



Welcome to the Free North

a congregation of the Free Church of Scotland

A GUIDE TO SUNDAY WORSHIP 11 am – Sunday 12th September 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.

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. We usually stand for our praise songs. Refreshments are served in the hall after morning and evening services. Younger children will be invited to leave for age-appropriate activities part-way through morning service. There is no need to book a place to attend. A small area at the back on both sides of the church is reserved for those who wish to sit in a social distancing zone. Please use a face covering indoors, unless exempt. For live online worship subscribe to our YouTube channel at: www.youtube.com/c/FreeNorthChurchInverness. Services today are taken at 11 am by **David Ferguson** and at 6 pm by **Graham Wintour**. David is a Student at ETS and an elder in Rosskeen FC. Graham is an intern working with the Merkinch Free Church plant.

CALL TO WORSHIP

SING PSALMS 36:5-9 (CM)

Your steadfast love is great, O LORD;
it reaches heaven high.
Your faithfulness is wonderful,
extending to the sky.

Your righteousness is very great,
like mountains high and steep;
Your justice is like ocean depths.
Both man and beast you keep.

How precious is your steadfast love!
What confidence it brings!
Both high and low find shelter in
the shadow of your wings.

They feast within your house, and drink
from streams of your delight.
For with you is the source of life;
in your light we see light.

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PRAYER & LORD'S PRAYER

Today we pray for sister churches in **Helmsdale** (minister, Rev Roddy MacRae), and **Ayr and Kilwinning** (vacant, cared for by Rev Kenny Boyd).

TALK TO CHILDREN

BIBLE READING: MATTHEW 26:36-45

³⁶ Then Jesus went with his disciples to a place called Gethsemane, and he said to them, 'Sit here while I go over there and pray.' ³⁷ He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. ³⁸ Then he said to them, 'My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.' ³⁹ Going a little farther, he fell with his face to the ground and prayed, 'My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.' ⁴⁰ Then he returned to his disciples and found them sleeping. 'Couldn't you men keep watch with me for one hour?' he asked Peter. ⁴¹ 'Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.' ⁴² He went away a second time and prayed, 'My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done.' ⁴³ When he came back, he again found them sleeping, because their eyes were heavy. ⁴⁴ So he left them and went away once more and prayed the third time, saying the same thing. ⁴⁵ Then he returned to the disciples and said to them, 'Are you still sleeping and resting? Look, the hour has come, and the Son of Man is delivered into the hands of sinners.'

SING PSALMS 18:27-32 (LM)

You save the humble and the meek,
But bring the proud down from their height.
You, LORD, will keep my lamp aflame;
God turns my darkness into light.

With help from God I can advance
Against a troop and rout them all,
And with the aid my God will give
I can leap over any wall.

For perfect is the way of God;
No flaw is found within his word.
To all who put their trust in him
A shield and refuge is the LORD.

For who is God except the LORD?
Besides our God, who is the Rock?
He is the God who gives me strength,
And he perfects the path I walk.

BIBLE READING: LUKE 22:41-44

⁴¹ He withdrew about a stone's throw beyond them, knelt down and prayed, ⁴² 'Father, if you are willing, take this cup from me; yet not my will, but yours be done.' ⁴³ An angel from heaven appeared to him and strengthened him. ⁴⁴ And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.

SERMON: THE LAST LEG

David Ferguson's main sermon headings are:

1). WILL POWER. 2). AN ENCOURAGING VOICE. 3). EYES ON THE PRIZE.

SCRIPTURE SONG: HEBREWS 12

See how we are surrounded
by witnesses of old,
Who lived by faith before us
through sufferings untold!
Let us with perseverance
and patience run the race,
Throw off the sin that hinders,
the weight that slows our pace.

Let's fix our eyes on Jesus,
of faith the pioneer,
Who authors and completes it
and helps us persevere:

To gain the joy before him
the shameful cross he bore;
Now on God's throne in heaven
he reigns for evermore.

Consider his endurance
of men controlled by sin
And do not become weary
or lose your strength within;
As with your sin you struggle,
you've not yet shed your blood.
Do not forget this promise
to every child of God:

My child, do not treat lightly
the discipline of God
And do not be discouraged
by warnings from the Lord.
Because he loves his children,
all those who have believed,

He disciplines and chastens
each one he has received.

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BENEDICTION

**SUNDAY AT SIX – live in-person and on our YOUTUBE CHANNEL at 6 PM tonight.
Hebrews 11:1-3. The Gospel for Inverness – Now Faith is! (Graham Wintour).**

DIARY, NEWS & PRAYER

Thanks to everyone who supported and organised the special week of prayer last week.

On Sunday mornings there is a **creche** and **Sunday School** in the hall. A **Youth Fellowship** meets in the CYC building at 6 pm. Tea and coffee are served in the hall after both Sunday services.

Monday: The **Guys Groups** meet this term on Mondays (13th Sept.; 4th & 25th Oct.; 8th & 22nd November; and 6th December). We are reading Kent Hughes' "**Disciplines of a Godly Man**". Copies cost £9 and are available at church or can be delivered. This Monday we meet on Zoom at 10 am and meet in person at 7 pm at **John MacAulay's home**, Willowglen, 31 Harris Road. For 13th September, please read pages 47-60.

Tuesday: The Ladies' Bible Study meets this Tuesday (14th) at 10.30 am and 7.45 pm (both at Carrie's, 6 Iona Road). This week we'll be studying Revelation 2:1-7, copies of the study guide are available at church. Contact Carrie on carrie.marlow@freenorthchurch.org or 07583 498782 for information, to get a study guide delivered or if you need a lift to the study. Future dates are 28th Sept., 12th & 26th Oct., 9th & 23rd Nov. and 7th December.

Wednesday: Join us in-person at the church and online on YouTube for **Church Night** at 7.30 pm, conducted this week by Chris MacLeod. Please try to attend in person if you can. We also wish to support those who take part from their homes. They may join on **Zoom** immediately after the live YouTube stream stops.

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

Friday Online Prayer: A 30-minute Prayer Time on the usual Zoom codes, starting at 9 am.

Saturday: The **Women for Mission (WFM) Online Conference** runs from 11 am to 12.30 pm. The theme is *Salt & Light: Distinctive Christian Living in a Hostile World*. Details from womenformission.org. If you wish to watch in the company of others, there is an invitation to join Ann MacRae at 19 Mingary Crescent. The 2020/21 national project ("*Embracing The World with A Touch of the Gospel*") raised an incredible £32,103. WfM thanks to everyone who thought 'outside the box' and continued to fundraise through the year. The WfM project theme for 2021/22 is "*Hope for the Hurting*." This will raise funds for: *Safe Families Scotland*, *Community House Damaris* (in Athens, Greece), and *Lakhnadon Christian Hospital* (in central India).

Next Sunday: Our Services are at 11 am and 6 pm. Several City Centre Churches are holding an afternoon **Songs of Praise** service at the Old High Church, and all are welcome. The event is at 3 pm on 19th September.

The **Big Free Rally** holds online events for youth on Saturday 25th September. Our YF will be taking part. Visit freenorchurchyouthcamps.org/BFR for more information.

Sunday 26th – We look forward to welcoming to our evening service our mission partner **Philip Amos** and his colleague **Misha Vayshengolts**, both of the **International Mission to Jewish People** (formerly CWI).

September Book of the month - *Side by Side* by Ed Welch. Everyone needs help sometimes but often we don't feel equipped to help others, or know how to ask for help. *Side by Side* seeks to help us walk with one another in wisdom and love as we share our burdens with one another. It shows us how God can and does work through ordinary Christians in our ordinary relationships and conversations. £7 a copy.

Survey: We wish to survey the congregation to help deliver Home Groups, informal events and Midweek Meetings that best meet our needs and circumstances. It would be very helpful to get your thoughts. You can complete a "Google Form" here: <https://forms.gle/NFPcsUTXHm72zsHq8>. Alternatively, paper copies are available at church, and these can be returned in an envelope through the offering plate.

Prayer: Our prayers and best wishes go with **Beth Crookes** and **Shivonne MacLean** who have each recently started university studies. We also pray for all experiencing pain and poor health, and all those struggling with the effects of the Covid pandemic on their physical and mental well-being. As our congregation recovers from the impact of lockdowns, pray that our Sundays would be a special in the week, that as a people we would harness the power of prayer, and be committed to encourage one another. Today three Highland churches in the Acts 29 church planting network (including the Merkinch Free Church plant) are meeting together for an afternoon of praise and worship. Pray for God's rich blessing and encouragement.

Edinburgh Theological Seminary run a monthly **Saturday Course** which can be accessed in person at ETS, online, or in person by link at Knockbain Free Church on Saturday mornings from 9.30 pm. Dates for this session are 18 Sept; 9 Oct.; 6 Nov.; 11 Dec.; 15 Jan. 2022; 12 Feb.; 19 March; 23 April. Topics are Robin Sydserff: *God's King and Kingdom: Studies in 1 & 2 Samuel*; Megan Patterson: *Equipping Our Children for Today and Tomorrow*; Colin Dow: *When I Survey the Wondrous Cross!* Enrol online at ets.ac.uk/saturday-courses-application.

The church **Fellowship Walks** will resume on Saturday, 2nd October at 9 am. The venue is the Aldourie Estate Forestry walk. Aldourie is located between Inverness and Dores about 8 miles from the city. To get to the public car park turn right opposite Aldourie Primary School (follow the Aldourie direction sign) and you will find the car park approximately 200 yards on the left. The walk is around 4.5k and at one part there is steep decline towards Loch Ness, but we would not want to miss the idyllic Aldourie Estate bay and jetty on our walk. Any enquiries to Derek Morrison on 07469 975656 or derekmary@icloud.com.

Record: The Free Church *Record* magazine for September is now available. There are some spare copies if you would like to sample this publication.

Zoom: To request log-on codes see the weekly email update or email Martin at office@freenorthchurch.org.

Helping with Teas and Coffees: It is wonderful to be able to gather for fellowship over tea and coffee after services. There is a sign-up sheet for anyone interested in helping out serving teas.

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.