 24). How does the spiritual motivation of men suffer due to inadequate training?**

Name specific areas of discipleship where you would like to receive more training.

Motivationally, what difference does it make when you feel competent and equipped for a task?

**3). What impact does isolation, or the lack of spiritual friendship, have on Christian men?**

What are specific dangers and risks that arise when Christian men live isolated from close fellowship with other men of faith?

**4. The book makes the claim that ‘the Christian life depends upon a long-term perspective, the ability to see not only what is at hand, but also what is at the edge of life – eternity’ (p. 31). Why is it so hard to maintain an eternal perspective in the 21st century?**

Do you think it is harder now than 100 years ago?

What new difficulties have arisen for discipleship since the advent of television, the internet, smartphones, and social media?

Describe your struggle to focus on God in a world of constant amusement and distraction.

**Wednesday:** An hour of Prayer and Bible Study live online via Zoom and YouTube from 7.30 pm.

**Next Sunday 16<sup>th</sup>:** Worship online at 11 am and 7 pm with an in-person service in the church at 11 am for all who wish to attend (**surnames A-Mack**). See news item above, arrive in good time and bring a face covering.

**Home Groups:** Our Home Groups normally meet on the third Wednesday of the month. However, we will hold our first **all-church prayer meeting since lockdown** in the church on Wednesday 19<sup>th</sup> at 7.30 pm. All are welcome to pray together. So this month only our Home Groups will be on the 4<sup>th</sup> Wednesday (25<sup>th</sup> August) when we will begin a study of 7 Psalms. Study guides will be available shortly and we will begin with Psalm 3. Study Guides cost £3. You can do this at any time in whatever way is convenient. The meetings will take place on Zoom initially but anyone who does not have access to Zoom could join another household. If you are not in a group we would ask you to consider joining one so that we can support and encourage one another. Please contact Sandy (241765) if you would like to join a group.

The annual **Getty Sing Conference** (which requires a registration fee) is online from 30<sup>th</sup> August.

**Free Church Books** summer sale continues at <https://thefree.church/books20sale>.

Pray for a movement of God in our City. Give thanks for all who have heard the gospel during lockdown.

Pray for the recently bereaved, and those who are unwell or in hospital.

If you need help of any sort, we would love to hear from you. Contact the minister (07 506 006 459; [angusmacrae1967@gmail.com](mailto:angusmacrae1967@gmail.com)), any elder or deacon, or the church office ([office@freenorthchurch.org](mailto:office@freenorthchurch.org)).

**Giving to support the Free North:** Donate through our website (PayPal logo). To set up a standing order, post a cheque or to arrange for Gift Aid, please contact our congregational treasurer, Mrs Barbara Macphail, 31 Towerhill Avenue, Inverness, IV2 5FX. Tel: 01463 794622. Email: [treasurer@freenorthchurch.org](mailto:treasurer@freenorthchurch.org). We welcome development fund donations to support Carrie Marlow our new **Women’s Pastoral Worker**.