



Welcome to the Free North

a congregation of the Free Church of Scotland

A GUIDE TO SUNDAY WORSHIP 11 am – Sunday 24th 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. 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 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 archived worship and to listen again at home: www.youtube.com/c/FreeNorthChurchInverness.

CALL TO WORSHIP (John 13:34-35)

Jesus said to his disciples: "A new command I give you: love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another." Amen.

SING PSALMS 98:1-6 (CM)

O sing a new song to the LORD,
for wonders he has done;
His right hand and his holy arm
the victory have won.

The LORD declared his saving work
and made it to be known;
To all the nations of the world
his righteousness is shown.

His steadfast love and faithfulness
he has remembered well—
The covenant he made with them,
the house of Israël.

And all the nations of the earth
have seen what God has done—
Our God who brings deliverance
by his right hand alone.

Acclaim the LORD, O all the earth;
shout loudly and rejoice.
Make music and be jubilant;
to him lift up your voice.

With harp make music to the LORD;
with harp his praises sing.
With trumpet and with horn rejoice
before the LORD, the King.

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PRAYER & LORD'S PRAYER

Today we pray for sister churches in **Tarbert (Argyll)** (resident minister, Rev Rodger Crooks),
and **Knox Church, Perth** (minister, Rev Paul Gibson).

HYMN: 10,000 REASONS

The sun comes up, it's a new day dawning;
It's time to sing Your song again.
Whatever may pass, and whatever lies before
me,
Let me be singing when the evening comes.

*Bless the Lord, O my soul;
O my soul,
Worship His holy name.
Sing like never before,
O my soul.
I'll worship Your holy name.*

You're rich in love, and You're slow to anger,
Your name is great, and Your heart is kind.
For all Your goodness, I will keep on singing;
Ten thousand reasons for my heart to find.

And on that day when my strength is failing,
The end draws near and my time has come,
Still my soul will sing Your praise unending:
Ten thousand years and then forevermore!

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BIBLE READING: EXODUS 15:1-21

¹ Then Moses and the Israelites sang this song to
the Lord:

'I will sing to the Lord,
for he is highly exalted.
Both horse and driver
he has hurled into the sea.

² 'The Lord is my strength and my defence;
he has become my salvation.
He is my God, and I will praise him,
my father's God, and I will exalt him.

³ The Lord is a warrior;
the Lord is his name.

⁴ Pharaoh's chariots and his army
he has hurled into the sea.
The best of Pharaoh's officers
are drowned in the Red Sea.

⁵ The deep waters have covered them;
they sank to the depths like a stone.

⁶ Your right hand, Lord,
was majestic in power.
Your right hand, Lord,
shattered the enemy.

⁷ 'In the greatness of your majesty
you threw down those who opposed you.
You unleashed your burning anger;
it consumed them like stubble.

⁸ By the blast of your nostrils
the waters piled up.

The surging waters stood up like a wall;
the deep waters congealed in the heart of the sea.

⁹ The enemy boasted,

"I will pursue, I will overtake them.
I will divide the spoils;
I will gorge myself on them.
I will draw my sword
and my hand will destroy them."

¹⁰ But you blew with your breath,
and the sea covered them.

They sank like lead
in the mighty waters.

¹¹ Who among the gods
is like you, Lord?
Who is like you –
majestic in holiness,
awesome in glory,
working wonders?

¹² 'You stretch out your right hand,
and the earth swallows your enemies.

¹³ In your unfailing love you will lead
the people you have redeemed.
In your strength you will guide them
to your holy dwelling.

¹⁴ The nations will hear and tremble;
anguish will grip the people of Philistia.

¹⁵ The chiefs of Edom will be terrified,
the leaders of Moab will be seized with trembling,
the people of Canaan will melt away;
¹⁶ terror and dread will fall on them.

By the power of your arm
they will be as still as a stone –
until your people pass by, Lord,
until the people you bought pass by.

¹⁷ You will bring them in and plant them
on the mountain of your inheritance –
the place, Lord, you made for your dwelling,
the sanctuary, Lord, your hands established.

¹⁸ 'The Lord reigns for ever and ever.'

¹⁹ When Pharaoh's horses, chariots and horsemen
went into the sea, the Lord brought the waters of the
sea back over them, but the Israelites walked through
the sea on dry ground. ²⁰ Then Miriam the prophet,
Aaron's sister, took a tambourine in her hand, and all

the women followed her, with tambourines and dancing. ²¹ Miriam sang to them:

‘Sing to the Lord,
for he is highly exalted.
Both horse and driver
he has hurled into the sea.’

SERMON ON EXODUS 15 – SINGING BY THE SEA

The Bible is full of songs, because God’s people are a singing people. Exodus 15 contains the first praise song in the Bible, celebrating God’s glory and victory over the oppressors of Israel. **1). A SONG OF FIRSTS.** This first biblical ‘Psalm’ is used both personally (Moses says, “I will sing..”, v. 1) and by groups of exuberant worshippers (Moses’ sister Miriam led groups of women as they used these words to sing, make music and dance for joy, v. 21). This is the first place in the Bible to praise God using the language of God’s Kingdom and of Redemption that will fill the rest of scripture. **2). A SONG OF GOD’S VICTORY.** The song is focussed on God’s character and actions as a Saviour. In God’s war, evil forces are not just wounded but utterly destroyed. Can we sing to Jesus as our liberator from sin and death? In our church experience and personal devotions many of us get so focussed on our familiar routines, or our personal preferences and comfort zones, or become so critical and judgemental of others, that we forget to bow down and worship. Have you taken your eyes off God and his victory? **3). A SONG OF REST IN THE LORD.** Exodus 15 belongs in a book saturated with the “Sabbath-principle”. God set slaves free so that they would rest in God, remembering their rescue, and adoring the living God who is quite unlike any other false god! When this world leaves us torn and beaten, we may rest in Christ and feed on him. Singing to Jesus is exceptionally good for restoring our weary soul.

HYMN: WE WILL FEAST IN THE HOUSE OF ZION

*We will feast in the house of Zion.
We will sing with our hearts restored.
“He has done great things,” we will say together.
We will feast and weep no more.*

We will not be burned by the fire;
He is the LORD our God.
We are not consumed, by the flood.
Upheld, protected, gathered up.
We will feast...

In the dark of night, before the dawn,
My soul, be not afraid;
For the promised morning, oh how long!
O God of Jacob, be my strength.
We will feast...

Every vow we’ve broken and betrayed,
You are the Faithful One;
And from the garden to the grave,
Bind us together, bring shalom.
We will feast...

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BENEDICTION

SUNDAY AT SIX – live in-person and on our YOUTUBE CHANNEL at 6 PM tonight.

Hebrews 11:23-23.

The Gospel for Inverness: A Firm Faith for the Next Generation.

DIARY, NEWS & PRAYER

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

Monday: The **Guys Group** meets this Monday 25th at 7 pm at the MacRae's home, 19 Mingary Crescent, Ness Castle, IV2 6FQ. We are reading Kent Hughes' "**Disciplines of a Godly Man**". Please read pages 61-74 on *fatherhood*. The morning group met to discuss this chapter last month. Future dates are 25th Oct.; 8th & 22nd November; and 6th December.

Tuesday: The **Ladies' Bible Study** meets on the 26th at 10.30 am (at Carrie's home, 6 Iona Road) and at 7.45 pm (at Anna MacRitchie's home, 26 MacKay Road) to study Revelation 2:18-29. Copies of a study guide are available. Contact Carrie on carrie.marlow@freenorthchurch.org or 07583 498782 for information, to get a study guide delivered or if you need a lift. Future dates are 9th & 23rd Nov. and 7th December.

Wednesday - Monthly Home Groups resume on the 27th at 7.30 pm, meeting in person for fellowship, prayer and Bible study in five locations. Please pick up a **Study Guide** with details of all the venues. A sheet is available setting out the suggested makeup of each group or contact Archie Fraser (archie1kate2@tiscali.co.uk) or Sandy Finlay (rfinlay122@gmail.com) to be signposted towards a group. Folk are of course free to choose a group that suits their circumstances. There are two locations on the South-side, one to the East and West of the City and one near the City Centre. Derek Morrison will also lead an online group on Zoom for those unable to attend in-person (contact Derek on 07469 975656 or derekmary@icloud.com to request log-on details). Home Groups will also meet on 17th November and on 15th December.

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 - Church Fellowship Walk at Daviot Woods this Saturday 30th at 9 am. It is a 3-mile easy going walk. Visit <https://forestryandland.gov.scot/visit/daviot-wood> for directions to the forestry car park. To suit everyone the plan is to alternate walks between moderate terrain and a slightly hillier gradient. Any enquiries to Derek Morrison on 07469 975656 or derekmary@icloud.com.

Saturday - Leprosy Mission Scotland – Inverness Area Fundraising Group hold their annual Coffee Morning this Saturday 30th October from 10 am to 12 noon in the Free North Hall (entry by Church Street gate next to the Clansman Hotel). There will be a bring-and-buy and card stalls. Please come and support the work at **Mawlamyine Hospital in Myanmar**. Entry £3 at the door. (If you're not able to come, but would like to make a donation, there is a virtual collection box on the website at <https://amplify.e-activist.com/16961/leprosymission-scot/116817/inverness-area-fundraising-group>), but we look forward to seeing you in person! (Anne Muirden, 239412).

Communion: We will next share in Communion on Sunday 14th November. Speak to the minister or an elder if you wish to join the congregation as a church member (by professing your faith in Jesus or by transfer).

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

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.