



The Free North Church Inverness

a congregation of the Free Church of Scotland

A GUIDE TO SUNDAY WORSHIP

11 am – Sunday 14th 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. 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 Psalm 111:1-2,4b,9)

Praise the Lord. I will extol the Lord with all my heart... Great are the works of the Lord; they are pondered by all who delight in them.

The Lord is gracious and compassionate. He provided redemption for his people; he ordained his covenant forever — holy and awesome is his name. Amen.

HYMN: O FOR A THOUSAND TONGUES

O for a thousand tongues to sing
my great Redeemer's praise,
the glories of my God and King,
the triumphs of his grace!

My gracious Master and my God,
assist me to proclaim,
to spread through all the earth abroad
the honours of Thy name.

Jesus! the name that charms our fears
and bids our sorrows cease;
'Tis music in the sinner's ears,
'Tis life and health and peace.

He breaks the power of cancelled sin,
He sets the prisoner free;
His blood can make the foulest clean,
His blood availed for me.

He speaks; and, listening to his voice,
new life the dead receive,
the mournful broken hearts rejoice,
the humble poor believe.

Hear him, ye deaf! His praise, ye dumb,
your loosened tongues employ;
ye blind, behold your Saviour come,
and leap, ye lame, for joy!

Look unto Him, ye nations, own
your God, ye fallen race;
Look, and be saved through faith alone,
be justified by grace!

*Words traditional - Charles Wesley (1707-1798).
Recorded at the EMW Summer Conference, Aberystwyth, in
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TALK TO CHILDREN – WONDER WALKS (SEE SCOTTISH BIBLE SOCIETY)

In the weeks before Easter, families can download six activity guides with Bible readings and ideas for a family walk (See <https://scottish.bible/wonderwalks/>). Perhaps you could do a walk together on a Saturday or a Sunday afternoon, and talk together about what you see and hear as well as the Bible story?

PRAYER & LORD'S PRAYER (STUART MACLEOD)

This week Free Church congregations are praying for **Portree & Bracadale** and for **Falkirk**. Later in February, our congregations are praying for 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 4:5-11

⁵Jonah 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. ⁶Then 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. ⁷But at dawn the next day God provided a worm, which chewed the plant so that it withered. ⁸When 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." ⁹But 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." ¹⁰But 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. ¹¹And 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. Order a copy from Carrie for £5.
'MEAL TRAIN' – SUPPORTING NEW PARENTS WITH A DAILY HOT MEAL.

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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SERMON: JONAH 4:5-11 – A GREATER THAN JONAH

The award for grumpiest and worst prophet ever goes to... Jonah! This Book ends with God's questions, probing the heart of a bitter and angry man. But there is still hope that Jonah is a sign to "a greater than Jonah", Jesus the Lord of our salvation. **1). A SELF-RIGHTEOUS SIGN.** Jonah left God's questions unanswered. He was in a sulk, and seemingly hoped God's anger might yet fall on the city. But, the seed of his sins (of anger and self-righteousness) are seeds that also grow in each of our hearts. These seeds must be rooted out from us. The parable of the two men in the temple in Luke 18 points the way for us. We must humble ourselves, or the hypocrisy in our hearts will destroy us. **2). A SIGN OF COMPASSION.** God looked on Nineveh and saw over 120,000 people in total ignorance (possibly the children). He cared about them, and he even cared about the animals and cattle. Jonah felt sorry for a plant that grew in a night, but God felt sorry for a dying city and a dying world. God's unanswered questions at the end of the chapter unsettle us, demanding that we answer. We must stand in Jonah's shoes, because a greater than Jonah is here. There is One, Jesus Christ, who was moved with compassion and wept tears over the lost city that plotted to place him on the

cross. Will we weep for our city? Will we care for those outside God's covenant community? Will we share the message of grace with them?

HYMN: HIS MERCY IS MORE

What love could remember no wrongs we have
done?
Omniscient, all knowing, he counts not their sum.
Thrown into a sea without bottom or shore.
Our sins they are many, his mercy is more.

What patience would wait as we constantly
roam?
What father, so tender, is calling us home?
He welcomes the weakest, the vilest, the poor.
Our sins they are many, his mercy is more.

What riches of kindness he lavished on us.

His blood was the payment, his life was the cost.
We stood 'neath a debt we could never afford.
Our sins they are many, his mercy is more.

*Praise the Lord His mercy is more.
Stronger than darkness, new every morn.
Our sins they are many, his mercy is more.*

*Words and Music by Matt Pappa and Mike Boswell.
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No. 324811.*

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 – A FLEXIBLE VISION FOR AN UNCHANGING GOSPEL

There is no after church fellowship tonight.

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. 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: After morning service join us on Zoom for a 15-minute “coffee-time” catch up at around 12 noon.

Monday 15th – 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.

Tuesday 16th – The Deacons' Court will next meet at 7.30 pm. (The Kirk Session will next meet on Tuesday 2nd March, at 7.30 pm).

Wednesday 17th - Join us online only for our **Monthly Home Groups** on Wednesday at 7.30 pm on Zoom. This month we study Psalm 18 (See the *Soul Songs* Bible study by Tim Chester, questions 8-14 on pages 19-21). Join your own Home Group or use the usual Zoom details for the Central Group.

Friday 19th - 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 21st February: Services are online only at 11 am and 6 pm. We will welcome Dr Jamie Grant as a guest preacher on Sunday 28th February. Jamie teaches at Highland Theological College.

Supporting New Parents: We would love to support those welcoming new babies into their family by providing meals and other support where we can. If you would be interested in supporting families in this way please get in touch with Carrie (carrie.marlow@freenorthchurch.org or 07 583 498 782).

A **Ladies' Bible Study** meets every second Thursday at 10:30 am and 7:45 pm. All are welcome Speak to Carrie for more details and zoom information. Remaining dates this term: 25th Feb, 11th and 25th March.

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.

Pray for blessing on all who participate in our services today. Give thanks for our children and youth and the Youth Alpha Course. Pray for those facing challenging life circumstances and for those who are feeling particularly worn-down during lockdown, that we would find our refuge in God. Pray for Alison and Chris MacLeod, who are expecting a new child this weekend.

Praying for 20 Schemes: This is the list of church planting pastors and their locations to guide your prayers. Tommy Millar—*Maryhill, Glasgow*; Pete Stewart & Pete Bell—*Barlanark, Glasgow*; Andrew Mathieson—*Lochee, Dundee*; Andy Robertson—*Charleston, Dundee*; Chris Davidson—*Merkinch, Inverness*; Derek Laidlaw—*Gorgie, Edinburgh*; Gerald White—*Bingham, Edinburgh*; Andy Prime & Tim Rawlinson—*Gracemount, Edinburgh*; Mez McConnell, Andy Constable, & Jason Nelson—*Niddrie, Edinburgh*.

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/1FAIpQLSfKFluJbXst1S4PlhioFhrhvKaCKuPTwB9II7Es84bSE5ZdyQ/viewform>

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).