



October 12, 2025

Restoring What Sin Has Withered

Free Grace Presbyterian Church

SOME THOUGHTS FOR REFLECTION

Remember the Sabbath day,
to keep it holy. Six days you shall
labor, and do all your work, but
the seventh day is a Sabbath to
the LORD your God.

Exodus 20:8-10

Far from being the only one of the Ten Commandments that Jesus abolished, as some Christians think, it is a commandment he taught as clearly as any other.

Philip Graham Ryken
Pastor, theologian
and current President of Wheaton College

We must not allow ourselves to be carried away by the common notion that the Sabbath is a mere Jewish ordinance, and that it was abolished and done away by Christ. In every case where we find our Lord speaking upon it, He speaks against the false views of it, which were taught by the Pharisees, but not against the day itself.

J.C. Ryle
19th-century Anglican bishop, pastor, and writer

Woe to you, scribes and
Pharisees, hypocrites! For you
tithe mint and dill and cummin, and
have neglected the weightier
matters of the law: justice and mercy
and faithfulness. These you ought
to have done, without neglecting
the others.

Matthew 23:23

The city will be safe if God be truly and devoutly worshipped, and this is attested but the sanctification of the Sabbath.

John Calvin
16th-century Reformer, pastor, and theologian
Calvin wrote this with Geneva in mind, where he urged that public life and safety depended upon sincere worship and faithful Sabbath-keeping.

He has told you, O
man, what is good; and
what does the LORD require
of you but to do justice, and to
love kindness, and to walk
humbly with your God?

Micah 6:8

We may not consecrate the day of rest in merely a passive manner, but must be active in His service and thus through Him be of use to those who suffer and need help, spiritually as well as physically.

Norval Geldenhuys
20th-century South African Reformed pastor,
biblical commentator

But if you do not listen
to me, to keep the Sabbath
day holy, and not to bear a
burden and enter by the gates of
Jerusalem on the Sabbath day, then
I will kindle a fire in its gates, and it
shall devour the palaces of
Jerusalem and shall not be
quenched.

Jeremiah 17:27

GOD SUMMONS US BY HIS GRACE

Leader: Come, everyone who thirsts, come to the waters; and he who has no money, come, buy and eat! Come, buy wine and milk without money and without price.

Isaiah 55

People: **Oh come, let us sing to the LORD; let us make a joyful noise to the rock of our salvation! Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise!**

Psalms 95

Leader: Why do you spend your money for that which is not bread, and your labor for that which does not satisfy? Listen diligently to me, and eat what is good, and delight yourselves in rich food. Incline your ear, and come to me; hear, that your soul may live; and I will make with you an everlasting covenant, my steadfast, sure love for David.

Isaiah 55

People: **Oh come, let us worship and bow down; let us kneel before the Lord, our Maker! For he is our God, and we are the people of his pasture, and the sheep of his hand.**

Psalms 95

We come into God's presence, exhaling the name of Jesus

"Holy, Holy, Holy"

1. Holy, ho-ly, ho - ly! Lord God Al-might - y! Ear - ly in the
2. Holy, ho-ly, ho - ly! All the saints a - dore thee, cast - ing down their
3. Holy, ho-ly, ho - ly! Though the dark-ness hide thee, though the eye of
4. Holy, ho-ly, ho - ly! Lord God Al-might - y! All thy works shall

morn - ing our song shall rise to thee. Ho-ly, ho - ly, ho - ly!
gold - en crowns a-round the glass - y sea; cher-u - bim and ser-a-phem
sin - ful man thy glo - ry may not see, on-ly thou art ho - ly;
praise thy name in earth and sky and sea. Ho-ly, ho - ly, ho - ly!

Mer-ci - ful and might-y! God in three Per-sons, bless-ed Trin - i - ty!
fall-ing down be - fore thee, who wert, and art, and ev - er-more shalt be.
there is none be - side thee per - fect in pow'r, in love, and pur - i - ty.
Mer-ci - ful and might-y! God in three Per-sons, bless-ed Trin - i - ty!

Ascribe to the
Lord the glory due
his name; worship
the Lord in the
splendor of
holiness.
Psalms 29

GOD SANCTIFIES US BY HIS GRACE

God proclaims that we have rebelled against his commandments

Isaiah 58

If you turn back your foot from the Sabbath, from doing your pleasure on my holy day, and call the Sabbath a delight and the holy day of the LORD honorable; if you honor it, not going your own ways, or seeking your own pleasure, or talking idly; then you shall take delight in the LORD, and I will make you ride on the heights of the earth; I will feed you with the heritage of Jacob your father, for the mouth of the LORD has spoken.

Ezekiel 20

But the house of Israel rebelled against me in the wilderness. They did not walk in my statutes but rejected my rules, by which, if a person does them, he shall live; and my Sabbaths they greatly profaned. Then I said I would pour out my wrath upon them in the wilderness, to make a full end of them

Worship must include a recognition of our sin. Without it, our worship lacks integrity. Honesty demands that when we approach God, we confess our sins that offend him.

We confess to God that we have broken his commandments in thoughts, words and deeds

We use this time in God's presence to confess our sins and our need for God's grace, silently, personally, before him alone. We invite you to join us in sorrow over your sin and joy in his grace and mercy in Jesus Christ.

God declares rest for our souls, found in Christ alone

Matthew 11

Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.

Hebrews 4

So then, there remains a Sabbath rest for the people of God, for whoever has entered God's rest has also rested from his works as God did from his.

We accept the rest provided in Christ

"Jesus, I am Resting, Resting"

1. Je - sus, I am rest - ing, rest - ing, in the joy of what thou art;
 2. O, how great thy lov - ing kind - ness: vast - er, broad - er than the sea!
 3. Sim - ply trust - ing thee, Lord Je - sus, I be - hold thee as thou art,
 4. Ev - er lift thy face up - on me, as I work and wait for thee;

I am find - ing out the great - ness of thy lov - ing heart.
 O, how mar - ve - lous thy good - ness, lav - ished all on me!
 and thy love, so pure, so change - less, sat - is - fies my heart.
 rest - ing 'neath thy smile, Lord Je - sus, earth's dark sha - dows flee.

Thou hast bid me gaze up - on thee as thy beau - ty fills my soul,
 Yes, I rest in thee, be - lov - ed, know what wealth of grace is thine;
 Sat - is - fies its deep - est long - ings, meets, sup - plies its ev - 'ry need;
 Bright - ness of my Fa - ther's glo - ry, sun - shine of my Fa - ther's face,

for by thy trans - form - ing po - wer, thou hast made me whole.
 know thy cer - tain - ty of prom - ise, and have made it mine.
 com - pass - eth me round with bless - ings; thine is love in - deed!
 keep me ev - er trust - ing, rest - ing; fill me with thy grace.

Je - sus, I am rest - ing, rest - ing in the joy of what thou art; I am
 find - ing out the great - ness of thy lov - ing heart.

You keep him in
 perfect peace
 whose mind is
 stayed on you,
 because he trusts
 in you. Trust in the
 LORD forever, for
 the LORD GOD is
 an everlasting
 rock.
 Isaiah 26

"Glorious Things of Thee Are Spoken"



1. Glor-ious things of thee are spo-ken, Zi - on ci - ty of our God;
 2. See, the streams of liv - ing wa - ters, spring - ing from e - ter - nal love,
 3. Blest in - hab - i - tants of Zi - on, washed in the Re-deem - er's blood,
 4. Sa - vior, if of Zi - on's ci - ty, I, through grace, a mem - ber am,



he whose word can - not be bro - ken formed thee for his own a - bode.
 well sup - plies thy sons and daugh - ters, and all fear of want re - move.
 Je - sus, whom their souls re - ly on makes them kings and priests to God.
 let the world de - ride or pi - ty, I will glor - y in thy name.



On the Rock of A - ges found - ed, what can shake thy
 Who can faint, while such a ri - ver ev - er flows their
 'Tis his love his peo - ple rais - es o - ver self to
 Fad - ing is the world - ling's plea - sure, all his boast - ed



sure re - pose? With sal - va - tion's walls sur - round - ed,
 thirst to quench? Grace which, like the Lord, the gi - ver,
 reign as kings, and as priests, his sol - emn prais - es,
 pomp and show; sol - id joys and last - ing trea - sure



thou may'st smile at all thy foes.
 ne - ver fails from age to age.
 each for a thank off - 'ring brings.
 none but Zi - on's chil - dren know.

Our reading of
 Scripture in
 worship is a
 voicing of and
 listening to God's
 Word, proclaiming
 who he is, and
 calling us to
 respond to him.

GOD SPEAKS WITH US BY HIS GRACE

[1] On a Sabbath, while he was going through the grainfields, his disciples plucked and ate some heads of grain, rubbing them in their hands. [2] But some of the Pharisees said, "Why are you doing what is not lawful to do on the Sabbath?" [3] And Jesus answered them, "Have you not read what David did when he was hungry, he and those who were with him: [4] how he entered the house of God and took and ate the bread of the Presence, which is not lawful for any but the priests to eat, and also gave it to those with him?" [5] And he said to them, "The Son of Man is lord of the Sabbath."

Luke 6:1-11

[6] On another Sabbath, he entered the synagogue and was teaching, and a man was there whose right hand was withered. [7] And the scribes and the Pharisees watched him, to see whether he would heal on the Sabbath, so that they might find a reason to accuse him. [8] But he knew their thoughts, and he said to the man with the withered hand, "Come and stand here." And he rose and stood there. [9] And Jesus said to them, "I ask you, is it lawful on the Sabbath to do good or to do harm, to save life or to destroy it?" [10] And after looking around at them all he said to him, "Stretch out your hand." And he did so, and his hand was restored. [11] But they were filled with fury and discussed with one another what they might do to Jesus.

That You May Be Certain

1) He restores the gift of Sabbath (v1-5)

2) He demonstrates mercy restored (v6-10)

3) He restores proper worship (v11)

We declare our restoration is by Christ's righteousness not our own

"Yet Not I, But Through Christ In Me "



What gift of grace is Je - sus my re - dee - mer There is no
The night is dark but I am not for - sak - en For by my
No fate I dread, I know I am for - giv - en The fu - ture
With ev - ery breath I long to fol - low Je - sus For he has

3
more for hea - ven now to give He is my joy, my righ - teous - ness, and
side, the Sav - ior he will stay I la - bor on in weak - ness and re -
sure, the price it has been paid For Je - sus bled and suf - fered for my
said that he will bring me home And day by day I know he will re -

6
free - dom My stead - fast love, my deep and bound - less
- joic - ing For in my need, his pow - er is dis -
par - don And he was raised to ov - er - throw the
- new me Un - til I stand with joy be - fore the

8
peace. To this I hold, my hope is on - ly Je - sus For my
- played. To this I hold, my Shep - herd will de - fend me Through the
grave. To this I hold, my sin has been de - fea - ted Je - sus
throne. To this I hold, my hope is on - ly Je - sus All the

11
life is who - lly bound to his. Oh how strange and di - vine, I can
deep - est val - ley he will lead Oh the night has been won, and I
now and ev - er is my plea Oh the chains are re - leased, I can
glo - ry ev - er - more to him When the race is com - plete, still my

14
sing: all is mine! Yet not I, but through Christ in me.
shall o - ver - come! Yet not I, but through Christ in me.
sing: I am free! Yet not I, but through Christ in me.
lips shall re - peat: Yet not I, but through Christ in me.

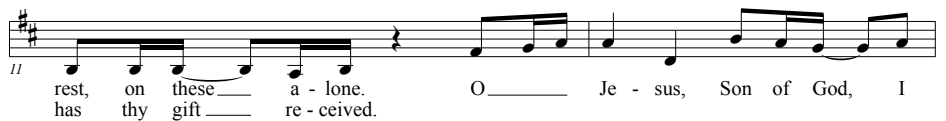
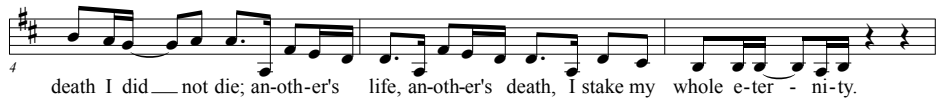
I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.
Galatians 2

GOD STRENGTHENS US BY HIS GRACE

We celebrate the Lord's Supper resting in the love of God

We celebrate God's free grace to us in Jesus Christ by observing the Lord's Supper each Sunday. We invite to the Lord's Table all who are baptized followers of Jesus Christ under the authority of Christ and his body, the Church. By eating the bread and drinking the cup, you are acknowledging that you are a sinner, without hope except in the sovereign mercy of God, and that you are trusting in Jesus Christ alone for your salvation. If you have any doubts about your participation, please speak to one of the elders after the service.

"Upon a Life I Have Not Lived"



Let us consider, then, that this sacrament is a singular medicine for all poor sick creatures, a comfortable help to weak souls, and that our Lord requires no other worthiness on our part, but that we unfeignedly acknowledge our naughtiness and imperfection.

John Calvin

We confess our need for the sabbath rest which God graciously provides

Leader: Which is the fourth commandment?

People: Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. For in six days the LORD made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

Westminster
Larger Catechism
Q#115

Leader: What is required in the fourth commandment?

People: The fourth commandment requires that all people sanctify and keep holy to God such set times as he has appointed in his Word, expressly one whole day in seven, which was the seventh from the beginning of the world to the resurrection of Christ, and the first day of the week ever since, so to continue to the end of the world. The first day of the week is the Christian Sabbath; in the New Covenant it is called the *Lord's Day*.

Westminster
Larger Catechism
Q#116

Leader: How is the Sabbath, or Lord's Day, to be sanctified?

People: The Sabbath or Lord's Day is to be sanctified by holy resting all day, not only from such works as are at all times sinful, but also from worldly employments and recreations that are lawful on other days, making it our delight to spend the whole time (except as much of it as is taken up in works of necessity and mercy) in public and private exercises of God's worship. To that end, we are to prepare our hearts, and with foresight, diligence, and moderation, we are to dispose and resolve our worldly business in a timely way, so that we may be more free and fit for the duties of the Lord's Day.

Westminster
Larger Catechism
Q#117

Catechisms are a question and answer format used for teaching in the church.

In prayer, we come to God bring our burdens to him that we may rest.

*During this time we live in faith, trusting in the power of his grace,
placing our lives and our church in his hands.*

We ask that he would work in us and through us for his glory.

GOD SENDS US BY HIS GRACE

The steadfast love
of the Lord never
ceases; his
mercies never
come to an end;
they are new every
morning; great is
your faithfulness.
Lamentations 3

Resting in Christ's finished work, we go out as debtors to his mercy

"A Debtor to Mercy Alone"

A debt - or to mer - cy a - lone, of the
My work which from his good-ness be - gan, the
e - cov - e - nant mer - cy I sing; nor fear, with thy
arm of his strength will com-plete; his prom - ise is
ter - ni - ty will not e - rase; im - pressed on his
righ - teous-ness on, my per - son and of - f'ring to bring. The
yea and a - men, and nev - er was for - feit - ed yet. Things
heart it re-mains, in marks of in - del - i - ble grace. Yes,
ter-rors of law and of God with me can have no - thing to do;
fu-ture, nor things that are now, not all things be-low nor a-bove,
I to the end shall en-dure, as sure as the ear - nest is giv'n;
my Sav - ior's o - be - dience and blood hide
can make him his pur - pose for - go, or
more hap - py, but not more se - cure, the
all my trans - gres - sions from view.
sev - er my soul from his love.
glo - ri - fied spir - its in heav'n.

Hebrews 13

God declares that resting in Christ, he will equip you for all good works

Leader: Now may the God of peace who brought again from the dead our Lord Jesus, the great shepherd of the sheep, by the blood of the eternal covenant, equip you with everything good that you may do his will, working in us that which is pleasing in his sight, through Jesus Christ, to whom be glory forever and ever. Amen.

People: Amen

Please stay and join us for a time of enjoying each other's company.

*This is a time to share in life together as the gospel calls us
as we reconnect with those we know, and as we meet someone new*



Welcome to Free Grace

We are a broken church full of broken people. We know we need God's free grace. Some of us have accepted this grace, some are exploring what it's all about. All of us are still trying to understand it. We are a church that seeks to proclaim this free grace of God with both our words and our lives. Not satisfied with simply talking about it, we want to live it out. We invite you to come, explore, and live God's free grace with us.



Our Connections

Free Grace is a congregation of the Presbyterian Church in America (PCA), a family of churches that seeks to be faithful to the Scriptures, true to the Reformed faith, and obedient to the Great Commission of Jesus Christ.

Our Leadership

Free Grace is lead by her elders, men called by God and set apart by the church to care and lead her as individual members, families, and as a whole. Our elders are:

Rev. Dr. Per Almquist
Brian Cosgrove
Rev. Adam Lee
Ken Morris
Ben Van Dyke



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Our Daily Worship

A through-the-week devotional



The following pages are provided for you with a desire to “lead you beside still waters”.

May they assist you in your walk with Christ through week, as you practice his presence, feed upon his word, and reflect upon how both impact your weekly life.

SUNDAY

Scripture – Luke 6:1-11

Reflection: The Sabbath was meant to be a garden of beauty and nourishment — a place of refreshing and joy. Yet it had been overrun with the weeds of manmade rules choking out its delight. From the beginning, God planted the Sabbath as his gift (Gen. 2:2–3), blessing the seventh day with rest and holiness. He wove it into his covenant commands (Ex. 20:11), calling his people to delight in him. And when man withered that gift, Jesus, the Lord of the Sabbath, stepped in to restore its life (Mark 2:27–28). In calling himself “Lord of the Sabbath,” Jesus was claiming the authority of the Son of Man promised in Daniel 7 — the one given dominion, glory, and a kingdom that shall not pass away. The day belongs to him, and under his reign it becomes what God always intended. The garden belongs to him; therefore, only in him can Sabbath truly flourish. Now the church’s weekly rest is a little foretaste of the eternal Sabbath that remains for the people of God (Heb. 4:9–10).

Our Common Weakness: We wither God’s good gift of Sabbath by either piling on burdens of our own making or treating it as unimportant.

Christ Connection: Jesus, the Lord of the Sabbath, restores the day to its true purpose. In him we find rest from our labors, joy in God’s presence, and a foretaste of the eternal Sabbath that remains for the people of God.

Genesis 2:2–3- What two things did God do to the seventh day?

Exodus 20:11- What reason does God give for the Sabbath command?

Hebrews 4:9–10- What still remains for the people of God, and how is it described?

Consider- What does it mean that the Sabbath belongs to Christ, the Son of Man, and not to us? How does his authority reshape the way we understand the day?

Embrace- How might you rest more deeply in Christ’s finished work this week, trusting him as the Lord of the Sabbath?

Prayer Lord of the Sabbath, you planted this day as a garden of beauty and rest. Pull up the weeds of busyness, burdens, and neglect, and plant in me a spirit of joy and delight in you. Teach me to rest in your finished work and to use this day for worship, mercy, and peace. Make my Sabbath a foretaste of the eternal rest that awaits your people. Amen.

MONDAY

Scripture: Luke 6:1-5

Reflection: The disciples were walking through the grain fields with the creator of the universe at their side, enjoying the garden of God's creation. It was much like Adam in the cool of the day — delighting in God's world just as he designed. But then the Pharisees accused the God of the universe — the very one who wrote the law of the Sabbath — of breaking it! It would be like telling the creator of a violin that plucking the strings is not its design because the instruction manual only refers to using a bow. The Pharisees were doing anything but resting. As they trudged through the fields, their hearts carried heavy burdens of anger and resentment. Into this weed-choked garden, Jesus declares himself Lord of the Sabbath, restoring the gift for joy, not for burdens.

Our Common Weakness: Like the Pharisees, we can distort God's design for the Sabbath. They made it heavy with manmade rules. We often make it empty by neglect or indifference. In both ways, the gift of rest is withered when we refuse God's design.

Christ Connection: Jesus, the Son of Man with everlasting authority, restores the Sabbath to its true purpose. As Lord of the Sabbath, he teaches us that the day is not for burdens or for neglect, but for delight in God, rest in his finished work, and holy use in worship and mercy.

Deuteronomy 23:25- *What did God's law allow travelers to do in a neighbor's field?*

1 Samuel 21:6- *How were David and his men provided for when they were hungry? Based on Jesus interpretation of the event, was Ahimelech wrong or right?*

Daniel 7:13–14- *In Daniel's vision, what authority is given to the Son of Man, and how does this deepen our understanding of Jesus' claim in Luke 6:5?*

Consider- *If Jesus is the Son of Man with everlasting authority, what does it mean that he — not our rules or traditions — defines the Sabbath?*

Embrace- *How does recognizing Christ's lordship over the Sabbath free you to receive the day as his gift, rather than as a burden or an afterthought?*

Prayer: Lord Jesus, you are the Son of Man, given everlasting dominion and authority. You are Lord of the Sabbath. Forgive me when I twist your good gift — either by adding my own burdens or by neglecting your holy design. Teach me to call the Sabbath a delight, set apart for worship, rest, and mercy. Amen.

TUESDAY

Scripture: Luke 6:6-10

Reflection: Luke carefully places this account right after Jesus' appeal to David in 1 Sam 21. In the grainfields, Jesus exposed the spirit of the law: the Sabbath was given for life, not for death; for mercy, not for burdens. Now, in the synagogue, that truth is lived out before everyone's eyes. A man's hand was withered, and the Pharisees were watching to accuse. Their theology stayed on the page, but not in the heart. Jesus brought the truth to life. He asked, "Is it lawful on the Sabbath to do good or to do harm, to save life or to destroy it?" Then he healed the man's hand, restoring both body and Sabbath at the same time. Here we see mercy not as theory, but as practice.

Our Common Weakness: We often stop at knowing right theology without letting it shape our lives.

Christ Connection: Jesus not only interprets the law rightly — he lives it perfectly. He restores what is withered, and in him we are freed to embody God's mercy as well.

Hosea 6:6- What does God desire more?

Micah 6:6-8— What kind of religious observance(s) does God desire?

Matthew 12:11-12- How does Jesus explain the lawfulness of showing mercy on the Sabbath?

Consider- Where are you tempted to let theology stay in your head instead of shaping your hands?

Embrace- What act of mercy could you put into practice this Lord's Day that would embody what you believe and bring refreshment to another?

Prayer: Lord of mercy, you not only taught the truth but lived it. Heal the withered places in my heart, and make your mercy bloom in my life. On your holy day, help me to worship you with joy and to refresh others with love, so that my rest reflects your heart. Amen.

WEDNESDAY

Scripture: Luke 6:11

Reflection: When Jesus healed the man's hand, mercy bloomed — but the Pharisees responded with rage. Luke says they were “filled with fury” and began plotting against him. Their hearts revealed what their worship had become: anger, control, and self-righteousness. This is false Sabbath-keeping, a garden choked with thorns. True worship, by contrast, grows from Christ's presence. He is the one who gathers his people, heals what is broken, and gives rest. To worship him is to rest from works-righteousness and delight in God's mercy.

Our Common Weakness: We often treat the Lord's Day as our day — for our preferences. Like the Pharisees, our hearts can be filled with criticism and resentment rather than joy.

Christ Connection: Jesus restores Sabbath worship by giving himself. He is the true rest, the fulfillment of God's promise (Heb. 4:9–10). In him, our worship is no longer burdened by rage or self-effort, but renewed in gratitude, mercy, and peace.

***Matthew 5:21–22-** How does Jesus expose anger in the heart as breaking God's law?*

***John 4:23–24-** What kind of worshipers is the Father seeking?*

***Isaiah 29:13–14-** What does God say about those who honor him with lips while their hearts are far away, and how does he judge them by taking away true wisdom and discernment?*

***Consider-** How does Jesus' presence with the disciples on the Sabbath transform worship from empty ritual into joyful rest in God's mercy?*

***Embrace-** What one way could you prepare your heart this week to come to worship with gratitude and delight rather than with criticism or pride?*

Prayer: Lord of the Sabbath, you see my heart as clearly as you saw the Pharisees'. Teach me to rest in your finished work, so that my worship is marked by joy, gratitude, and mercy. Make my heart bloom with delight in you. Amen.

THURSDAY

Scripture – Luke 5:37-39

Reflection: Just before these Sabbath accounts, Jesus said: “New wine must be put into fresh wineskins.” That is exactly what Luke shows us now. The Pharisees clung to the old wineskin of manmade rules and lifeless religion. But Jesus poured out the new wine of his kingdom — Sabbath as gift, mercy, and worship all restored in him. The old ways could not contain it: their rules turned gifts into burdens and their pride turned mercy into fury. But in Christ, the Sabbath blooms again as something new. The new wine of Christ does not sit still; it bursts forth in life and joy. The day is not about proving righteousness but about resting in his finished work, showing mercy, and worshiping with glad hearts.

Our Common Weakness: We often try to fit Christ’s gift into old wineskins; whether by clinging to manmade rules, or neglecting holy rest.

Christ Connection: Jesus is the new wine and the Lord of the Sabbath. He does not abolish the day but restores it to God’s intent, filling it with joy, mercy, and worship.

***Luke 5:37–38-** What happens when new wine is put in old wine skins?*

***Ezekiel 36:26–27-** What work does God promise to do in our hearts so that we can receive what he pours into us?*

***Revelation 1:10-** On what day was John caught up in the Spirit, and what does this reveal about the new life and worship that belong to the risen Christ’s people?*

***Consider-** How does the “newness” of Christ’s covenant call us to receive the Lord’s Day differently from the Pharisees — not as rule-keeping, but as resurrection life?*

***Embrace-** What habit or routine of your Lord’s Day could you surrender to Christ this week, asking him to reshape it into something new and life-giving?*

Prayer Lord Jesus, you are the new wine and the Lord of the Sabbath. Too often I cling to old wineskins of pride, habit, or self-effort. Pour your Spirit into me and make my heart new, so that your life bursts forth in worship, mercy, and joy. Let my Lord’s Day not be stale routine, but a living witness to your resurrection power. Amen.

FRIDAY- CATECHISM CORNER

Q. #60 How is the Sabbath to be sanctified?

A. The catechism shows us the Sabbath as a garden planted with many kinds of fruit to sustain and refresh those who walk through it. It begins with **holy resting** — setting aside ordinary work and recreations so the day is distinct. At its center is **public worship**, the gathered praise of God's people, which is the heartbeat of the day. Alongside it blooms **private worship**, as families and individuals give themselves to prayer, Scripture, and meditation at home. The garden also makes space for **works of necessity** — tasks that sustain life and health — and for **works of mercy**, where love and compassion refresh others. In this way, the Sabbath is not empty ritual or manmade rule, but Christ's gift restored: a day of rest, worship, and mercy under the care of the Lord of the Sabbath.

Leviticus 23:3- What two things does God command for the Sabbath: what are his people to cease from, and what are they to gather for?

Acts 20:7- On what day did the early church gather, and for what purpose?

Matthew 12:12- What does Jesus declare lawful to do on the Sabbath?

Consider- Which of these four “fruits” of the Sabbath (rest, public worship, private devotion, or mercy) is most easily crowded out by weeds in your life?

Why do you think that is?

Spend time asking God to cultivate this part of the Sabbath garden for your refreshing and his glory.

Prayer: Lord of the Sabbath, you are the gardener of my soul. You have planted this day for my refreshment and your glory. I ask that you would cultivate in me the fruits of your Sabbath: deepen my rest in your finished work, fill my heart with joy in public worship, draw me into private devotion with delight, and open my hands to acts of mercy that reflect your love.

Tend the places in me that feel withered or overrun with weeds. By your Spirit, nourish what is weak, strengthen what is small, and cause each part of Sabbath life to flourish. Make this day a garden where I walk with you, rejoice in you, and serve others in your name. Let my life, shaped by your holy day, bear fruit that lasts for eternity and brings glory to your name. Amen.

PRAYER/PRAISES

Your elders are praying over the following matters and invite you to join us in seeking the Lord's help:

1) Pray that the Lord would raise up deacons from within our congregation.

In this season, many practical needs are being met by your elders, which can stretch the time we have for our primary calling—prayer and the ministry of the Word. We are trusting the Lord to provide co-laborers who can share in the care and service of Christ's body."

Use this space to track things you are praying for this week:

[illegible]

This Week In Focus:

Sunday, October 12th –

Prayer Meeting- 6:00pm at the church

Tuesday- October 14th-

Free Grace English@ The Root Cellar- 6:30-7:30pm

Wednesday- October 15th-

Conversations in Grace- 7:00pm – At the church (bring your worship folder)

Sunday, October 19th –

Praying for Prodigals- 8:30am in the pastor's office

Saturday, November 1st–

Annual “Pie Luck”- Bring your best pie, or your biggest appetite. See Linda Morris FMI

If you do not know the address of any event, or the contact information for any event, please contact either Pastor Adam at adam.lee@freegrace.us or Linda at the email address below.

If you would like to be added to our church-family email where you can keep in touch through the week, or if you would like to be added to the church directory, please email Linda at linda.morris@freegrace.us

If you are a member of Free Grace and are not using the church directory app, you are missing out on a very useful tool. Please reach out to Linda to see how to download it to your phone.

Regular Rhythms of Grace

Weekly Gatherings

Free Grace English @ the Root Cellar -Tuesdays 6:30- 7:30pm

Conversations in Grace -Wednesday 7:00pm – At the church(conversation about the weekly devotional).

Youth Group - Fridays, 7:00pm – At the church

Prayer Meeting - Sundays, 6:00pm – At the church

Monthly or Biweekly Gatherings

First Friday Fires - 1st Friday, 5:45pm – Lee Family Home
Bring a side dish, and dress appropriately for the weather.

Second Sunday Discussions - 2nd Sunday, 15 minutes after worship ends
Family-style conversations on a rotating topic.

Women's Breakfast - 2nd Saturday, 9:30am – Cosgrove Family Home

Men's Night - 3rd Friday, 7:00pm – Location varies

Praying for Prodigals - 3rd Sunday, 8:30am – Church building

broken people
bound together in Christ
for God's glory