



## SUNDAY 8<sup>th</sup> MAY 2022

SERVICES ARE AT 11 AM & 6 PM (online & in-person).

Minister: **Rev Angus MacRae**. (01463) 832616; Mobile: 07506 006459; Email: angusmacrae1967@gmail.com.

Women's Pastoral Worker: **Carrie Marlow**.  
carrie.marlow@freenorthchurch.org or 07583 498782.

### WELCOME TO THE FREE NORTH CHURCH, BANK STREET, INVERNESS

Welcome! We are glad you are with us at the Free North. As we come together to worship God, we hope you will be encouraged to know and follow Jesus. If you are new at church or wish to find out more about the faith, please fill in a CONTACT CARD. You can use this to request a weekly email update, information on specific groups and courses, request a phone call or a visit, or find out about how you can serve God and use your gifts and talents in the life of the church. Speak to one of the service leaders, a member of the welcome team or send us an email or text if that is easier for you. We usually stand for praise songs and sit for other items of worship. This morning we share in **Communion**. Any visitors to the Free North who trust in Jesus Christ and who would normally take communion in their home church are welcome to take part in communion along with the members of this church. Bread and wine are made available from the outset of the service. **Refreshments** are served in the church hall after our services. There is an **after church fellowship** with food in the hall after evening service tonight. The use of a face mask at church services is no longer a legal requirement. Please give space and consideration to each other including those who feel more comfortable using a face mask. Social distancing is encouraged in the seats to the left and right at the back of the church. Please do not attend church if you are experiencing the symptoms of coronavirus. Visit our YouTube channel for live online worship and to listen again at home: [www.youtube.com/c/FreeNorthChurchInverness](http://www.youtube.com/c/FreeNorthChurchInverness).

### WELCOME & CALL TO WORSHIP

This weekend we are delighted to welcome Rev Alasdair MacAulay as our guest speaker. Alasdair is pastor of Tain and Fearn Free Church. He will also speak at our after-church fellowship tonight.

#### PRAISE: PSALM 40:1-5 (CM)

I waited for the Lord my God,  
and patiently did bear;  
At length to me he did incline  
my voice and cry to hear.

He took me from a fearful pit,  
and from the miry clay,  
And on a rock he set my feet,  
establishing my way.

He put a new song in my mouth,  
our God to magnify:  
Many shall see it, and shall fear,  
and on the Lord rely.

O blessed is the man whose trust  
upon the Lord relies;  
Respecting not the proud, nor such  
as turn aside to lies.

O LORD my God, full many are  
the wonders thou hast done;  
Thy gracious thoughts to us-ward far  
above all thoughts are gone:

In order none can reckon them  
to thee: if them declare,  
And speak of them I would, they more  
than can be numbered are.

### PRAYER & LORD'S PRAYER

## PRAISE: HOW DEEP THE FATHER'S LOVE FOR US

How deep the Father's love for us;  
How vast beyond all measure,  
That He should give His only Son  
To make a wretch His treasure.

How great the pain of searing loss;  
The Father turns His face away,  
As wounds which mar the Chosen One  
Bring many sons to glory.

Behold the man upon a cross,  
My sin upon His shoulders;  
Ashamed, I hear my mocking voice  
Call out among the scoffers.

It was my sin that held Him there  
Until it was accomplished;  
His dying breath has brought me life;  
I know that it is finished.

I will not boast in anything,  
No gifts, no power, no wisdom;  
But I will boast in Jesus Christ,  
His death and resurrection.

Why should I gain from His reward?  
I cannot give an answer;  
But this I know with all my heart –  
His wounds have paid my ransom.

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## BIBLE READING: PSALM 22:1-18 (NIV)

*For the director of music. To the tune of "The Doe of the Morning." A psalm of David.*

**1 My God, my God, why have you forsaken me?**

**Why are you so far from saving me,  
so far from my cries of anguish?**

**2 My God, I cry out by day, but you do not answer,  
by night, but I find no rest.**

**3 Yet you are enthroned as the Holy One;  
you are the one Israel praises.**

**4 In you our ancestors put their trust;  
they trusted and you delivered them.**

**5 To you they cried out and were saved;  
in you they trusted and were not put to shame.**

**6 But I am a worm and not a man,  
scorned by everyone, despised by the people.**

**7 All who see me mock me;  
they hurl insults, shaking their heads.**

**8 "He trusts in the Lord," they say,  
"let the Lord rescue him.  
Let him deliver him,  
since he delights in him."**

**9 Yet you brought me out of the womb;  
you made me trust in you, even at my mother's breast.**

**10 From birth I was cast on you;  
from my mother's womb you have been my God.  
11 Do not be far from me,  
for trouble is near  
and there is no one to help.**

**12 Many bulls surround me;  
strong bulls of Bashan encircle me.**

**13 Roaring lions that tear their prey  
open their mouths wide against me.**

**14 I am poured out like water,  
and all my bones are out of joint.**

**My heart has turned to wax;  
it has melted within me.**

**15 My mouth is dried up like a potsherd,  
and my tongue sticks to the roof of my mouth;  
you lay me in the dust of death.**

**16 Dogs surround me,  
a pack of villains encircles me;  
they pierce my hands and my feet.**

**17 All my bones are on display;  
people stare and gloat over me.**

**18 They divide my clothes among them  
and cast lots for my garment.**

**19 But you, Lord, do not be far from me.  
You are my strength; come quickly to help me.**

**20 Deliver me from the sword,  
my precious life from the power of the dogs.**

**21 Rescue me from the mouth of the lions;  
save me from the horns of the wild oxen.**

**22 I will declare your name to my people;  
in the assembly I will praise you.**

**23 You who fear the Lord, praise him!  
All you descendants of Jacob, honour him!**

**Revere him, all you descendants of**

**Israel!**

**24 For he has not despised or scorned  
the suffering of the afflicted one;  
he has not hidden his face from him  
but has listened to his cry for help.**

**25 From you comes the theme of my praise  
in the great assembly;  
before those who fear you I will fulfil my  
vows.**

**26 The poor will eat and be satisfied;  
those who seek the Lord will praise him –  
may your hearts live for ever!**

**27 All the ends of the earth  
will remember and turn to the Lord,**

**and all the families of the nations  
will bow down before him,**

**28 for dominion belongs to the Lord  
and he rules over the nations.**

**29 All the rich of the earth will feast and  
worship;**

**all who go down to the dust will kneel  
before him –**

**those who cannot keep themselves alive.**

**30 Posterity will serve him;  
future generations will be told about the  
Lord.**

**31 They will proclaim his righteousness,  
declaring to a people yet unborn:  
He has done it!**

**SERMON: PSALM 22:16 – THE SAVIOUR.  
“THEY HAVE PIERCED MY HANDS AND MY FEET”.**

**PRAISE: SING PSALMS 22:14-20**

**Like water I am emptied out,  
And all my bones are torn apart;  
My inmost being melts away,  
And into wax is turned my heart.**

**My strength is dried like shattered clay,  
And, as I fight to draw my breath,  
My tongue is sticking to my jaws;  
You lay me in the dust of death.**

**A pack of dogs encloses me;  
Their circle round me is complete.  
I am beset by evil men**

**And they have pierced my hands and feet.**

**I count the number of my bones;  
With gloating eyes the people stare.  
They throw the dice to get my coat;  
Among themselves my clothes they share.**

**Come quickly, rescue me, my Strength;  
Do not be far from me, O LORD.  
Save me from power of evil dogs,  
My precious life from cruel sword.**

*(LM) – Sing Psalms Version © Free Church, 2003.*

**SHARING IN COMMUNION**

**PRAISE: AND CAN IT BE**

**And can it be that I should gain  
an interest in the Saviour’s blood?  
Died he for me, who caused his pain?  
For me, who him to death pursued?  
Amazing love! How can it be  
that thou, my God, shouldst die for me?**

**‘Tis mystery all! The Immortal dies!  
Who can explore His strange design?  
In vain the first-born seraph tries  
to sound the depths of love divine!  
‘Tis mercy all! Let earth adore;  
let angel minds enquire no more.**

**He left his Father’s throne above -**

**So free, so infinite his grace -  
Emptied himself of all but love,  
and bled for Adam’s helpless race.  
‘Tis mercy all, immense and free;  
For, O my God, it found out me!**

**Long my imprisoned spirit lay  
Fast bound in sin and nature’s night:  
Thine eye diffused a quickening ray;  
I woke! The dungeon flamed with light!  
My chains fell off; my heart was free,  
I rose, went forth, and followed thee!**

**No condemnation now I dread!  
Jesus, and all in him, is mine!**

Alive in him, my living Head,  
And clothed in righteousness divine,  
Bold I approach the eternal throne,

And claim the crown, through Christ, my  
own.

*Charles Wesley (1707-1798).*

## BENEDICTION

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### **SUNDAY AT SIX – IN-PERSON & ON YOUTUBE TONIGHT AT 6 PM.**

*THE SAINT – 2 KINGS 7:9. Praise: O, Worship the King; Sing Psalms 32:1-7;  
His Mercy is More; Sing Psalms 26:7-12.*

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### **DIARY, NEWS & PRAYER**

**Staying in touch:** Contact Angus, Carrie or any of the elders for pastoral support. Email [office@freenorthchurch.org](mailto:office@freenorthchurch.org) to request a weekly email update and to request Zoom log-on codes.

**Giving:** You can donate at our website (PayPal logo), in the offering plate, or directly to our “Free North Church” account (82-65-18, a/c 40246657). Enquiries to [treasurer@freenorthchurch.org](mailto:treasurer@freenorthchurch.org).

### EVENTS THIS WEEK

**Monday: Presbytery** meets at Greyfriars Church at 7 pm.

**Wednesday:** Join us at **Church Night** for Prayer and Bible teaching, at 7.30 pm. This is also a **Leprosy Mission Global Day of Prayer**, when supporters unite to pray for a world without leprosy.

**Thursday: Road to Recovery** meets at 7.30 pm offering support to those recovering from addiction.

**Friday:** Online prayer on Zoom at 9 am.

### UPCOMING EVENTS

The **Guys Group** meets on Mondays 16<sup>th</sup> May (at Brian’s, 12 Culduthel Mains Crescent) and 6<sup>th</sup> June (at Stewart Vant’s, 5 Porterfield Bank). We will be *discussing Disciplines of a Godly Man*, chapter 12 (on *WORK*) in May, and chapter 13 (on *PERSEVERANCE*) in June.

The **Women’s Bible Study** on Genesis is morning & evening on 17<sup>th</sup> & 31<sup>st</sup> May, 14<sup>th</sup> & 28<sup>th</sup> June.

The popular **Inverness Classic Vehicle Show** returns to the City on Saturday 21<sup>st</sup> May from 11 am to 3 pm. City streets will be lined with classic vehicles from all eras, including a vehicle parked at the Free North. The Finale Parade runs through the High Street from 3 pm. We plan to run a cafe in the church hall from 11 am to 1 pm. Can you help with Baking, serving and meeting and greeting the public? Sign-up sheets are available or speak to Effie or Sandy Finlay.

The **WfM Annual Meeting** will be held in Perth on Saturday 21<sup>st</sup> May at 2 pm. Speakers include Kathleen MacSween (Sparkle Sisters), Mária Cockburn (World on Our Doorstep) and Abby Morrison. A livestream link is available: [womenformission.org/annual-meeting](http://womenformission.org/annual-meeting).

**Monthly Home Groups** will meet on 18<sup>th</sup> May & 15<sup>th</sup> June 2022.

The May **Record** magazine of the Free Church is now available for subscribers.

We expect the funeral for the late **Mrs Mary MacDonald** will be held in the Isle of Harris later this week, with arrangements as yet to be confirmed.

David Meredith will meet our leadership team on Tuesday 7<sup>th</sup> June, as we develop our ministry plan.