



# Welcome to the Free North

a congregation of the Free Church of Scotland

## A GUIDE TO SUNDAY WORSHIP 11 am – Sunday 3<sup>rd</sup> October 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](mailto:angusmacrae1967@gmail.com). You can contact **Carrie Marlow**, our **Women's Pastoral Worker**, on: [carrie.marlow@freenorthchurch.org](mailto: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 both services. Younger children will be invited to leave for age-appropriate activities part-way through morning service. Please use a face covering indoors, unless exempt. Subscribe to our YouTube channel for live worship: [www.youtube.com/c/FreeNorthChurchInverness](https://www.youtube.com/c/FreeNorthChurchInverness).

One year ago today we commissioned Carrie Marlow as our Women's Pastoral Worker. In her role she shares God's word and offers encouragement to many. We thank God for all Carrie has been enabled to do. We pray for Carrie to flourish as she serves women in our church and city, to the glory of God. Thank you Carrie!

### CALL TO WORSHIP (JOHN 16:22,33)

Jesus said: *Now is your time of grief, but I will see you again  
and you will rejoice, and no one will take away your joy.*

*I have told you these things, so that in me you may have peace.*

*In this world you will have trouble. But take heart! I have overcome the world. Amen.*

### 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.

### PRAYER & LORD'S PRAYER

Today we pray for sister churches in **Urray / Muir of Ord** (minister, Rev Gordon Martin),  
and **Kirkcaldy** (minister, Rev John Johnstone).

**FOCUS ON SERVING – AUDIO-VISUAL TEAM**

**FOCUS ON SERVING – A YEAR OF WOMEN’S PASTORAL MINISTRY WITH CARRIE**

**BIBLE READING: EXODUS 7:14-18; 9:13-14,23-26,33-35; 10:21-29**

<sup>7:14</sup> Then the Lord said to Moses, ‘Pharaoh’s heart is unyielding; he refuses to let the people go. <sup>15</sup> Go to Pharaoh in the morning as he goes out to the river. Confront him on the bank of the Nile, and take in your hand the staff that was changed into a snake. <sup>16</sup> Then say to him, “The Lord, the God of the Hebrews, has sent me to say to you: let my people go, so that they may worship me in the wilderness. But until now you have not listened. <sup>17</sup> This is what the Lord says: by this you will know that I am the Lord: with the staff that is in my hand I will strike the water of the Nile, and it will be changed into blood. <sup>18</sup> The fish in the Nile will die, and the river will stink; the Egyptians will not be able to drink its water.” – <sup>9:13</sup> Then the Lord said to Moses, ‘Get up early in the morning, confront Pharaoh and say to him, “This is what the Lord, the God of the Hebrews, says: let my people go, so that they may worship me, <sup>14</sup> or this time I will send the full force of my plagues against you and against your officials and your people, so you may know that there is no one like me in all the earth. - <sup>23</sup> When Moses stretched out his staff towards the sky, the Lord sent thunder and hail, and lightning flashed down to the ground. So the Lord rained hail on the land of Egypt; <sup>24</sup> hail fell and lightning flashed back and forth. It was the worst storm in all the land of Egypt since it had become a nation. <sup>25</sup> Throughout Egypt hail struck everything in the fields – both people and animals; it beat down everything growing in the fields and stripped every tree. <sup>26</sup> The only place it did not hail was the land of Goshen, where the Israelites were. - <sup>33</sup> Then Moses left Pharaoh and went out of the city. He spread out his hands towards the Lord; the thunder and hail stopped, and the rain no longer poured down on the land. <sup>34</sup> When Pharaoh saw that the rain and hail and thunder had stopped, he sinned again: he and his officials hardened their hearts. <sup>35</sup> So Pharaoh’s heart was hard and he would not let the Israelites go, just as the Lord had said through Moses. – <sup>10:21</sup> Then the Lord said to Moses, ‘Stretch out your hand towards the sky so that darkness spreads over Egypt – darkness that can be felt.’ <sup>22</sup> So Moses stretched out his hand towards the sky, and total darkness covered all Egypt for three days. <sup>23</sup> No one could see anyone else or move about for three days. Yet all the Israelites had light in the places where they lived. <sup>24</sup> Then Pharaoh summoned Moses and said, ‘Go, worship the Lord. Even your women and children may go with you; only leave your flocks and herds behind.’ <sup>25</sup> But Moses said, ‘You must allow us to have sacrifices and burnt offerings to present to the Lord our God. <sup>26</sup> Our livestock too must go with us; not a hoof is to be left behind. We have to use some of them in worshipping the Lord our God, and until we get there we will not know what we are to use to worship the Lord.’ <sup>27</sup> But the Lord hardened Pharaoh’s heart, and he was not willing to let them go. <sup>28</sup> Pharaoh said to Moses, ‘Get out of my sight! Make sure you do not appear before me again! The day you see my face you will die.’ <sup>29</sup> ‘Just as you say,’ Moses replied. ‘I will never appear before you again.’

**HYMN: SHOW US CHRIST**

Prepare our hearts, O God.  
Help us to receive.  
Break the hard and stony ground.  
Help our unbelief.  
Plant Your Word down deep in us;  
cause it to bear fruit.  
Open up our ears to hear,  
lead us in Your truth.

*Show us Christ, show us Christ.  
O God, reveal Your glory  
through the preaching of Your Word.  
Until every heart confesses Christ is Lord.*

Your Word is living light  
upon our darkened eyes.  
Guards us through temptations,  
makes the simple wise.  
  
Your Word is food for famished ones,  
Freedom for the slave.  
Riches for the needy soul.  
Come speak to us today.

*Show us Christ...*

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## SERMON ON EXODUS 7-10 – NINE WARNING SIGNS

The contest between the Lord and the false gods of Egypt could have been ended in one knockout blow. Instead God was patient, sending many warnings and signs of approaching judgement **1). BE AWARE OF GOOD AND BAD SUPERNATURAL FORCES.** The magicians of Egypt did have some dark powers, but they were quickly outclassed by the Lord. The modern global church needs to spot unclean sources of power, and false teachers. Love and humility mark those with God's real power. **2). RESPOND WELL TO GOD'S WARNINGS AND INVITATIONS.** Thinking about the escalating series of plagues that devastated Egypt, what was God doing? He unmasked the false gods, but he also demonstrated how hard and unrepentant Pharaoh was. Pharaoh was warned and warned again. He had no excuse. The audience for the signs of judgment was Egypt, but also God's people of Israel. We need to find courage and hope from the patience and the just judgments of God. Passages like Revelation 16 give us a New Testament insight into how to hold on to God during trials and persecutions, waiting for God to act. Our God is always in control. But he has spared us the darkness and judgement we all deserve. He sent the punishment we deserve onto his own Son, who endured our judgement for us at the cross. Like Exodus-era Israel, we must go to worship this merciful and just God.

### SONG: IN CHRIST ALONE

In Christ alone my hope is found;  
He is my light, my strength, my song;  
This Cornerstone, this solid ground,  
Firm through the fiercest drought and storm.  
What heights of love, what depths of peace,  
When fears are stilled, when strivings cease!  
My Comforter, my All in All,  
Here in the love of Christ I stand.

In Christ alone! - Who took on flesh,  
Fullness of God in helpless babe!  
This gift of love and righteousness,  
Scorned by the ones He came to save.  
Till on that cross as Jesus died,  
The wrath of God was satisfied;  
For every sin on Him was laid,  
Here in the death of Christ I live.

There in the ground His body lay,  
Light of the world by darkness slain;  
Then bursting forth in glorious day,  
Up from the grave He rose again!  
And as He stands in victory,  
Sin's curse has lost its grip on me;  
For I am His and He is mine -  
Bought with the precious blood of Christ.

No guilt in life, no fear in death,  
This is the power of Christ in me;  
From life's first cry to final breath,  
Jesus commands my destiny.  
No power of hell, no scheme of man;  
Can ever pluck me from His hand;  
Till He returns or calls me home,  
Here in the power of Christ I'll stand!

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### BENEDICTION

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**SUNDAY AT SIX – live in-person and on our YOUTUBE CHANNEL at 6 PM tonight.  
Hebrews 11:8-16. The Gospel for Inverness – Faith in a Better Country.**

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### DIARY, NEWS & PRAYER

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 our Sunday services.**

**Monday:** The **Guys Groups** meet this term on Mondays. Groups tomorrow are at 10 am on Zoom and 7 pm at the MacRae's home, 19 Mingary Crescent, Ness Castle, IV2 6FQ. We are reading Kent Hughes' "**Disciplines of a Godly Man**". For this week, please read pages 61-74. Future dates are 25<sup>th</sup> Oct.; 8<sup>th</sup> & 22<sup>nd</sup> November; and 6<sup>th</sup> December.

**Tuesday:** Coffee@Dobbies at 10.30am on Tuesdays 5<sup>th</sup> and 19<sup>th</sup> October. Come along, ladies, for an opportunity to chat and support each other. (Jane MacLeod, 01463 237310).

**Tuesday:** The elders (Kirk Session) will meet in-person at the church at 7.30 pm.

**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. 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.

**Blythwood Shoebox Appeal:** As in previous years we plan to fill gift boxes for men, women and teens (13-14-year-old boys & girls). We need TOILETRIES (especially shampoo and deodorants), CLOTHING (especially gloves and socks for all, underwear for men, women and girls, T-shirts, etc.), HOUSEHOLD GOODS for the adults and TOYS/TREATS for the boys and girls) and SWEETS (dated for no earlier than April 22 and no chocolate). It would be appreciated if donations could be given to **Anne Muirden, Peggy MacLennan or Joan Vant** as soon as possible. We aim to fill the boxes on Tuesday 26 and Thursday 28 October. Further details nearer the time.

**Prayer:** Pray for ten new families to be drawn to Christ and the life of the congregation. Pray for parents of young children, as they often struggle to maintain a close relationship with God as individuals and families. Pray for our Bible Study and Fellowship groups for women and men. Pray for lots of encouragement from the Bible and from each other. Pray for excellent relationships in the church family and with people in the community. Pray for many opportunities to share our Christian hope in a winsome way. Ask God to give soft hearts, like good soil, to those who hear of Jesus from us. Pray for a good response to all our efforts to invite people to find out more about Jesus or to come to church to worship with God's people.

**Edinburgh Theological Seminary** run a monthly **Saturday Course** (in person at ETS, online, or in person by link at Knockbain FC). Remaining dates for this session are 9 Oct.; 6 Nov.; 11 Dec.; 15 Jan. 2022; 12 Feb.; 19 March; 23 April. Enrol at [ets.ac.uk/saturday-courses-application](https://ets.ac.uk/saturday-courses-application).

**Communion:** We will next share in Communion on Sunday 14<sup>th</sup> November. Please speak to the minister or any elder if you wish to join the congregation as a church member (by professing your faith in Jesus or by transfer from a previous church).

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