



The Free North Church Inverness

a congregation of the Free Church of Scotland

A GUIDE TO SUNDAY WORSHIP

11 am – Sunday 7th March 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 07 583 498 782.*

All in-person worship at the Free North Church remains suspended during March in response to public health regulations. Our services are ONLINE only. We hope small numbers may begin to gather again in-person around Eastertime. Find our online services on our YouTube channel at 11 am and 6 pm. Subscribe to the channel at: www.youtube.com/c/FreeNorthChurchInverness. Services are available live and then archived afterwards for catchup.

WELCOME & CALL TO WORSHIP (from Isaiah 25)

Sovereign Lord - "You have been a refuge for the poor,
a refuge for the needy in their distress, a shelter from the storm and a shade from the heat."
Sovereign Lord – "swallow up death forever... wipe away the tears from all faces."
Then people will say, "Surely this is our God; we trusted in him, and he saved us.
This is the Lord, we trusted in him; let us rejoice and be glad in his salvation." Amen.

HYMN: PRAISE, MY SOUL (adapted from Psalm 103)

Praise, my soul, the King of heaven;
To His feet thy tribute bring.
Ransomed, healed, restored, forgiven,
Who like me His praise should sing?
Praise Him, praise Him,
praise Him, praise Him,
Praise the everlasting King.

Praise Him for His grace and favour
To His people in distress.
Praise Him still the same for ever,
Slow to chide, and swift to bless.
Praise Him, praise Him,
praise Him, praise Him,
Praise Him for His faithfulness.

Father-like He tends and spares us;
Well our feeble frame He knows.
In His hand He gently bears us,
Rescues us from all our foes.
Praise Him, praise Him,
praise Him, praise Him,
Widely as His mercy flows.

Angels, help us to adore Him;
Ye behold Him face to face;
Sun and moon, bow down before Him,
Dwellers all in time and space.
Praise Him, praise Him,
praise Him, praise Him,
Praise with us the God of grace.

*Words Henry F Lyte (1793-1847). Arrangement and recording © 2018, Liv Chapman & Phil Percival, Emu Music.
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PRAYER & LORD'S PRAYER

This week Free Church congregations are praying for three of our sister churches and their pastors:
Abbeygreen Church, Lesmahagow in South Lanarkshire (Rev David Carmichael); **Glenelg & Lochalsh** in

Wester Ross (Mr Ken MacDonald); and **Cumbernauld** in North Lanarkshire (Rev Andy Longwe). On the 14th we will pray for the High Free Stornoway and Assynt & Eddrachillis in Sutherland; on the 21st for Edinburgh Cornerstone, The Parish of Back, Isle of Lewis; and on the 28th we pray for Lennoxton and Fort William.

TALK TO CHILDREN & DOXOLOGY

Praise God, from whom all blessings flow; Praise Him, all creatures here below;
Praise Him above, ye heavenly host; Praise Father, Son and Holy Ghost.

Thomas Ken (1637-1711). Melody – The Old Hundredth.

BOOK OF THE MONTH

This month we have one book for you to read, and one to give away. **'Intentional'** by Paul Williams tackles some of our fear when it comes to evangelism by showing us how to take people to Jesus. **'Easter: The Greatest News'** is a brilliant book to give to friends/family/neighbours this Easter to tell them of that wonderful news of Jesus. You can get two books for just £3. If you would like copies, then please get in touch with Carrie on 07 583 498 782 or email carrie.marlow@freenorthchurch.org.

BIBLE READING: NAHUM 1:15 – 2:13

^{1:15} Look, there on the mountains,
the feet of one who brings good news,
who proclaims peace!
Celebrate your festivals, Judah,
and fulfil your vows.
No more will the wicked invade you;
they will be completely destroyed.

^{2:1} An attacker advances against you, Nineveh.
Guard the fortress,
watch the road,
brace yourselves,
marshal all your strength!

² The Lord will restore the splendour of Jacob
like the splendour of Israel,
though destroyers have laid them waste
and have ruined their vines.

³ The shields of the soldiers are red;
the warriors are clad in scarlet.
The metal on the chariots flashes
on the day they are made ready;
the spears of juniper are brandished.

⁴ The chariots storm through the streets,
rushing back and forth through the squares.
They look like flaming torches;
they dart about like lightning.

⁵ Nineveh summons her picked troops,
yet they stumble on their way.
They dash to the city wall;
the protective shield is put in place.

⁶ The river gates are thrown open

and the palace collapses.

⁷ It is decreed that Nineveh
be exiled and carried away.
Her female slaves moan like doves
and beat on their breasts.

⁸ Nineveh is like a pool
whose water is draining away.

'Stop! Stop!' they cry,
but no one turns back.

⁹ Plunder the silver!
Plunder the gold!

The supply is endless,
the wealth from all its treasures!

¹⁰ She is pillaged, plundered, stripped!
Hearts melt, knees give way,
bodies tremble, every face grows pale.

¹¹ Where now is the lions' den,
the place where they fed their young,
where the lion and lioness went,
and the cubs, with nothing to fear?

¹² The lion killed enough for his cubs
and strangled the prey for his mate,
filling his lairs with the kill
and his dens with the prey.

¹³ 'I am against you,'

declares the Lord Almighty.

'I will burn up your chariots in smoke,
and the sword will devour your young lions.

I will leave you no prey on the earth.

The voices of your messengers
will no longer be heard.'

PSALM 77:1-2,7-14 (Sing Psalms Version)

I cried aloud to God for help;
I prayed that God would hear.
When I was plunged in deep distress,
I sought the Lord in prayer.

“For ever will the Lord reject
and never show his grace?
Has he withdrawn his steadfast love
and turned from me his face?

“For all time has his promise failed?
Is God no longer kind?
Has he in his great wrath dismissed
compassion from his mind?”

Then to my heart there came this thought:
“On this I will rely—

The years of the right hand of power
of him who is Most High.”

I will recall the LORD’s great deeds—
your works of long ago.
I’ll meditate on all your acts;
your mighty deeds I’ll show.

O God, most holy are your ways.
What god compares with you?
You are the God of miracles,
whose power the nations view.

*Tune: St. Columba. Recording and words © Free Church
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SERMON: NAHUM 2 - IF GOD IS AGAINST US, WHO CAN BE FOR US?

HYMN: AND CAN IT BE?

And can it be that I should gain
an interest in the Saviour’s blood?
Died he for me, who caused his pain?
For me, who him to death pursued?
Amazing love! How can it be
that thou, my God, shouldst die for me?

‘Tis mystery all! The Immortal dies!
Who can explore His strange design?
In vain the first-born seraph tries
to sound the depths of love divine!
‘Tis mercy all! Let earth adore;
let angel minds enquire no more.

He left his Father’s throne above -
So free, so infinite his grace -
Emptied himself of all but love,

and bled for Adam’s helpless race.
‘Tis mercy all, immense and free;
For, O my God, it found out me!

Long my imprisoned spirit lay
Fast bound in sin and nature’s night:
Thine eye diffused a quickening ray;
I woke! The dungeon flamed with light!
My chains fell off; my heart was free,
I rose, went forth, and followed thee!

No condemnation now I dread!
Jesus, and all in him, is mine!
Alive in him, my living Head,
And clothed in righteousness divine,
Bold I approach the eternal throne,
And claim the crown, through Christ, my own.

*Words: Words Charles Wesley (1707-1798). Recorded at the Evangelical Movement of Wales Summer Conference,
Aberystwyth. CCL License 616262. CCL Streaming 324811.*

BENEDICTION

After morning service on YouTube why not log onto Zoom for a 15-minute informal “**coffee and chat**”
catch up. Use the usual Zoom log-in details.

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

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

Genesis 3:15 – Cosmic Vision: The Fight that Wins the World

Followed by a time of fellowship and a focus on prayer on Zoom. If you have recently read the February book of the month, “Pray Big”, by Alistair Begg, this fellowship will interest you.

DIARY, NEWS & PRAYER

We do not expect to resume in-person worship before Easter 2021. Please get in touch if you need help or are aware of pastoral and practical needs in the church family.

Today: Youth Alpha is at 10 am, for all Secondary age young people. Details from Fiona Cameron (fionamarion@yahoo.co.uk) or the church office (office@freenorthchurch.org).

Services today at 11 am & 6 pm – followed by a 15-minute “coffee-time” catch up at around 12 noon. Tonight we plan an online fellowship on Zoom, thinking about prayer.

Monday - The **Guys Groups** meet online on Zoom on at 10 am & 7 pm, looking at *The Way Forward* by Joe Barnard. (Read ‘The Plan’, Part 1, from pages 125-139). Usual Zoom details. Next on Monday 22nd March.

Wednesday 10th - Church Night is at 7.30 pm on Zoom. Use the usual Zoom details. It is a privilege to pray for each other, particularly all those struggling with poor health, and the draining effects of lockdown.

Thursday 11th - The **Women’s Bible Study** is at 10.30 am and 7.45 pm studying 1 Peter 2:11-25. All are welcome to join, even if it’s your first time. Speak to Carrie for more details and for Zoom log on. The final study for this term is on Thursday 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.

Wonder Walks: 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/>). You could send some pictures from your Wonder Walks to Angus (angusmacrae1967@gmail.com).

AGM: We hope to hold our church AGM online on Wednesday 7th April.

Marmalade: Jane MacLeod has both Seville and Three Fruit marmalades available at £1.50 per 1lb jar, raising funds for the Leprosy Mission and WfM. These can be collected from 7 Old Mill Lane, or they can be delivered (ring 237310). Jane would like you to keep any empty jam jars with lids for future use.

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