



The Free North Church Inverness

a congregation of the Free Church of Scotland

A GUIDE TO SUNDAY WORSHIP

11 am – Sunday 15th November 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. Join us tonight for the **“Sundays at 6”** evening service, available only on YouTube.

Evening worship is followed tonight by a Zoom Fellowship and Prayer for the City.

Both our Sunday services are available afterwards for catch-up on YouTube.

Subscribe to our channel: youtube.com/c/FreeNorthChurchInverness.

WELCOME & CALL TO WORSHIP (Jeremiah 17:5,7-8)

Minister: *The Lord says: ‘Cursed is the one who trusts in man, who draws strength from mere flesh and whose heart turns away from the Lord.*

All: *‘But blessed is the one who trusts in the Lord, whose confidence is in him.*

They will be like a tree planted by the water that sends out its roots by the stream.

It does not fear when heat comes; its leaves are always green.

It has no worries in a year of drought and never fails to bear fruit.’ Amen.

PSALM 1 (a):1-6 (SING PSALMS)

Blessed is the one who turns away
from where the wicked walk,
Who does not stand in sinners’ paths
or sit with those who mock.

Instead he finds God’s holy law
his joy and great delight;
He makes the precepts of the LORD
his study day and night.

He prospers ever like a tree
that’s planted by a stream,
And in due season yields its fruit;
its leaves are always green.

Not so the wicked! They are like
chaff that’s blown away.
They will not stand when judgment comes
or with the righteous stay.

It is the LORD who sees and knows
the way the righteous go,
But those who live an evil life
the LORD will overthrow.

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*Tune: Amazing Grace (CM). Recorded at Stornoway
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PRAYER & LORD’S PRAYER

Praying for TAIN & FEARN and MULL & COLL.

BIBLE READING: JOHN 6:35-48

³⁵ Then Jesus declared, ‘I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty. ³⁶ But as I told you, you have seen me and still you do not believe. ³⁷ All

those the Father gives me will come to me, and whoever comes to me I will never drive away. ³⁸ For I have come down from heaven not to do my will but to do the will of him who sent me. ³⁹ And this is the will of him who sent me, that I shall lose none of all those he has given me, but raise them up at the last day. ⁴⁰ For my Father's will is that everyone who looks to the Son and believes in him shall have eternal life, and I will raise them up at the last day.' ⁴¹ At this the Jews there began to grumble about him because he said, 'I am the bread that came down from heaven.' ⁴² They said, 'Is this not Jesus, the son of Joseph, whose father and mother we know? How can he now say, "I came down from heaven"?' ⁴³ 'Stop grumbling among yourselves,' Jesus answered. ⁴⁴ 'No one can come to me unless the Father who sent me draws them, and I will raise them up at the last day. ⁴⁵ It is written in the Prophets: "They will all be taught by God."⁴⁶ Everyone who has heard the Father and learned from him comes to me. ⁴⁶ No one has seen the Father except the one who is from God; only he has seen the Father. ⁴⁷ Very truly I tell you, the one who believes has eternal life. ⁴⁸ I am the bread of life.

UPDATE ON CYC POP-UP BOOKSTALL

PSALM 119:57-64 (SING PSALMS)

You, O LORD, are everything I've longed for;
I have promised to obey your word.
With my whole heart I have sought your favour;
as you promised, grant me grace, O LORD.

I have thought about my life and conduct,
and have turned my steps towards your way.
I will hasten and, without delaying,
your commands and statutes I'll obey.

Though the wicked with their cords ensnare me,
I will not forget instruction's voice.
I will rise to give you thanks at midnight,
for your righteous laws make me rejoice.

Those who fear you are my friends for ever,
all who follow in your precepts' way.
Earth is filled with your great loving-kindness;
teach me your decrees, O LORD, I pray.

Words © Free Church of Scotland, 2003.

Sung and accompanied by Olivia Ross.

Tune: Abbey Green, composed by Ann MacRae.

*Kilwinning Free Church met at the Abbey Green for
255 years before moving to a new location in 2011.*

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SERMON: JOHN 6:35-48 – THE BREAD OF LIFE FAMINE

Jesus spent a day in teaching and debate with the people of Capernaum, ending up declaring in the synagogue the words, "I Am the Bread of Life". **1). COME TO JESUS TO END YOUR FAMINE.** 2,000 years ago bread was not a preference or a lifestyle choice. Bread was life, and those without bread suffered hunger and famine. But Amos 8 warns of a worse type of hunger, a "famine of hearing the words of the LORD." John 6 reveals a people who choose to experience a spiritual famine, as they actively turn away from the words of the Son of God. The metaphors in John 6 overlap, suggesting that before we can EAT Jesus, we must COME to him and BELIEVE in him. **2). BUT CAN YOU COME TO JESUS?** This chapter reminds us that we are not God, and we are not able to save ourselves. We can take no credit for feeding ourselves or ending our personal spiritual-famine. Every Christian is a miracle of God's grace. The Father must give us to the Son, we must be "taught of God",. In other words, before we choose Jesus, God must choose us. So, can you come to Jesus? Yes, because God calls, and God creates the response to his call. We cannot save ourselves, just as a drowning toddler cannot rescue themselves. But the Bible insists that all who look to the Son and feed on him shall have life. The Father promises that all he draws will come, and none will be lost. This is both comforting and assuring and a challenge. Do you hear God's voice? Calling the dead to live is God's business. Our business is to hear, and to come and feed so we need never hunger and thirst again.

HYMN: MY WORTH IS NOT IN WHAT I OWN (AT THE CROSS)

My worth is not in what I own;
Not in the strength of flesh and bone.
But in the costly wounds of love, at the cross.

My worth is not in skill or name;
In win or lose, in pride or shame.
But in the blood of Christ that flowed, at the
cross.

*I rejoice in my Redeemer, Greatest Treasure,
Wellspring of my soul.
I will trust in Him, no other;
My soul is satisfied in Him alone.*

As summer flowers we fade and die;
Fame, youth and beauty hurry by.
But life eternal calls to us, at the cross.

I will not boast in wealth or might,
In human wisdom's fleeting light.
But I will boast in knowing Christ, at the cross.
I rejoice..

Two wonders here that I confess:
My worth and my unworthiness.
My value fixed, my ransom paid, at the cross.
I rejoice...

Sung by Mike Brooks of St John's Chelsea, a Co-Mission church replant in the World's End Estate, London. Words & Music Keith & Kristyn Getty & Graham A. Kendrick © 2014, Make Way Music, Getty Music Publishing. CCL Song # 7024758. CCL License No. 616262. CCL Streaming License No. 324811.

BENEDICTION

SUNDAY AT SIX, live evening worship on our YOUTUBE CHANNEL, from 6 PM tonight. Lessons for a United and Growing Church from Ephesians. We have a Zoom Fellowship to Pray for the City tonight at 6.30 pm. There is a Zoom Fellowship on Sunday 22nd November when Carrie Marlow will lead a discussion.

HARVEST THANKSGIVING GIFTS

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

CARRIE MARLOW - WOMEN'S PASTORAL WORKER – UPDATE & CONTACT DETAILS

Carrie is going to be running a **Women's Bible Study** over the next few weeks as we head towards to Christmas. This will be on Thursday mornings and evenings. There will be an introductory session at 10.30am and 7.45pm this Thursday 19th Nov. Both the morning and evening sessions will run on Zoom, get in touch with Carrie for the details: carrie.marlow@freenorthchurch.org or 07583 498782. The days/times might not work for everyone but if you can't make it but would be interested in being involved then get in touch with Carrie. Please support Carrie in her role in prayer and by passing on any pastoral needs and referrals.

DIARY, NEWS & PRAYER

IN-PERSON WORSHIP AT THE FREE NORTH: We plan to change our pattern of in-person services from Sunday 29th November. From that date there will be TWO in-person Morning Services each Sunday. The first service is at 10 am (open to all and meeting in the Hall for around 40 minutes). The second service is at 11 am, meeting in the church (and still subject to a weekly alphabetical split by surname). The split pattern in the next few weeks is: Sundays 15/29th November- surnames **MaCl to Z**. Sundays 22nd November and 6th December - surnames **A to MacK**. Sunday School is only available at the 11 am service and families with children are welcome to attend each Sunday. Visitors and folk who cannot attend when it is their "turn" will be welcomed at 10 or 11 am, whenever they are able to attend. We do not wish to exclude anyone who wishes to attend or to put pressure on anyone to return, for example if they are in a high risk group or have health concerns. Online worship will continue to be provided at 11 am and 6 pm each Sunday for those worshipping at home. Access to both morning services is by the Church Street Lane entrance. The 10 am

service will exit by the Church Hall lane leading onto Church Street, to avoid congestion between those exiting and others arriving for the second service. If there is a good uptake of the 10 am service, and depending on numbers attending at 11 am, we may be able to do away with the alphabetic split of the congregation at 11 am. To assist us in our planning please let the welcome team know if you expect to attend the 10 am service regularly (or send an email to Sandy Finlay indicating this at: rfinlay122@gmail.com). **Please DO NOT attend church if you experience any symptoms of Covid-19.** We continue to maintain a discrete record of all who attend for contact tracing. When you come to church try to arrive in good time and bring a face covering (unless exempt). If you need water bring your own bottle and any books, bibles, or children's toys and materials that you may require. Worshippers may be seated with other household members or with someone in their social "bubble".

COMMUNION: We will share in communion at the 11 am service on Sunday 22nd November. Recognising that some may miss this (due to the surname-split in attendance) a Communion will be celebrated three weeks later on Sunday 13th December (at the 10 and 11 am services). Contact the minister, any elder, or our women's pastoral worker to explore church membership. The bread and wine will be prepared following strict guidance for hygiene by a person with a Food Handling Certificate. Individual servings of bread and wine will be placed at either end of each pew in use from the outset of the service for the convenient use of communicants. This will prevent the need to pass common plates and cups around the building. If you require gluten-free bread, we suggest you bring this with you to the service to minimise handling.

Wednesday: There is no in-person gathering this week. Instead Home Groups meet online to study Psalm 16 (questions 9-13 in "*Soul Songs*" pages 15-16). A Central Group use the usual Zoom log-on and password.

Thursday: Women's Bible Study, 10.30 am and 7.45 pm – see Carrie Marlow's note above for more.

National Day of Prayer: Wednesday 25th November. Zoom gatherings at 7 am, 12 noon, and an in-person and Zoom gathering at 7.30 pm. Prayer resources for individuals, youth and families will be shared.

Guys Groups: Meet on Zoom at 10 am and 7 pm on Monday 7th December ('Men Need Competence' – pages 95-108). Use the usual Zoom log-in. **Chris MacLeod** is running catch-up sessions for any who missed earlier studies. **Email Martin** at office@freenorthchurch.org for details of **Chris MacLeod's Zoom meetings**.

Prayer needs: We pray for Tina Fraser who faces surgery on 20th November. Brenda MacLeod's mother passed away on Friday. Pray for Julie Ferguson as she receives palliative care at home. Remember Fiona, Christina and all others dealing with bodily and mental health issues. Pray for our mission partners **Philip Amos** (CWI, London), **Rev Patrick Jok**, Sudanese Reformed Church and **Mr Suresh Vemulapalli**, India Village Ministries. Remember **Emma de Paula** working with Student Ministry. If you would like to support **Seoras and Sarah** who were with us recently please go to www.uk.om.org/give and put 'MacGillivray family' in the comments box. They need to raise 60% of additional support from individuals and congregations.

Give a Book this Christmas: Who might you be able to bless with a gift? CYC has a Christian bookstall with a selection of extremely reasonably priced Christmas cards and books for all ages. From Saturday 14th Nov. the Bookstall is open on Saturdays (2 – 4 pm), and on Tuesdays and Thursdays (10 – 11 am) with children's and adult titles. See the CYC Facebook page for more. Orders can be submitted to rfinlay@toucansurf.com if you are unable to visit (pay by cash or cheque). Parking may be available. Ring the bell at CYC for access.

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).