



The Free North Church Inverness

a congregation of the Free Church of Scotland

A GUIDE TO SUNDAY WORSHIP

11 am – Sunday 22nd November 2020

Sunday services are conducted today at 11 am and 6 pm

by our minister Rev Angus MacRae. Tel: (01463) 832616.

Mobile: 07 506 006 459. Email: angusmacrae1967@gmail.com

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 with Carrie Marlow**. Both our Sunday services are available afterwards for catch-up on YouTube. Subscribe to our channel: youtube.com/c/FreeNorthChurchInverness.

WELCOME & CALL TO WORSHIP (Romans 10:9-13)

Minister: *If you declare with your mouth, ‘Jesus is Lord,’
and believe in your heart that God raised him from the dead, you will be saved.*

*For it is with your heart that you believe and are justified,
and it is with your mouth that you profess your faith and are saved.*

All: *As Scripture says, ‘Anyone who believes in him will never be put to shame.’*

*The same Lord is Lord of all and richly blesses all who call on him, for,
‘Everyone who calls on the name of the Lord will be saved.’ Amen.*

HYMN: HOW DEEP THE FATHER’S LOVE

How deep the Father’s love for us;
How vast beyond all measure,
That He should give His only Son
To make a wretch His treasure.
How great the pain of searing loss;
The Father turns His face away,
As wounds which mar the Chosen One
Bring many sons to glory.

Behold the man upon a cross,
My sin upon His shoulders;
Ashamed, I hear my mocking voice
Call out among the scoffers.
It was my sin that held Him there
Until it was accomplished;

His dying breath has brought me life;
I know that it is finished.

I will not boast in anything,
No gifts, no power, no wisdom;
But I will boast in Jesus Christ,
His death and resurrection.
Why should I gain from His reward?
I cannot give an answer;
But this I know with all my heart –
His wounds have paid my ransom.

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PRAYER & LORD’S PRAYER

Praying for sister churches in LOCHS, and WICK & KEISS.

BIBLE READING: JOHN 6:49-71

⁴⁹Your ancestors ate the manna in the wilderness, yet they died. ⁵⁰But here is the bread that comes down from heaven, which anyone may eat and not die. ⁵¹I am the living bread that came down from heaven.

Whoever eats this bread will live for ever. This bread is my flesh, which I will give for the life of the world.’⁵² Then the Jews began to argue sharply among themselves, ‘How can this man give us his flesh to eat?’⁵³ Jesus said to them, ‘Very truly I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you.’⁵⁴ Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day.⁵⁵ For my flesh is real food and my blood is real drink.⁵⁶ Whoever eats my flesh and drinks my blood remains in me, and I in them.⁵⁷ Just as the living Father sent me and I live because of the Father, so the one who feeds on me will live because of me.⁵⁸ This is the bread that came down from heaven. Your ancestors ate manna and died, but whoever feeds on this bread will live for ever.’⁵⁹ He said this while teaching in the synagogue in Capernaum.⁶⁰ On hearing it, many of his disciples said, ‘This is a hard teaching. Who can accept it?’⁶¹ Aware that his disciples were grumbling about this, Jesus said to them, ‘Does this offend you?’⁶² Then what if you see the Son of Man ascend to where he was before!’⁶³ The Spirit gives life; the flesh counts for nothing. The words I have spoken to you – they are full of the Spirit and life.⁶⁴ Yet there are some of you who do not believe.’ For Jesus had known from the beginning which of them did not believe and who would betray him.⁶⁵ He went on to say, ‘This is why I told you that no one can come to me unless the Father has enabled them.’⁶⁶ From this time many of his disciples turned back and no longer followed him.⁶⁷ ‘You do not want to leave too, do you?’ Jesus asked the Twelve.⁶⁸ Simon Peter answered him, ‘Lord, to whom shall we go? You have the words of eternal life.⁶⁹ We have come to believe and to know that you are the Holy One of God.’⁷⁰ Then Jesus replied, ‘Have I not chosen you, the Twelve? Yet one of you is a devil!’⁷¹ He meant Judas, the son of Simon Iscariot, who, though one of the Twelve, was later to betray him.

WELCOME OF NEW MEMBERS

SERMON: JOHN 6:49-71 – DECISION TIME

In the course of John 6, Jesus apparent support goes from crowds of thousands of interested and excited “disciples” to just twelve followers, and one of them was “a devil”. This passage marks decision time. Sadly many decided not to believe and follow Jesus. **1). DO YOU WANT TO LEAVE, OR TO BELIEVE?** Jesus did not make it easy for the crowds to believe. His words about eating his flesh and drinking his blood are shocking. But they make sense in the light of John 1:14. God became “flesh” in order to save those who could not save themselves, bringing life and light into our darkness. Simon Peter recognised the life-giving power of the WORDS spoken by Jesus. What is our response? **2). DO YOU STUMBLE AT THE CROSS?** Verses 61-62 draw us on 12 months to the events of the cross. Jesus will be humbled before ascending into glory. Will we stumble at the cross, or come in faith with gratitude for our salvation? John 6 helps us to understand and benefit from the Lord’s Supper, as we look back not only to the Exodus, the manna and the Passover, but also to the 12 loaves of bread and pitchers of wine set out each Sabbath in the tabernacle (show bread or bread in the presence of God). Jesus our living bread represents us before God and unites us as one people in covenant with God. As his kingdom of priests, Jesus invites us to eat together in memory of him, eating and drinking to the glory of God in the presence of God.

HYMN: ALAS! AND DID MY SAVIOUR BLEED?

Alas! and did my Saviour bleed
And did my Sovereign die?
Would He devote that sacred head
For such a one as I?

His body slain before its time,
His head was bathed in blood;
He bore the mark of wrath divine,
While in my place He stood.

Well might the sun in darkness hide
And shut his glories in,
When Christ, the mighty Maker died,
For man the creature’s sin.

Was it for crimes that I had done
He groaned upon the tree?
Amazing pity, grace unknown,
And love beyond degree!

Thus might I hide my blushing face
While His dear cross appears.
Dissolve my heart in thankfulness
And melt my eyes to tears.

But drops of grief can ne'er repay
The debt of love I owe:

Here, Lord, I give myself away,
'Tis all that I can do.

*Words: Isaac Watts (1674-1748).
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SHARING IN COMMUNION

PSALM 72:17-19 (SCOTTISH PSALTER)

His name for ever shall endure;
last like the sun it shall:
Men shall be blessed in him, and blessed
all nations shall him call.

Now blessèd be the LORD our God,
the God of Israel,
For he alone doth wondrous works,
in glory that excel.

And blessèd be his glorious name
to all eternity:
The whole earth let his glory fill.
Amen, so let it be.

*John MacAulay & Chris MacLeod, recorded at the Free
North. Words: The Scottish Psalter, 1650.*

BENEDICTION

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

Equipped in Christ as a United and Growing Church - from Ephesians 4.

We have a **Zoom Fellowship** tonight at 6.30 pm when Carrie Marlow will lead a discussion.

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

Carrie is running a **Women's Bible Study** on Thursdays at 10.30am and 7.45pm. All are welcome to join us as we look at 'Mary's Song' in Luke chapter 1. To prepare it would be great if you could read through Luke 1:26-55 a few times and see if you find anything new, confusing or surprising. 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. 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 to two morning services from next Sunday 29th Nov. 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 (still subject to a weekly alphabetical split by surname). The split pattern in the next few weeks is: Sundays 22nd Nov. and 6th Dec. - surnames **A to MacK**. Sundays 29th Nov. and 13th Dec. - surnames **Macl to Z**. Sunday School is only available at the 11 am service. Families with children are welcome to attend each Sunday. Visitors and folk who cannot attend when it is their "turn" will be welcomed 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 the morning services is by the Church Street Lane entrance. The 10 am service will exit by the Church Hall lane leading to Church Street to avoid congestion between those exiting and others arriving. 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. 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 today. 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.

Our minister gave a short video message on behalf of the Moderator Donnie G MacDonald last Friday, available at freechurch.org or from <https://youtu.be/tY1PT9qL3E>

Tuesday: A private family funeral for the late Mrs Nan Burgess, of Ach-an-Eas Care Home will be held at 12 noon, streamed online by William T Fraser and Sons. If they wish friends may attend the graveside service from around 1.15 pm at Tomnahurich Cemetery.

Wednesday National Day of Prayer: 25th November. Zoom gatherings at 7 am, 12 noon, and an in-person gathering in the Church hall at 7.30 pm, also shared on Zoom. Prayer resources for individuals, youth and families are available. Use the usual Zoom log-on and passwords to join the three prayer gatherings.

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

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: Tina Fraser came through surgery on Friday. Elise Murray is in hospital. Julie Ferguson continues to receive palliative care at home. Remember Fiona, Christina and all others dealing with bodily and mental health issues and all who support and care for others. Pray for families coping with bereavement. Pray for our partners church planting at Merkinch. There is a team training and prayer morning on Monday.

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. The Bookstall is open on Saturdays (2 – 4 pm), and on Tuesdays and Thursdays (10 – 11 am) with titles for children 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). You may wish to give a Harvest Thanksgiving gift during November for the Free Church Disaster and Relief Fund.