



The Free North Church Inverness

a congregation of the Free Church of Scotland

A GUIDE TO SUNDAY WORSHIP

11 am – Sunday 14th 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.

We hope to resume in-person worship, under some public-health restrictions, from Sunday 28th March. Please see details below. You can find our online Sunday 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 for later catchup.

WELCOME & CALL TO WORSHIP (from 1 Peter 1:3-5)

Praise be to the God and Father of our Lord Jesus Christ!

In his great mercy he has given us new birth into a living hope

through the resurrection of Jesus Christ from the dead,

and into an inheritance that can never perish, spoil or fade.

This inheritance is kept in heaven for you, who through faith are shielded by God's power until the coming of the salvation that is ready to be revealed in the last time. Amen.

PSALM 25(1):1-7 (Scottish Psalter)

To thee I lift my soul:
O LORD, I trust in thee:
My God, let me not be ashamed,
nor foes triumph o'er me.

Let none that wait on thee
be put to shame at all;
But those that without cause transgress,
let shame upon them fall.

Show me thy ways, O LORD;
thy paths, O teach thou me:
And do thou lead me in thy truth,
therein my teacher be:

For thou art God that dost
to me salvation send,
And I upon thee all the day
expecting do attend.

Thy tender mercies, LORD,
I pray thee to remember,
And loving-kindnesses; for they
have been of old for ever.

My sins and faults of youth
do thou, O LORD, forget:
After thy mercy think on me,
and for thy goodness great.

The Scottish Psalter (1650), SM. Sung by John MacAulay. CCL License 616262. CCL Streaming 324811.

PRAYER & LORD'S PRAYER

This week Free Church congregations are praying for our sister churches and their pastors in the **High Free Church Stornoway** (Rev Hugh Ferrier) and **Assynt & Eddrachillis** in Lochinver and Scourie, Sutherland (interim moderator Rev Ian Allan). On the 21st we will pray for Edinburgh Cornerstone, The Parish of Back, Isle of Lewis; and on the 28th we will pray for Lennoxton and Fort William congregations.

UPDATE ON CHURCH REOPENING

We plan to reopen our building for in-person worship on Sunday mornings from 28th March. To space out attendance we will resume an alphabetical split based on our surnames. On Sunday 28th those with **Surnames A – MacK** are invited to attend. On Easter Sunday, 4th April, we invite those with **Surnames McL-Z**. The Church will also be open at 11 am on Good Friday, 2nd April, for a service of readings and meditations around the cross. This is open to anyone who wishes to attend (with an overflow in the church hall if we exceed capacity). Those unable to access our services online are always welcome at in-person worship. If you wish to invite a guest to church, there should be space irrespective of surname. Please continue to use a face-covering unless exempt and observe social distancing. We hope to resume Sunday School after the Easter holidays.

TALK TO CHILDREN & KIDS SONG - JESUS STRONG AND KIND

Jesus said that if I thirst,
I should come to Him.
No one else can satisfy,
I should come to Him.

Jesus said if I am weak,
I should come to Him.
No one else can be my strength,
I should come to Him.

*For the Lord is good and faithful.
He will keep us day and night.
We can always run to Jesus.
Jesus, strong and kind.*

Jesus said that if I fear,
I should come to Him
No one else can be my shield.
I should come to him.
For the Lord ...

Jesus said if I am lost,
He will come to me.
And He showed me on that cross.
He will come to me.
For the Lord...

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Colin Buchanan, Michael Farren, Jonny Robinson and
Rich Thompson. CCL 616262. CCL Streaming 324811.*

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 3:1-19

¹ Woe to the city of blood, full of lies,
full of plunder, never without victims!
² The crack of whips, the clatter of wheels,
galloping horses and jolting chariots!
³ Charging cavalry, flashing swords
and glittering spears!
Many casualties, piles of dead,
bodies without number,
people stumbling over the corpses –
⁴ all because of the wanton lust of a prostitute,
alluring, the mistress of sorceries,
who enslaved nations by her prostitution
and peoples by her witchcraft.

⁵ 'I am against you,' declares the Lord Almighty.
'I will lift your skirts over your face.
I will show the nations your nakedness
and the kingdoms your shame.
⁶ I will pelt you with filth,
I will treat you with contempt
and make you a spectacle.
⁷ All who see you will flee from you and say,
'Nineveh is in ruins – who will mourn for her?'
Where can I find anyone to comfort you?'
⁸ Are you better than Thebes,
situated on the Nile,
with water around her?

The river was her defence,
the waters her wall.
⁹ Cush and Egypt were her boundless strength;
Put and Libya were among her allies.
¹⁰ Yet she was taken captive
and went into exile.
Her infants were dashed to pieces
at every street corner.
Lots were cast for her nobles,
and all her great men were put in chains.
¹¹ You too will become drunk;
you will go into hiding
and seek refuge from the enemy.

¹² All your fortresses are like fig-trees
with their first ripe fruit;
when they are shaken,
the figs fall into the mouth of the eater.
¹³ Look at your troops –
they are all weaklings.
The gates of your land
are wide open to your enemies;
fire has consumed the bars of your gates.

¹⁴ Draw water for the siege,
strengthen your defences!
Work the clay,
tread the mortar,

repair the brickwork!
¹⁵ There the fire will consume you;
the sword will cut you down –
and it will devour you like a swarm of locusts.
Multiply like grasshoppers,
multiply like locusts!
¹⁶ You have increased the number of your
merchants till they are more numerous than the
stars in the sky,
but like locusts they strip the land
and then fly away.
¹⁷ Your guards are like locusts,
your officials like swarms of locusts
that settle in the walls on a cold day –
but when the sun appears they fly away,
and no one knows where.

¹⁸ King of Assyria, your shepherds slumber;
your nobles lie down to rest.
Your people are scattered on the mountains
with no one to gather them.
¹⁹ Nothing can heal you;
your wound is fatal.
All who hear the news about you
clap their hands at your fall,
for who has not felt
your endless cruelty?

SERMON: NAHUM 3 – NO COMFORT, NO HIDING, NO ESCAPE

HYMN: HE WILL HOLD ME FAST

When I fear my faith will fail,
Christ will hold me fast;
When the tempter would prevail,
He will hold me fast.
I could never keep my hold
Through life's fearful path;
For my love is often cold;
He must hold me fast.
*He will hold me fast,
He will hold me fast;
For my Saviour loves me so,
He will hold me fast.*

Those He saves are His delight,
Christ will hold me fast;
Precious in His holy sight,
He will hold me fast.
He'll not let my soul be lost;

His promises shall last;
Bought by Him at such a cost,
He will hold me fast.
Chorus

For my life He bled and died,
Christ will hold me fast;
Justice has been satisfied;
He will hold me fast.
Raised with Him to endless life,
He will hold me fast
'Till our faith is turned to sight,
When he comes at last!
Chorus

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BENEDICTION

After morning service on YouTube why not log onto Zoom for a 15-minute informal “coffee and chat”.

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 1:1-5,24-31 – Vision: The Gospel & Godly Self-image

DIARY, NEWS & PRAYER

See the note above about our plans to resume in-person worship from Sunday 28th March.

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. The next evening fellowship on Zoom is next Sunday 21st March.

Wednesday 17th – Monthly Home Groups in various Zoom groups at 7.30 pm, or join the central group using the usual log-on. This month we look at **Psalm 23** (Questions 1-7, *Soul Songs* pages 23-25).

Wednesday - The **Deacons’ Court** meets briefly on Zoom at 9 pm to approve the Annual Accounts.

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.

The next **Guys Groups** is on Monday 22nd March, to give everyone a break over the Easter holidays. Please read ‘*The Plan*’, *Part 2*, pages 141-148 in *The Way Forward* by Joe Barnard.

The final **Women’s Bible Study** for this term is on Thursday 25th March.

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).

Thanks: Alison, Chris, Aoife & Jude say a huge thank you to the Free North family for their kind contributions in the last few weeks. We are overwhelmed by the generosity of our church family. A special thanks to Carrie for organising the meal train and to all those who contributed. The efforts everyone went to were phenomenal and it was a huge weight off in the first fortnight. Hope to see you all soon.

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

For Prayer: Iain MacLeod has been recently diagnosed with cancer. He and Jane would value a place in your prayers. Also remember Julie Ferguson, being cared for at the Highland Hospice, and husband Roddy.

Please get in touch if you need pastoral help or are aware of pastoral and practical needs.

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).