



The Free North Church Inverness

a congregation of the Free Church of Scotland

A GUIDE TO SUNDAY WORSHIP **11 am – Sunday 25th October 2020**

*Sunday services are conducted today at 11 am and 6 pm
by our minister Rev Angus MacRae. Tel: (01463) 832616.
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This is a guide to our 11 am **Sunday Morning Service**, held live in-person at the Free North Church and broadcast online the Free North YouTube channel. Note the new earlier time of our **“Sundays at 6”** Evening Service, available only on YouTube. Tonight there is a Zoom Fellowship with prayer after evening worship.

Both our Sunday services are available afterwards for catch-up.
(Subscribe to our YouTube channel: youtube.com/c/FreeNorthChurchInverness).

WELCOME & CALL TO WORSHIP (from Psalm 117)

*Praise the Lord, all you nations; extol him, all you peoples.
For great is his love toward us,
and the faithfulness of the Lord endures forever.
Hallelujah! Praise the Lord. Amen.*

PSALM 121 (Scottish Psalter version)

I to the hills will lift mine eyes,
from whence doth come mine aid.
My safety cometh from the LORD,
who heav'n and earth hath made.

Thy foot he'll not let slide, nor will
he slumber that thee keeps.
Behold, he that keeps Israel,
he slumbers not, nor sleeps.

The LORD thee keeps, the LORD thy shade
on thy right hand doth stay:
The moon by night thee shall not smite,
nor yet the sun by day.

The LORD shall keep thy soul; he shall
preserve thee from all ill.
Henceforth thy going out and in
GOD keep for ever will.

*Tune: Elijah. Sung by the Lochbroom Free Church singers.
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PRAYER & LORD'S PRAYER

Praying for Knox Free Church, Perth; Tarbert, Argyll; Raasay, Wester Ross.

CHILDREN'S SONG: WHO IS THIS MAN?

*He's the King of Kings,
He's the Lord of Lords.
He can heal the sick,
He can calm the storm.
He's the Son of God,
He can save us from sin.
And He calls us to follow Him.*

Jesus met a man covered in disease.
Knew he needed to be clean.
Jesus just touched him, the disease was gone.
Only God can do that! Who is this man?

Jesus and his friends caught in a storm.
Lookin' like they're gonna drown.

Jesus yelled: "QUIET!" and the storm was calm.
Only God can do that! Who is this man?

Jesus on a cross was crucified.
Darkness covered all the land.
After three days Jesus rose again.
Only God can do that! Who is this man?

After last chorus:
Yes, He calls us to follow Him.
Are you gonna follow Him?

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BIBLE READING: JOHN 6:1-15

¹Some time after this, Jesus crossed to the far shore of the Sea of Galilee (that is, the Sea of Tiberias), ²and a great crowd of people followed him because they saw the signs he had performed by healing those who were ill. ³Then Jesus went up on a mountainside and sat down with his disciples. ⁴The Jewish Passover Festival was near. ⁵When Jesus looked up and saw a great crowd coming towards him, he said to Philip, 'Where shall we buy bread for these people to eat?' ⁶He asked this only to test him, for he already had in mind what he was going to do. ⁷Philip answered him, 'It would take more than half a year's wages^[a] to buy enough bread for each one to have a bite!' ⁸Another of his disciples, Andrew, Simon Peter's brother, spoke up, ⁹'Here is a boy with five small barley loaves and two small fish, but how far will they go among so many?' ¹⁰Jesus said, 'Make the people sit down.' There was plenty of grass in that place, and they sat down (about five thousand men were there). ¹¹Jesus then took the loaves, gave thanks, and distributed to those who were seated as much as they wanted. He did the same with the fish. ¹²When they had all had enough to eat, he said to his disciples, 'Gather the pieces that are left over. Let nothing be wasted.' ¹³So they gathered them and filled twelve baskets with the pieces of the five barley loaves left over by those who had eaten. ¹⁴After the people saw the sign Jesus performed, they began to say, 'Surely this is the Prophet who is to come into the world.' ¹⁵Jesus, knowing that they intended to come and make him king by force, withdrew again to a mountain by himself.

SERMON: JOHN 6:1-15 - LOOK BEYOND LUNCH

The feeding of the 5,000 is the only miracle (apart for the resurrection) found in all four gospels. It is the 5th of 7 SIGNS in this gospel that point us towards placing our faith in Jesus as the Messiah. Man cannot live by bread alone. We need to look beyond our lunch to feed on Jesus himself as our source of life and joy. **1). JESUS IS GREATER THAN MOSES.** This miracle invites us to contrast the prophet Moses with Jesus. The gospel points to Jesus as a far greater prophet, lawgiver and miracle worker than the prophet who gave Israel manna in the wilderness. The prophet Elisha also fed a crowd with a few barley loaves, but Jesus' ability to provide is vastly greater than Moses or Elisha because He is God. **2). JESUS IS MOVED BY COMPASSION.** The crowd were hungry, but not starving! Jesus simply fed them out of his compassion and care for ordinary and everyday needs. Our generous Saviour teaches us to use our "littles", our weak abilities and our limited resources, both to serve God and to share His compassion. **3). JESUS IS ALL YOU NEED.** The point of the sign is to place our faith in Jesus. We must not settle for temporary and unsatisfying things, when real satisfaction is found in Jesus. That alone produces contentment and a life of gratitude.

OUR RESPONSE TO GOD'S WORD

Gracious Lord, may we never try to live by bread alone.
We ask that you would always feed us by your Word of grace.
Strengthen our hearts and minds to receive Christ,
that we may go forward in faith, depending on Jesus the Living Bread.
Help us to generously share our bread with others.
Help us to share the bread of your word with others.
May we never lose our hunger and our thirst for you.
Bring us at last to sit as guests at your table, feasting in the joy of your Kingdom.
Pardon and forgive all our sins. We pray through Jesus Christ, our Lord. Amen.

PSALM 130 (Version by Emma Turl)

From the depths of shame and sorrow,
from my guilt and my despair,
LORD, I cry to you for mercy—
be attentive to my prayer.

*All my joy is in your presence,
all my hope is in your word;
more than watchmen wait for morning
waits my soul for you, O LORD!*

If our sins you still remembered,
how could anyone draw near?
But with you there is forgiveness,
so we come with reverent fear.

With the LORD is love unfailing—
let his people hope in him!
With our God is full redemption,
full atonement for our sin.

Sung by Ann MacRae. Tune: Dim Ond Iesu. Author: Emma Turl. Praise Trust © 2000.

BENEDICTION

SUNDAY AT SIX, live evening worship on our YOUTUBE CHANNEL at 6 PM tonight.

Followed by a **PRAYER FELLOWSHIP FOR THE COVID-19 PANDEMIC on Zoom from around 6.30 pm**

SPECIAL DAY OF PRAYER TODAY

Free Church congregations have all been asked to set aside time today, Sunday 25th October, both in our homes and in our churches for special prayer in response to the Covid-19 pandemic. Please pray at home and if you can please take part in a Zoom Prayer Fellowship after our short Sunday at Six evening service tonight. Use the usual meeting ID (253 249 2745). The password is available from office@freenorthchurch.org. As you pray today, recall how John Calvin started each service of worship in Geneva with the words of Psalm 124:8: ***Our help is in the name of the LORD, the Maker of heaven and earth.*** Let these words focus your mind on the power of the one to whom we pray!

PRAYER POINTS:

1. **Pray to Almighty God for merciful intervention to suppress the Corona virus.**
 2. **Pray God would give recovery and good health to those who suffer.**
 3. **Pray God would comfort those who have endured loss.**
 4. **Pray God would turn the hearts of our people in repentance to the Lord our God.**
 5. **Pray the Spirit of God would bless the preaching of the gospel.**
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WOMEN'S PASTORAL WORKER - CONTACT DETAILS

If you would like to get in touch with Carrie Marlow, the Women's Pastoral Worker, you can contact her by phone on 07583 498782 or email carrie.marlow@freenorthchurch.org. We warmly welcome Carrie to her new role. Please support this role in prayer and by passing on any pastoral needs and referrals.

CONGRATULATIONS TO JOAN & STEWART VANT

Warm congratulations to Joan and Stewart who were married yesterday afternoon. We wish them joy and God's constant care and blessing in their life together.

HARVEST THANKSGIVING GIFTS

You may wish to give a thanksgiving gift during November for the Free Church Disaster and Relief Fund.

DIARY, NEWS & PRAYER

IN-PERSON WORSHIP AT THE FREE NORTH: We offer in-person worship on Sunday mornings and on some Wednesday evenings. **Families with children are always welcome to come to church (for all or part of the service) and a Sunday School for Primary age children is available in the fellowship area.** 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. Unless exempt, a face-covering should be worn indoors. Worshippers may be seated with other household members or with someone in their social "bubble". For the present we divide the congregation **by surname** into **two groups** so that as many as possible may attend. The pattern is Sunday 25th October - surnames **A to Mack**; Sunday 1st November - surnames **Macl to Z**. The Kirk Session will meet on 3rd November to review our pattern of services. We are thinking about offering two in-person services each Sunday morning at different times to allow up to 100 people to take part in in-person worship each Sunday in order to encourage and build up the fellowship life of the congregation. For the present we wish to avoid a "booking" system but that may become necessary as we are glad to have a growing number wishing to attend services. **Visitors and folk who cannot attend when it is their "turn" should feel free to attend ON ANY SUNDAY THAT THEY CAN.** We do not wish to exclude anyone who wishes to attend or to put pressure on anyone to return if they have health concerns. Online worship services will continue to be provided for those worshipping at home. **Please DO NOT attend church if you experience any symptoms of Covid-19.**

Tuesday: A private funeral will be held for Marie Rhoda MacLeod on the 27th at 12.30 pm. The service will be streamed online by John Fraser & Son. We send our sympathy to Fiona and Gordon MacLeod.

Tuesday: The Deacons' Court will meet (via Zoom) at 7.30 pm.

Wednesday: We meet in the Free North Hall and online on Zoom at 7.30 pm on 28th October for Prayer and Bible Study. The Church Night on Wednesday 7th October will be on Zoom only, breaking into smaller rooms.

Guys Groups and Catch-Up Sessions: The next Guys Groups, discussing Joe Barnard's book *The Way Forward*, are at 10 am and at 7 pm on Monday 9th November ('**Men Need Camaraderie**' – read pages 87-94) and on Monday 7th December ('**Men Need Competence**' – read pages 95-108). Use the usual Zoom log-in. **Chris MacLeod** is also running some catch-up sessions for any who missed earlier studies of Joe's book. **Email Martin** at office@freenorthchurch.org for details of **Chris MacLeod's Zoom meetings**.

Log-on details for our regular Zoom meetings can be obtained from Martin (office@freenorthchurch.org).

New Members: We hope to welcome new members into the Free North Church family on Sunday 22nd November. Please contact the minister, any elder, or our women's pastoral worker if you are a new Christian believer and wish to discuss a commitment to follow Jesus and to belong to his church or if you have moved from a previous church connection and now wish to commit yourself to the Free North church family.

Copies of **Explore** daily Bible reading notes are available. These can be picked up at church or sent to you. Suggested donation, £3.

Free Church Books' recommend Edward T. Welch's '**A Student's Guide to Anxiety**'. Priced £2.54 – read more at: <https://thefree.church/books-anxiety>.

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

Support the Free North: Donate through our website (PayPal logo), the offering box, or via our treasurer, Mrs Barbara Macphail, 31 Towerhill Avenue, IV2 5FX. (01463 794622, treasurer@freenorthchurch.org).