



The Free North Church Inverness

a congregation of the Free Church of Scotland

A GUIDE TO SUNDAY WORSHIP

11 am – Sunday 7th February 2021

*Sunday services today at 11 am and at 6 pm are **ONLINE ONLY** conducted by our minister Rev Angus MacRae. Tel: (01463) 832616.*

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

Carrie Marlow - Women's Pastoral Worker contacts:

carrie.marlow@freenorthchurch.org or 07583 498782.

We have suspended all in-person worship at the Free North Church for the whole of February in response to Government public health regulations, so for the present all our services are ONLINE only. We will advise you of any changes as the situation develops and we hope it will be possible to resume in-person worship sometime in March. You will find our Morning and Evening services on our YouTube channel at 11 am and 6 pm. (Available afterwards for catchup. Subscribe to the channel at: www.youtube.com/c/FreeNorthChurchInverness).

WELCOME & CALL TO WORSHIP (from 1 Timothy 1:2;2:1-4)

Grace, mercy and peace from God the Father and Christ Jesus our Lord.

[Let] petitions, prayers, intercession and thanksgiving be made for all people— for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Saviour, who wants all people to be saved and to come to a knowledge of the truth. Amen.

PSALM 63:1-6 (Scottish Psalter version of 1650)

Lord, thee my God, I'll early seek:
my soul doth thirst for thee;
My flesh longs in a dry parched land,
wherein no waters be:

That I thy powèr may behold,
and brightness of thy face,
As I have seen thee heretofore
within thy holy place.

Since better is thy love than life,
my lips thee praise shall give.
I in thy name will lift my hands,
and bless thee while I live.

Ev'n as with marrow and with fat
my soul shall fillèd be;
Then shall my mouth with joyful lips
sing praises unto thee:

When I do thee upon my bed
remember with delight,
And when on thee I meditate
in watches of the night.

Sung by Chris MacLeod.

Tune: Bays of Harris

(CM, composed by the late Alex Muir).

PRAYER & LORD'S PRAYER

This week Free Church congregations are praying for **Grace Church Kilmacolm** in Renfrewshire and **Castletown & Community Church**, in Caithness. Later in February, our congregations are praying for Portree & Bracadale and Falkirk (14th); Maryburgh & Killearnan and Hope Church, Blackwood & Kirkmuirhill, South Lanarkshire (21st); Dingwall & Strathpeffer, Charleston Community Church in Dundee, and Covenant Church, Newmilns in East Ayrshire (28th).

BIBLE READING: JONAH 4:1-11

¹ But to Jonah this seemed very wrong, and he became angry. ² He prayed to the Lord, "Isn't this what I said, Lord, when I was still at home? That is what I tried to forestall by fleeing to Tarshish. I knew that you are a gracious and compassionate God, slow to anger and abounding in love, a God who relents from sending calamity. ³ Now, Lord, take away my life, for it is better for me to die than to live." ⁴ But the Lord replied, "Is it right for you to be angry?" ⁵ Jonah had gone out and sat down at a place east of the city. There he made himself a shelter, sat in its shade and waited to see what would happen to the city. ⁶ Then the Lord God provided a leafy plant and made it grow up over Jonah to give shade for his head to ease his discomfort, and Jonah was very happy about the plant. ⁷ But at dawn the next day God provided a worm, which chewed the plant so that it withered. ⁸ When the sun rose, God provided a scorching east wind, and the sun blazed on Jonah's head so that he grew faint. He wanted to die, and said, "It would be better for me to die than to live." ⁹ But God said to Jonah, "Is it right for you to be angry about the plant?" "It is," he said. "And I'm so angry I wish I were dead." ¹⁰ But the Lord said, "You have been concerned about this plant, though you did not tend it or make it grow. It sprang up overnight and died overnight. ¹¹ And should I not have concern for the great city of Nineveh, in which there are more than a hundred and twenty thousand people who cannot tell their right hand from their left—and also many animals?"

FEBRUARY BOOK OF THE MONTH: 'PRAY BIG' BY ALISTAIR BEGG.

HYMN: COME, THOU FOUNT

Come, thou Fount of ev'ry blessing,
tune my heart to sing thy grace;
Streams of mercy, never ceasing,
call for songs of loudest praise.

Teach me some melodious sonnet,
sung by flaming tongues above;
Praise the mount! I'm fixed upon it,
mount of thy redeeming love.

Here I raise my Ebenezer;
hither by thy great help I come.
And I hope, by thy good pleasure,
safely to arrive at home.

Jesus sought me when a stranger,
wand'ring from the fold of God.

He, to rescue me from danger,
interposed his precious blood.

O to grace, how great a debtor
daily I'm constrained to be;
Let thy grace, Lord, like a fetter,
bind my wand'ring heart to thee.

Prone to wander, Lord, I feel it,
prone to leave the God I love!
Here's my heart, Lord, take and seal it,
seal it for thy courts above.

Words: Robert Robinson, 1758

Sung by the High Free Church Praise Group, Stornoway.

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SERMON: JONAH 4 – JONAH'S UNTUNED HEART

If Jonah were a book or a film, it does not seem to have a happy ending. Mission Nineveh was spoiled by the misery of the petulant prophet who seems to lack grace or compassion. God asks some searching questions. Perhaps this passage asks us to examine our hearts too? **1). JONAH – ARE YOU RIGHT TO BE SO ANGRY?** Anger can signal something deeply wrong in our hearts. Along with the many 'great' things in this story is the huge and fierce of the prophet over the mercy shown to the Assyrians. It displeased Jonah greatly. Sometimes in a fallen world we need anger. Jesus sometimes showed anger. But take care that your wrath remains holy! Anger can also be petty and selfish, like the grievances Jonah nursed. **2). JONAH – WILL YOU LOVE GOD MORE THAN YOUR IDOLS?** Despite his good theology (compare verse 2 with Exodus 34:6-7) Jonah has a false idea of God in his head. He seems a stranger to God who is gracious, full of compassion, slow to anger and abounding in faithful love. Jonah is almost the opposite! His idol is narrow nationalism.

He (and we) should heed Ephesians 4:26-27, so that in our anger we avoid sin and our idols. **3). JONAH – WILL YOU TUNE YOUR HEART TO GOD’S GRACE?** Dead in heart, Jonah wants to die. But sinners are invited to the fount of blessing to tune our hearts to grace. C S Lewis compares this to a field of grass being ploughed up and replaced by wheat seeds. We will never produce a good crop until our hard hearts are made new. Once that happens to us, we will long for others to have a share in the God of grace.

HYMN: CONSIDER CHRIST

Consider Christ,
the source of our salvation,
That he should take the penalty for me.
Though he was pure,
a lamb without a blemish,
he took my sins
and nailed them to the tree.

*My Lord and God,
you are so rich in mercy.
Mere words alone are not sufficient thanks.
So take my life,
transform, renew and change me,
that I might be a living sacrifice.*

Consider Christ,
that he should trust his Father
in the garden of Gethsemane.

Though full of dread
and fearful of the anguish;
he drank the cup
that was reserved for me.

Consider Christ,
for death he has defeated.
And he arose, appeared for all to see.
And now he sits
at God’s right hand in Heaven;
where he prepares
a resting place for me.

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BENEDICTION

After morning service on YouTube why not log onto Zoom for a 15-minute informal “**coffee and chat**” catch up. A virtual Prayer Room will be available for those who would value that. Use the usual Zoom log-in details.

SUNDAY AT SIX – on our YOUTUBE CHANNEL at 6 PM tonight.

Gospel 2021 - The Gospel is: Our Treasure, Our Passion and Our Vision.

Tonight: 1 Corinthians 9 – PERSONAL FREEDOM AND A VISION FOR THE GOSPEL

Followed by informal fellowship on Zoom from around 6.30 pm. Tonight we will be joined by **Andrew Giffen**, the new CEO who leads the team at the Free Church Offices in Edinburgh.

DIARY, NEWS & PRAYER

We are sorry in-person services are suspended this month due to the public health regulations. Please get in touch if you need help or are aware of pastoral and practical needs in the church family. As we rely on technology to stay in touch try to maintain regular routines for worship that keep you close to the Lord and his people. Carrie has produced a helpful guide to using ZOOM, available to anyone on request.

New Live Stream Equipment: We are grateful to 3:16 Events for installing video cameras at our church. We hope to start using the new equipment from this weekend. Pray for all involved with the Audio-Visual Team

as they get to grips with the new system. Please be patient with any teething problems and pray that God would use these resources to help us reach our City and far beyond with the gospel of grace.

Today: Youth Alpha is at 10 am on Sunday mornings FOR Secondary age young people. Details from Fiona Cameron (fionamarion@yahoo.co.uk) or Martin at the church office (office@freenorthchurch.org).

Today: Services on YouTube at 11 am and 6 pm. After morning service join us on Zoom for a 15-minute “coffee-time” catch up at around 12 noon. There is also an evening fellowship on Zoom at 6.30 pm with **Andrew Giffen** the new CEO who leads the team at the Free Church Offices.

Wednesday 10th - Join us online for **Prayer & Bible Study** at 7.30 pm. Usual Zoom details.

Thursday 11th - The **Ladies’ Bible Study** is every second Thursday at 10:30 am and 7:45 pm. This week we will be studying 1 Peter 1:13-2:3. All are welcome to join, even if it’s your first time. Speak to Carrie for more details and zoom information: carrie.marlow@freenorthchurch.org, 07583498782. Remaining dates: 25th Feb, 11th and 25th March.

Friday 12th - We meet online on Zoom on Friday at 11 am for 30 minutes of prayer and Bible reading, conducted by an office-bearer. Use the usual log on details.

Next Sunday 14th February: Services are online only at 11 am and 6 pm.

The **Guys Group** will meet looking at *The Way Forward* by Joe Barnard (Men Need Self-Control, from pages 109- 124). On Zoom on Monday 15th February at 10 am and 7 pm.

Deacons’ Court and Session dates: The Deacons’ Court will next meet on Tuesday 16th at 7.30 pm. The Kirk Session will next meet on Tuesday 2nd March, at 7.30 pm.

Book of the month – *Pray Big, by Alistair Begg.* A book to help us pray like an apostle, shaped by Paul’s prayers in Ephesians 1 & 3. If you would like a copy popped through your letterbox, then get in touch with Carrie. The price is £5, payable whenever convenient.

The **Record** magazine for February is available free online (https://issuu.com/freechurch/docs/the_record-february-21-web). Advise Martin at the Church Office to set up a new subscription for a paper copy.

Prayer supporters can join a special evening at home with **Philip Amos**, IMJ missionary in North London via Zoom on Tuesday 23rd February 2021 from 8-9 pm. Registration is required. To book go to: <https://docs.google.com/forms/d/e/1FAIpQLSfKFluJbXst1S4PIhioFhrhvKaCKuPTwB9II7Es84bSE5ZdyQ/viewform>

Pray for blessing on all who participate in our services today. May God to draw people to Jesus, to revive the lukewarm by his Spirit and to penetrate hearts and minds with the word. Give thanks for our children and youth and the Youth Alpha Course. Pray for parents in our Church family, for patience and wisdom in home-schooling, and in raising children who will grow as disciples with lives shaped by the gospel. Commit to God pregnant women, all who are unwell, and all who are struggling due to lockdown and Covid.

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: To donate or contribute to the Livestream Project visit our website (PayPal logo) or via our treasurer, Mrs Barbara Macphail, 31 Towerhill Avenue, IV2 5FX. (01463 794622, treasurer@freenorthchurch.org).