



Welcome to the Free North

a congregation of the Free Church of Scotland

A GUIDE TO SUNDAY WORSHIP 11 am – Sunday 1st August 2021

Sunday services are at 11 am & at 6 pm, both online & in-person. Contact our minister, **Rev Angus MacRae**, on: (01463) 832616; Mobile: 07506 006459; Email: angusmacrae1967@gmail.com. You can contact **Carrie Marlow**, our **Women's Pastoral Worker**, on: carrie.marlow@freenorthchurch.org or 07583 498782.

The whole of Scotland is in Covid Protection Tier Level 0. Congregational singing is permitted but for now the Scottish Government advises the use of face coverings indoors, unless exempt. There is no need to book for in-person worship. We have capacity at 2m social distancing for a large attendance (80 downstairs plus children under 5, 100 in the balcony, 40 in the hall, 20 in the fellowship area). The Government now permit 1m distancing. Subscribe to our YouTube channel at: www.youtube.com/c/FreeNorthChurchInverness.

WELCOME

Welcome to the Free North, particularly if you are with us for the first time or exploring the Christian faith. We would love to help you become part of the Christian family. Today our minister, Rev Angus MacRae, will teach from the Bible books of *Exodus* and *Hebrews*.

CALL TO WORSHIP (FROM EXODUS 15:3,11,13)

*The Lord is a warrior; the Lord is his name. Who among the gods is like you, Lord?
Who is like you— majestic in holiness, awesome in glory, working wonders?
In your unfailing love you will lead the people you have redeemed.
In your strength you will guide them to your holy dwelling. Amen.*

PSALM 23 (STUART TOWNEND'S VERSION)

The Lord's my Shepherd, I'll not want.
He makes me lie in pastures green.
He leads me by the still, still waters,
His goodness restores my soul.

*And I will trust in You alone,
And I will trust in You alone.
For Your endless mercy follows me,
Your goodness will lead me home.*

He guides my ways in righteousness,
And He anoints my head with oil,

And my cup, it overflows with joy,
I feast on His pure delights.

And though I walk the darkest path,
I will not fear the evil one,
For You are with me, and Your rod and staff
Are the comfort I need to know.

*Words & Music Stuart Townend
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PRAYER & LORD'S PRAYER

Today we pray for sister churches at **Livingston** (Rev Nigel Anderson), and **Burghead** (Rev Peter Turnbull, with Davi and Emma de Paula joining the team from next month).

UPDATE ON SUMMER BIOGRAPHIES

BIBLE READING: EXODUS 2:1-25 (CARRIE MARLOW)

¹ Now a man of the tribe of Levi married a Levite woman, ² and she became pregnant and gave birth to a son. When she saw that he was a fine child, she hid him for three months. ³ But when she could hide him no longer, she got a papyrus basket for him and coated it with tar and pitch. Then she placed the child in it and put it among the reeds along the bank of the Nile. ⁴ His sister stood at a distance to see what would happen to him. ⁵ Then Pharaoh's daughter went down to the Nile to bathe, and her attendants were walking along the river-bank. She saw the basket among the reeds and sent her female slave to get it. ⁶ She opened it and saw the baby. He was crying, and she felt sorry for him. 'This is one of the Hebrew babies,' she said. ⁷ Then his sister asked Pharaoh's daughter, 'Shall I go and get one of the Hebrew women to nurse the baby for you?' ⁸ 'Yes, go,' she answered. So the girl went and got the baby's mother. ⁹ Pharaoh's daughter said to her, 'Take this baby and nurse him for me, and I will pay you.' So the woman took the baby and nursed him. ¹⁰ When the child grew older, she took him to Pharaoh's daughter and he became her son. She named him Moses, saying, 'I drew him out of the water.' ¹¹ One day, after Moses had grown up, he went out to where his own people were and watched them at their hard labour. He saw an Egyptian beating a Hebrew, one of his own people. ¹² Looking this way and that and seeing no one, he killed the Egyptian and hid him in the sand. ¹³ The next day he went out and saw two Hebrews fighting. He asked the one in the wrong, 'Why are you hitting your fellow Hebrew?' ¹⁴ The man said, 'Who made you ruler and judge over us? Are you thinking of killing me as you killed the Egyptian?' Then Moses was afraid and thought, 'What I did must have become known.' ¹⁵ When Pharaoh heard of this, he tried to kill Moses, but Moses fled from Pharaoh and went to live in Midian, where he sat down by a well. ¹⁶ Now a priest of Midian had seven daughters, and they came to draw water and fill the troughs to water their father's flock. ¹⁷ Some shepherds came along and drove them away, but Moses got up and came to their rescue and watered their flock. ¹⁸ When the girls returned to Reuel their father, he asked them, 'Why have you returned so early today?' ¹⁹ They answered, 'An Egyptian rescued us from the shepherds. He even drew water for us and watered the flock.' ²⁰ 'And where is he?' Reuel asked his daughters. 'Why did you leave him? Invite him to have something to eat.' ²¹ Moses agreed to stay with the man, who gave his daughter Zipporah to Moses in marriage. ²² Zipporah gave birth to a son, and Moses named him Gershom, saying, 'I have become a foreigner in a foreign land.' ²³ During that long period, the king of Egypt died. The Israelites groaned in their slavery and cried out, and their cry for help because of their slavery went up to God. ²⁴ God heard their groaning and he remembered his covenant with Abraham, with Isaac and with Jacob. ²⁵ So God looked on the Israelites and was concerned about them.

SONG: THE GOODNESS OF JESUS

Come, you weary heart, now to Jesus.
Come, you anxious soul now and see.
There is perfect love and comfort in your tears;
Rest here in His wondrous peace.

*Oh, the Goodness, the Goodness of Jesus.
Satisfied, he is all that I need.
May it be, come what may, that I rest all my days,
In the Goodness of Jesus.*

Come, find what this world cannot offer;
Come, and find your joy here complete.

Taste the living water, never thirst again;
Rest here in His wondrous peace.

Come, and find your hope now in Jesus;
He is all he said he would be.
Grace is overflowing from the Saviour's heart;
Rest here in His wondrous peace.

*Words by Fiona Aghajanian, Harrison Druery, Michael
Farren, Jaywan Maxwell, Jonny Robinson, & Rich
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CONFESSION OF SIN (SPEAK TOGETHER THE WORDS IN BOLD)

With God's people in every age, we look for the blessed hope, the final appearing in glory of our great God and Saviour, Jesus Christ.

Search our hearts that we may turn to you from our sins. In sincere repentance, we prepare for that great day when everything hidden will be disclosed and everything concealed will be made known.

Gracious God, you forgive all who repent and turn in faith to the cross of your Son to be set free from guilt and shame.

Purify us for your service, that we may be a people eager to do good.

Keep us in the confidence of eternal life.

Unite us in one Lord, one faith and one baptism, through Jesus Christ our Lord. Amen.

SERMON: EXODUS 2 – THE SAVIOUR’S NAME.

Names matter in *Exodus*, including the name of MOSES, Israel’s ‘saviour’ from Egypt. His Egyptian name meant *son* or *boy child*, but it also sounds like the Hebrew verb for *to draw out*. This vulnerable baby boy was drawn out of the Nile, which had become a river of death for thousands of baby boys. He was drawn out to lead his nation to freedom and into a right relationship with God. **1). GENOCIDE & GOD’S PLAN.** God seems to be absent and silent in Exodus 1 & 2, but the chapter ends with four verbs telling us what God was doing. He HEARD his people, he REMEMBERED his covenant promises, he LOOKED with compassion and felt CONCERN for them. God used more brave women to advance his plan of salvation. This time Miriam, Jochebed and Zipporah are added to the list of brave and honourable women who paved the way for God’s saving actions in history. The Egyptian death squads missed one baby boy from their genocide, because God had a plan for Moses. **2). THE BOY MOSES & GOD’S PLAN.** It turns out Moses was born into a priestly family of Levites. His family saw something very special in their baby. By faith, they disobeyed the Pharaoh’s death-orders, and prepared a papyrus basket from the reeds along the banks of the Nile. By faith they entrusted tiny Moses to that fragile “ark” of salvation on the riverbank. It offered little protection from crocodiles, risk of drowning or the King’s murderous orders. But God’s plan saved this future saviour. God put compassion into the heart of Pharaoh’s daughter, who took pity on the helpless child. Soon, by royal order, the baby was being cared for lawfully by his own mother and family. Moses would start his life learning about God and the Hebrews, before getting a top-class Egyptian education. God still had a plan. **3). THE ADULT MOSES & GOD’S PLAN.** At age 40, Moses was not yet ready to lead Israel, and the people of Israel were not yet ready to follow him. But God’s plan would bring Moses maturity, humility and wisdom. God sent Moses into the wilderness for 40 years, preparing him to lead Israel through a similar experience. God always has a good plan. In our lives, just like ancient Israel, God hears us, he remembers us, he sees us and he is concerned. Turn groaning into prayer and praise, for you know your Saviour’s name is not Moses, but Jesus.

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.

*Words: The Scottish Psalter of 1650. CM.
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BENEDICTION

**SUNDAY AT SIX – live in-person and on our YOUTUBE CHANNEL at 6 PM tonight.
Hebrews 7:1-17. The Gospel for Inverness – Change to the Unchanging Priest.**

SUMMER BIOGRAPHIES

This summer we want to highlight some brilliant biographies for young and old. From Nazi concentration camps to Premier League Football, whether in Edinburgh or an African jungle, these books encourage and inspire with the stories of brothers and sisters who testify to God's faithfulness in every circumstance. Check out the selection on the resource table at church. An information sheet with information about the books and prices is available. Please get in touch if you need books to be delivered to you.

MEAL TRAIN FOR THE MACLEOD FAMILY

We are delighted to welcome little **Hugh James Macleod** into the church family. If you would like to provide meals for Eilidh and Seumas and their growing family sign up through the **Meal Train app** (<https://mealtrain.com/ve72q6>). Alternatively contact **Anna MacRitchie** 07 724 761 629 or **Carrie Marlow** 07 583 498 782. Eilidh has asked for meals to be provided until this Friday. If possible, please avoid lamb or fish dishes! Thank you for your help and prayers.

DIARY, NEWS & PRAYER

Tuesday: The **Elders (Kirk Session)** meet in person at 7.30 pm the church (with an option to join on Zoom).

Wednesday: Join us in-person at the church and online on YouTube for **Church Night** at 7.30 pm. Please try to attend in person if you can, or to pray at home at the same time. Check out the **Knowing Faith** Podcast on 2 Samuel 5-8, Season 2 Episode 36, plus an excellent five minute talk on the Covenant in 2 Samuel 7 by Ligon Duncan at the Gospel Coalition (on the TGC YouTube channel).

Thursday: Road to Recovery meets in the fellowship area at 7.30 pm. Details from Martin MacLean.

Ladies' Book Group: Over the summer we are reading *Extraordinary Hospitality* and getting together to chat about the questions at the end of each chapter (this week chapter six). We offer two opportunities to meet up in-person this Thursday 5th - 7.30 pm (at Ann MacRae's home, 19 Mingary Crescent, Ness Castle), then on Friday 6th – 10.30 am (at Carrie Marlow's home, 6 Iona Road).

The **Guys Group** will resume on Monday 23rd August. We are to reading *"Disciplines of a Godly Man"* by Kent Hughes. Copies are available at church (or can be delivered to your home). For our next gathering read pages 31-45. The books cost £9. Pop a marked envelope in the offering plate or send directly to the treasurer.

Fellowship times on Zoom: We hope to arrange some online fellowships, about once a month, particularly for the benefit of those who cannot come to in-person fellowship events. **Philip Rose** from OM will join us at 7.30 pm on Sunday 29th August.

Prayer: Lift up to God the housebound and the sick and the suffering. Pray for Annette MacLean (receiving treatment in Aberdeen) and our elders Iain MacLeod and Willie Murray. Pray for all experiencing spiritual struggles and social anxiety after 18 months of Covid restrictions. Pray for families, and for our children and young people, and for all who have received baptism as a sign of God's covenant of faithfulness and love. Pray for Highland MSP Kate Forbes and her husband Alasdair (Ali) MacLennan, following their marriage at Dingwall Free Church last Thursday.

Supporting our work: Thank you to all who give generously to maintain and develop the work of our church. You can donate at our website (PayPal logo), in the offering plate, or directly to our "Free North Church" bank account (82-65-18, a/c number 40246657). Direct enquiries to Mrs Barbara Macphail: treasurer@freenorthchurch.org. Donations can be for our general fund, a specific project (such as the Women's Worker, or Live Stream project) or earmarked for our local Congregational Development Fund.