



Welcome to the Free North

a congregation of the Free Church of Scotland

A GUIDE TO SUNDAY WORSHIP 11 am – Sunday 21st November 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 worship and to listen again at home: www.youtube.com/c/FreeNorthChurchInverness.

CALL TO WORSHIP (EPHESIANS 2:4b-9)

God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions – it is by grace you have been saved. And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. For it is by grace you have been saved, through faith – and this is not from yourselves, it is the gift of God – not by works, so that no one can boast. Amen.

PSALM 63:1-6 (CM)

Lord, thee my God, I'll early seek:
my soul doth thirst for thee;
My flesh longs in a dry parched land,
wherein no waters be:

That I thy powèr may behold,
and brightness of thy face,
As I have seen thee heretofore
within thy holy place.

Since better is thy love than life,
my lips thee praise shall give.

I in thy name will lift my hands,
and bless thee while I live.
Ev'n as with marrow and with fat
my soul shall fillèd be;
Then shall my mouth with joyful lips
sing praises unto thee:

When I do thee upon my bed
remember with delight,
And when on thee I meditate
in watches of the night.

The Scottish Psalter (1650). CCL License 616262. CCL Streaming 324811.

PRAYER & LORD'S PRAYER

Today we pray for sister churches in **WICK** (vacant, cared for by Rev Howard Stone), **GRACE CHURCH, LEITH** (minister, Rev Athole Rennie), and **LOCHS, Lewis** (minister, Rev Calum Iain MacLeod).

THANKS TO EFFIE FINLAY & WELCOME TO OUR NEW CHURCH OFFICER ALASDAIR MORRISON

HYMN: FLEE FROM SIN, RUN TO JESUS

There is grace for the daily war with sin,
for the battles that rage within my heart.
I am held in my Father's everlasting arms,
He's my shield from the devil's fiery darts.

There's a refuge for every lustful thought,
from old habits enticing me away;
when I fear my addictions won't be overcome,
there is hope through Christ's resurrection day.

*There is power in the finished work of Jesus,
to change helpless sinners just like me.
There's contentment where nothing else can
satisfy.*

So I'll flee from my sin to Christ the Lord,

put my faith in the promise of His word.

God calls all of His children to obey,
live a life of submission to His word
may I learn what it means to seek His kingdom
first,
die to self, give my all to serve the Lord.
Chorus.

There's forgiveness for every time I fail,
As I turn in repentance from my sin.
God provides all the help I need to persevere.
Praise His name! That my life is found in Him!
Chorus.

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BIBLE READING: EXODUS 19:1-11,16-19

¹On the first day of the third month after the Israelites left Egypt – on that very day – they came to the Desert of Sinai. ²After they set out from Rephidim, they entered the Desert of Sinai, and Israel camped there in the desert in front of the mountain. ³Then Moses went up to God, and the Lord called to him from the mountain and said, ‘This is what you are to say to the descendants of Jacob and what you are to tell the people of Israel: ⁴“You yourselves have seen what I did to Egypt, and how I carried you on eagles’ wings and brought you to myself. ⁵Now if you obey me fully and keep my covenant, then out of all nations you will be my treasured possession. Although the whole earth is mine, ⁶you will be for me a kingdom of priests and a holy nation.” These are the words you are to speak to the Israelites.’ ⁷So Moses went back and summoned the elders of the people and set before them all the words the Lord had commanded him to speak. ⁸The people all responded together, ‘We will do everything the Lord has said.’ So Moses brought their answer back to the Lord. ⁹The Lord said to

Moses, ‘I am going to come to you in a dense cloud, so that the people will hear me speaking with you and will always put their trust in you.’ Then Moses told the Lord what the people had said. ¹⁰And the Lord said to Moses, ‘Go to the people and consecrate them today and tomorrow. Make them wash their clothes ¹¹and be ready by the third day, because on that day the Lord will come down on Mount Sinai in the sight of all the people...

¹⁶On the morning of the third day there was thunder and lightning, with a thick cloud over the mountain, and a very loud trumpet blast. Everyone in the camp trembled. ¹⁷Then Moses led the people out of the camp to meet with God, and they stood at the foot of the mountain. ¹⁸Mount Sinai was covered with smoke, because the Lord descended on it in fire. The smoke billowed up from it like smoke from a furnace, and the whole mountain trembled violently. ¹⁹As the sound of the trumpet grew louder and louder, Moses spoke and the voice of God answered him.

SERMON ON EXODUS 19 – TREMBLING AT THE MOUNTAIN OF GOD

Chapter 19 is a good place to end this study in the book of Exodus. Israel will remain camped at the foot of the Mountain of God for the next 57 chapters of the Bible. They had so much to learn about how to worship, serve and approach their holy God. **1). FIRST IMPRESSION: LEARN TO TREMBLE.** In the fictional epic, *The Lord of the Rings*, Frodo Baggins approached the fires of Mount Doom with mounting terror. What mood should Moses and Israel now adopt as they approach the burning Mountain of God, Mount Sinai? Should they feel Fear? Or love? Or perhaps a mixture of both fear and love? This is the first proper introduction of Israel to their holy God. Lesson one for them was to learn to tremble correctly before his majesty and holiness. John Murray once said, *“The fear of God is the soul of godliness”*. **2). NEXT IMPRESSION: LEARN TO DRAW NEAR.** God’s people are not to be AFRAID of God but to FEAR God. These are different things as Exodus 20:20 explains. They are to fear God in a way that keeps them from sinning against God. Despite the ban on approaching or touching the Mountain, there was a right way for Israel to meet with their God. He made it possible for them to draw near as his chosen nation of royal priests and his a holy nation (compare Exodus 19:6 with 1 Peter 2:9). Their calling was to draw near to serve and worship their covenant Lord. **3). TREMBLE AND DRAW NEAR THROUGH YOUR MEDIATOR.** Moses constantly went up and down the Mountain, acting as a go-between or mediator between Israel and their God. Their mediator kept them safe, and in a far greater way our Mediator Jesus Christ does the same for us. Hebrews 12:22-24 his ministry, leading us to a greater Mountain of God, through his greater covenant and greater sacrifice. We can approach God, trembling and drawing near, delighting in the priestly ministry that God has given to us.

HOLY, HOLY, HOLY

Holy, holy, holy, Lord God Almighty!
Early in the morning our song shall rise to Thee.
‘Holy, holy, holy; merciful and mighty,
God in three Persons, blessed Trinity!’

Holy, holy, holy! All the saints adore Thee,
casting down their golden crowns around the
glassy sea.
Cherubim and seraphim, falling down before
Thee:
Which were and are, and evermore shall be!

Holy, holy, holy! Though the darkness hide Thee.
Though the eye of sinful man Thy glory may not
see.

Only Thou art holy, there is none beside Thee,
perfect in power, in love and purity.

Holy, holy, holy! Lord God Almighty!
All Thy works shall praise Thy name, in earth and
sky and sea.

‘Holy, holy, holy; merciful and mighty,
God in three Persons, blessed Trinity!’

Reginald Heber (1783-1826).

BENEDICTION

**SUNDAY AT SIX – live in-person and on our YOUTUBE CHANNEL at 6 PM tonight.
Hebrews 11:35-40.**

The Gospel for Inverness: By Faith Never Again Feel Sorry For Yourself.

DIARY, NEWS & PRAYER

Tea and coffee are served in the hall after both our Sunday services. On Sunday mornings there is a **creche** and **Sunday School** in the hall. **Youth Fellowship** meets in the CYC building at 6 pm. Over the winter we will not reopen the main church doors onto Bank Street after services to minimise heat loss. Please use the exits on either side of the pulpit, which lead to the church hall (for refreshments) and to the Church Lane exit.

Visiting the Parish: We plan to distribute **Life Magazine** around our parish. Speak to Sandy Finlay or Derek Morrison to get involved. You are welcome to take copies to share with your own neighbours and friends.

The latest **Congregational Newsletter** is available. Please take a copy.

Christmas Bookstall and Advent Devotionals: From next Sunday we will have copies of *A Better than anything Christmas* to help families with devotions in the run up to Christmas (£4). *The Dawn of Redeeming Grace*, a beautiful new Advent Devotional for adults by Sinclair Ferguson is also available (£6). In December we plan to offer a wider selection of gift books and Christmas cards. Can you help with an occasional drop in Café and bookstall on Fridays and Saturdays 3rd, 4th, and 10th December? If so please chat to Angus MacRae at coffee time today or send a message to Carrie Marlow.

Monday: The **Guys Group** meets online on Zoom at 10 am and in person at 7 pm at Sandy Finlay's home, 122 Culduthel Park. Please read pages 91-105 of Kent Hughes' *Disciplines of a Godly Man* on *Discipline of Mind*. The final Guys Group meeting for 2021 is on 6th December.

Tuesday: The **Ladies' Bible Study** meets next at 10.30 am (at Brenda Macleod's, 81 Holm Park) and at 7.45 pm (at Ann MacRae's, 19 Mingary Crescent) to study Revelation 3:7-13. Copies of a study guide are available. Contact Carrie on carrie.marlow@freenorthchurch.org or 07583 498782 for information or if you need a lift. The final study date for 2021 is Tuesday 7th December.

Wednesday – Free Church National Day of Prayer: Join us to **Pray for Scotland** on Zoom at 12.30 pm and again in person at 7.30 pm this Wednesday 24th November. Use the usual Zoom log-on details. You can find some resources to help shape your prayers at: <https://freechurch.org/discipleship-resources/>

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 Zoom from 9 am. This week there is a different log-on code. Direct link: <https://us04web.zoom.us/j/72083547365?pwd=eW1lYjU0cTVqOUZ0V3ljQVNzQT09>. ID: 720 8354 7365, Passcode: c4eyau.

The next **Fellowship Walk** will take place on Saturday, 4th December at 9 am. The 1¾ mile walk will take place at **Littlemill near Daviot** circling the small lochan. At the start of the route there is a short steep incline but the rest of the walk is moderate. Directions to the location can be found at <https://forestryandland.gov.scot/visit/littlemill>. You can avoid the A9 and get to Littlemill via the B861 turning left at Inverarnie Stores. Enquiries to Derek Morrison at 07469 975656 or derekmary@icloud.com.

Date for your Diary – A Fun Night with party games, food and fellowship for all ages is being planned for Saturday 11th December. Details to follow.

The final **Monthly Home Group Bible Study** for this year is planned for Wednesday 15th December.

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

Visit **WfM Stalls** at North Kessock Hall, Sat. 27th Nov., 10.00 – 12.30; North Kessock Outdoor Market – Old Ferry Car Park, Sat. 11th Dec., 13.00 – 17.00.

Next Sunday: Angus our minister is taking next weekend off. Our services next Sunday 28th will be led by Rev John Ross at 11 am and by Mr Donnie MacLeod at 6 pm.

Supporting our work: 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). 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.