



# **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 16<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, held live in-person at the Free North Church and also broadcast 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/UCjxeX18IKP4grKdqWEt2dgdw](http://www.youtube.com/channel/UCjxeX18IKP4grKdqWEt2dgdw)).

#### **WELCOME & CALL TO WORSHIP (from Psalm 124)**

*If the Lord had not been on our side —the flood would have engulfed us,  
the torrent would have swept over us, the raging waters would have swept us away.  
Praise be to the Lord. Our help is in the name of the Lord, the Maker of heaven and earth. Amen.*

#### **PSALM 43:3-5 (Scottish Psalter Version)**

O send thy light forth and thy truth;  
let them be guides to me,  
And bring me to thine holy hill,  
ev'n where thy dwellings be.

Then will I to God's altar go,  
to God my chiefest joy:  
Yea, God, my God, thy name to praise  
my harp I will employ.

Why art thou then cast down, my soul?  
what should discourage thee?  
And why with vexing thoughts art thou  
disquieted in me?

Still trust in God; for him to praise  
good cause I yet shall have:  
He of my count'nance is the health,  
my God that doth me save.

*Tune: Invocation (DCM).  
Words traditional 1650 Scottish Psalter.  
Recording © Christ Covenant RPC, Wylie, Texas,  
courtesy of the Psalms Sung project.*

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

This week we pray for our sister churches in **NAIRN & GLASGOW CITY**.

#### **VIDEO UPDATE – FREE CHURCH YOUTH CAMPS (Kathryn Martin)**

#### **HYMN: JESUS STRONG AND KIND**

Jesus said that if I thirst,  
I should come to Him.  
No one else can satisfy,  
I should come to Him.

Jesus said if I am weak,  
I should come to Him.  
No one else can be my strength,  
I should come to Him.

*For the Lord is good and faithful.  
He will keep us day and night.  
We can always run to Jesus.  
Jesus, strong and kind.*

Jesus said that if I fear,  
I should come to Him  
No one else can be my shield.  
I should come to him.  
*For the Lord ...*

Jesus said if I am lost,  
He will come to me.  
And He showed me on that cross.  
He will come to me.  
*For the Lord...*

*Video courtesy of Colin Buchanan and CityAlight Music  
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### **BIBLE READING: JOHN 5:16-30 (read by Danny MacKenzie)**

16 So, because Jesus was doing these things on the Sabbath, the Jewish leaders began to persecute him. 17 In his defence Jesus said to them, "My Father is always at his work to this very day, and I too am working." 18 For this reason they tried all the more to kill him; not only was he breaking the Sabbath, but he was even calling God his own Father, making himself equal with God. 19 Jesus gave them this answer: "Very truly I tell you, the Son can do nothing by himself; he can do only what he sees his Father doing, because whatever the Father does the Son also does. 20 For the Father loves the Son and shows him all he does. Yes, and he will show him even greater works than these, so that you will be amazed. 21 For just as the Father raises the dead and gives them life, even so the Son gives life to whom he is pleased to give it. 22 Moreover, the Father judges no one, but has entrusted all judgment to the Son, 23 that all may honour the Son just as they honour the Father. Whoever does not honour the Son does not honour the Father, who sent him. 24 "Very truly I tell you, whoever hears my word and believes him who sent me has eternal life and will not be judged but has crossed over from death to life. 25 Very truly I tell you, a time is coming and has now come when the dead will hear the voice of the Son of God and those who hear will live. 26 For as the Father has life in himself, so he has granted the Son also to have life in himself. 27 And he has given him authority to judge because he is the Son of Man. 28 "Do not be amazed at this, for a time is coming when all who are in their graves will hear his voice 29 and come out—those who have done what is good will rise to live, and those who have done what is evil will rise to be condemned. 30 By myself I can do nothing; I judge only as I hear, and my judgment is just, for I seek not to please myself but him who sent me.

### **SERMON – JOHN 5:16-30 – JESUS RAISES THE STAKES**

John chapter 5 is theological dynamite. You may be tempted to hurry on to the famous "I AM" sayings or accounts of miracles. But we need to pause and learn from the provocative claims of Jesus in this provocative passage. **1) THE DETONATION ("MY FATHER AND I...").** To orthodox Jews, Jesus was a fraud and false Messiah. To Muslims, he is a great prophet and Messiah, but he cannot possibly be considered God. In many watered-down versions of Christianity, Jesus was just a sincere man. Perhaps he had insights to share, and perhaps God worked specially through him, but ultimately he was a mere man. But the deep claim of John 5 is that Jesus WAS GOD. The 20<sup>th</sup> century journalist and broadcaster Malcolm Muggeridge was put-off by the uniqueness of Christianity. But as he did his homework and studied the gospels, he became convinced, saying "JESUS IS EITHER GOD, OR HE IS NOTHING". **2) THE DECLARATIONS ("FOR THE SON ALONE IS...").** Using the solemn form, "Amen, Amen I say to you", Jesus offered five statements about himself, all starting with the Greek word "for." If we are convinced by these reasons then the passage demands our response of faith and worship. The Son alone is 'apprentice' to the Father (19,30), doing and sharing his work. He alone is loved by the Father (20). He alone gives life (21,24-26). He alone judges (22,27). He alone is to be honoured by all (23,25-26). Has God opened your heart to this truth? Then BE PREPARED for eternity. Verses 24 and 25 explain how. All those who hear, believe and respond to the voice of the son of God have eternal life. They have passed from death to life and shall never be condemned.

## HYMN: BEHOLD OUR GOD

Who has held the oceans in His hands?  
Who has numbered every grain of sand?  
Kings and nations tremble at His voice  
All creation rises to rejoice.

*Behold our God,  
seated on His throne.  
Come, let us adore Him.  
Behold our King,  
nothing can compare,  
Come, let us adore Him!*

Who has given counsel to the Lord?  
Who can question any of His words?

*Sung by Chris Macleod. Music & Words by Jonathan Baird, Meghan Baird, Ryan Baird, & Stephen Altrogge.*

Who can teach the One who knows all things?  
Who can fathom all His wondrous deeds?  
*Behold our God...*

Who has felt the nails upon His hands,  
Bearing all the guilt of sinful man?  
God eternal, humbled to the grave,  
Jesus, Saviour, risen now to reign!  
*Behold our God...*

*You will reign forever...!*

*Behold our God...*

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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 **Ezekiel 37 – Can These Bones Live?** The usual Zoom log-on details can be obtained from Martin ([office@freenorthchurch.org](mailto:office@freenorthchurch.org)).

**RESUMING IN-PERSON WORSHIP:** We are delighted to resume in-person worship in the Free North church building from this Sunday 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. 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". For the first few weeks we plan to divide the congregation **by surname** into **two groups** so that as many as possible may attend. The pattern is Sunday 16<sup>th</sup> August - surnames **A to MacK**; Sunday 23<sup>rd</sup> - surnames **MaL to Z**). The pattern will repeat for Sundays 30<sup>th</sup> August and 6<sup>th</sup> September. This guidance is flexible and is in use to avoid a "booking" system. Visitors and folk who cannot attend when it is their "turn" (perhaps because of travel, illness or shift work) should feel free to attend whenever 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. Please do not attend church if you have any symptoms of Covid-19.

**Tuesday:** The Deacons Court meets at 7.30 pm via Zoom.

**Wednesday:** An hour of Prayer and Bible Study in-person in the Church for all who wish to come and also live online via Zoom and YouTube from 7.30 pm.

Saturday: 9 am walks from the church with Derek Morrison. The first walk on 22 August is a stroll around the River Ness. We will meet outside the Free North for 9 am and then head southwards along Bank St/Castle Rd/Ness Bank and on to Ness Islands where we cross the river. We will then head back towards the city centre by the Bught riverside footway, along Bishop's Rd/Ness Walk/Huntly St and crossing the Greig Street Bridge to the church. The route is just over 2½ miles and we should complete the walk in around 1¼ hours. (The second walk will take place at "Ord Hill," North Kessock on Saturday, 5th September).

**Next Sunday 23<sup>rd</sup>:** An in-person service in the church at 11 am for all who wish to attend (**surnames MacL to Z**). Please arrive in good time and bring a face covering. Online services at both 11 am and 7 pm.

**Sunday 30<sup>th</sup>** – after morning church all are welcome to meet up at the Inverness College Campus (visitor Carpark) at 1 pm for a gentle walk. Bring a picnic. Suitable for all abilities, buggies, kids bikes.

**Home Groups:** This month only our Home Groups will be on 25th August (not the 3<sup>rd</sup> but the 4<sup>th</sup> Wednesday) when we will begin a study of 7 Psalms. Study guides are available and we will begin with Psalm 3. Study Guides cost £3. Pay 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 home 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.

**Guy's Group:** The next Guys groups are on Monday 31<sup>st</sup> August. It will be helpful to read pages 39-58 (Part 2 of 'The Problem') of Joe Barnard's book *The Way Forward*.

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

The August issue of **The Record** is available for free at: [https://issuu.com/freechurch/docs/the\\_record-august-20-web](https://issuu.com/freechurch/docs/the_record-august-20-web)

The Free Church is looking for a new **Chief Executive Officer**. Details can be found at [freechurch.org](http://freechurch.org). The closing date is Wednesday 26<sup>th</sup> August 2020.

**ETS Saturday Course:** The new session of the Saturday Part-time Courses at ETS begins on Saturday 12 September 2020. These will be online only until face-to-face teaching is permitted. Full course information and an online registration form can be found on the ETS website: [ets.ac.uk](http://ets.ac.uk)

**Free Church Books** has a summer sale. The 'SUMMER20READS' discount code offers 25% off the recommended price of many titles. Details 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 those in our church family who have been unwell in recent weeks. Pray for Rev Roddie Rankin (Kyle) and Rev Lachie MacDonald (Lochbroom) who have been unwell.

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**.