



**January 18, 2026**

# Eternal Glory in Styrofoam Cups

*Free Grace Presbyterian Church*

## SOME THOUGHTS FOR REFLECTION

A moment is long if we look at the things around us; but once we have raised our minds to heaven a thousand years begin to be like a moment.

John Calvin

16<sup>th</sup> century French-Swiss pastor and theologian

But whatever gain I had, I counted as loss for the sake of Christ. Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but that which comes through faith in Christ, the righteousness from God that depends on faith—that I may know him and the power of his resurrection, and may share his sufferings, becoming like him in his death, that by any means possible I may attain the resurrection from the dead.

**Philippians 3:7-11**

I believed, even when I spoke: "I am greatly afflicted"

**Psalms 116:10**

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation; that is, in Christ God was reconciling the world to himself, not counting their trespasses against them, and entrusting to us the message of reconciliation. Therefore, we are ambassadors for Christ, God making his appeal through us. We implore you on behalf of Christ, be reconciled to God.

**2 Corinthians 5:17-20**

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.

**2 Corinthians 12:9-10**

It is precisely the Christian's utter frailty which lays him open to the experience of the all-sufficiency of God's grace, so that he is able even to rejoice because of his weakness (12:9f.)... To be at the end of man's resources is not to be at the end of God's resources; on the contrary, it is to be precisely in the position best suited to prove and benefit from them, and to experience the surplus of the power of God breaking through and resolving the human dilemma.

Philip Edgecumb Hughes  
20<sup>th</sup> century Anglican NT scholar

# GOD SUMMONS US BY HIS GRACE

**Leader:** Sing to the LORD, all the earth! Tell of his salvation from day to day. Declare his glory among the nations, his marvelous works among all the peoples!

**People:** **For great is the LORD, and greatly to be praised. Splendor and majesty are before him; strength and joy are in his place.**

**Leader:** Ascribe to the LORD, O families of the peoples, ascribe to the LORD glory and strength! Ascribe to the LORD the glory due his name; bring an offering and come before him! Worship the LORD in the splendor of holiness; tremble before him, all the earth;

**People:** **Let the heavens be glad, and let the earth rejoice, and let them say among the nations, "The LORD reigns!"**

1 Chronicles 16

**We sing to the Lord for he is great and greatly to be praised** "Glorious and Mighty"



1. Maj-es-ty, your glo - ry is shin - ing bright - er than the  
2. Maj-es-ty, you fash - ioned the heav - ens, your de - crees can  
3. Maj-es-ty, we'll sing with cre - a - tion when you come a -



4 moon and the stars. Mar - vel - ling, we ho - nor and fear you a -  
nev - er be changed. O - ver all the plans of the na - tions your  
gain in the clouds. Ev - 'ry knee will bow down and wor - ship the



7 bove all gods. Glo - ri - ous and might - y, you're awe - some in beau - ty;  
judg - ments reign.  
one true God.



13 joy - ful songs we raise. Glo - ri - ous and might - y, you're awe - some in



19 beau - ty, great - ly to be praised!

It is the joy of God's people to sing praises to him. There is none like him, and one day, his glory will be clearly seen, and all people will come and worship him, acknowledging that he alone is God. Our worship is a taste of that day.

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# GOD SANCTIFIES US BY HIS GRACE

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## **In Jesus, God calls us to come to him**

Mark 2

And as Jesus reclined at table in Levi's house, many tax collectors and sinners were reclining with Jesus and his disciples, for there were many who followed him. And the scribes of the Pharisees, when they saw that he was eating with sinners and tax collectors, said to his disciples, "Why does he eat with tax collectors and sinners?" And when Jesus heard it, he said to them, "Those who are well have no need of a physician, but those who are sick. I came not to call the righteous, but sinners."

We confess our sins in order to give glory to God. We confess our failures, our rebellion, our striving after our own glory so that we can proclaim the glory of his grace to us in Jesus Christ, who became sin that we might become the righteousness of God.

2 Corinthians 5

## **We answer Jesus' call by admitting that we are the sinners for whom he came**

*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 proclaims his grace to us in Jesus Christ**

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. All this is from God, who through Christ reconciled us to himself...For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.

**We give thanks, praising God for his great love for us displayed in the death of Jesus Christ**

"Praise the Lord (Psalm 117)"



Chorus: Praise the Lord, all you na - tions, ex - tol him, all you peo - ples, for



great is his love for us. — Praise the Lord- he is faith - ful; His



love en - dures for - e - ver, and great is his love for us. — \*



1. Sing a song of praise to God en - throned on high;  
2. Bold-ly shout his praise for he has res - cued us;



bow be - fore the King of the an - gels. His  
sin and death no more can en - slave us. His



mer cy and His love, his ju stice will be known;  
beau ty and his pow'r, dis - played at Cal - va - ry,



lift a song of praise to the Lord!  
lift a song of praise to the Lord!

Praise the LORD, all nations! Extol him, all peoples! For great is his steadfast love toward us, and the faithfulness of the LORD endures forever. Praise the LORD!  
Psalm 117

"Father, Long Before Creation"



1. Fa - ther, long be - fore cre - a - tion thou hast cho - sen us \_\_\_ in love; \_\_\_  
 2. Though the world may change its \_\_\_ fash - ion, yet our God is e'er \_\_\_ the same; \_\_\_  
 3. God's com - pas - sion is my sto - ry, \_\_\_ is my boast - ing all \_\_\_ the day; \_\_\_  
 4. Lov - ing Fa - ther, now be - fore thee we will ev - er praise thy love; \_\_\_



and that love so \_\_\_ deep, so \_\_\_ mov - ing, \_\_\_  
 his com - pas - sion \_\_\_ and his \_\_\_ cov - 'nant \_\_\_  
 mer - cy free and \_\_\_ nev - er \_\_\_ fail - ing \_\_\_  
 and our songs will \_\_\_ sound un - ceas - ing \_\_\_



draws us close to Christ a - bove, \_\_\_ Still it keeps us,  
 through all a - ges will \_\_\_ re - main, \_\_\_ God's own chil - dren,  
 moves my will, di - rects \_\_\_ my way, \_\_\_ God so loved us,  
 'til we reach our home \_\_\_ a - bove, \_\_\_ Giv - ing glo - ry,



still it keeps us \_\_\_ firm - ly fixed in Christ a - lone, \_\_\_  
 God's own chil - dren must for - ev - er praise his name, \_\_\_  
 God so loved us \_\_\_ that his on - ly Son \_\_\_ he gave, \_\_\_  
 giv - ing glo - ry \_\_\_ to our God and to \_\_\_ the Lamb; \_\_\_



Giv - ing glo - ry, giv - ing glo - ry \_\_\_ to our God and to \_\_\_ the Lamb.

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love he predestined us for adoption to himself as sons through Jesus Christ, according to the purpose of his will, to the praise of his glorious grace, with which he has blessed us in the Beloved.  
 Ephesians 1

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## GOD SPEAKS WITH US BY HIS GRACE

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<sup>7</sup>But we have this treasure in jars of clay, to show that the surpassing power belongs to God and not to us. <sup>8</sup>We are afflicted in every way, but not crushed; perplexed, but not driven to despair; <sup>9</sup>persecuted, but not forsaken; struck down, but not destroyed; <sup>10</sup>always carrying in the body the death of Jesus, so that the life of Jesus also may be manifested in our bodies. <sup>11</sup>For we who live are always being given over to death for Jesus' sake, so that the life of Jesus also may be manifested in our mortal flesh. <sup>12</sup>So death is at work in us, but life in you.

<sup>13</sup>Since we have the same spirit of faith according to what has been written, "I believed, and so I spoke," we also believe, and so we also speak, <sup>14</sup>knowing that he who raised the Lord Jesus will raise us also with Jesus and bring us with you into his presence. <sup>15</sup>For it is all for your sake, so that as grace extends to more and more people it may increase thanksgiving, to the glory of God.

<sup>16</sup>So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. <sup>17</sup>For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, <sup>18</sup>as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.

2 Corinthians 4;7-18

In Scripture, we not only hear the Word of God but also find the Word made flesh in Jesus Christ. So, we fill our worship and our lives with his Word so that we are constantly drawn to God through Jesus Christ.

**Sermon**

Rev. Dr. Per Almquist

## **Eternal Glory in Styrofoam Cups**

In Christ, we have

1) power in weakness (**7-12**)

2) thanksgiving in faith (**13-15**)

3) perseverance in renewal (**16-18**)

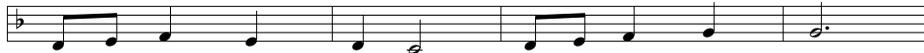
Scripture is the ongoing rapport between heaven and earth, between Christ and his church, between God and his children. It does not just tie us to the past; it binds us to the living Lord in the heavens. It is the living voice of God.  
Herman Bavinck

## We give thanks to the glory of God as we proclaim the treasure given to us

"At the Name of Jesus"



1. At the name of Je - sus ev - 'ry knee shall bow;  
 2. At his voice cre - a - tion sprang at once to sight;  
 3. Hum - bled for a sea - son to re - ceive a name  
 4. In your hearts en - throne him; there let him sub - due  
 5. Bro - thers, this Lord Je - sus shall re - turn a - gain,



ev - 'ry tongue con - fess him King of glo - ry now.  
 all the an - gel fa - ces, all the hosts of light,  
 from the lips of sin - ners un - to whom he came.  
 all that is not ho - ly, all that is not true.  
 with his Fa - ther's glo - ry o'er the earth to reign.



Tis the Fa - ther's plea - sure we should call him Lord,  
 thrones and do - mi - na - tions, stars u - pon their way,  
 Faith - ful - ly he bore it, spot - less to the last,  
 Crown him as your cap - tain in temp - ta - tion's hour;  
 For all earth - ly po - wers meet u - pon his brow,



who from the be - gin - ning was the migh - ty Word.  
 all the heav'n - ly or - ders in their great ar - ray.  
 brought it back vic - to - rious, when from death he passed.  
 let his will en - fold you in its light and pow'r.  
 and our hearts con - fess him King of Glo - ry now.



Therefore God has highly exalted him and bestowed on him the name that is above every name, so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.  
 Philippians 2

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# GOD STRENGTHENS US BY HIS GRACE

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Christ is the Alpha and Omega of the Lord's Supper; it is all Christ and Him crucified. [This] gives a peculiar sweetness to the broken bread and poured-out wine.  
Robert Murray M'Cheyne

## **We celebrate the Lord's Supper, proclaiming that our treasure is Jesus Christ and resting in his power in our weakness**

*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.*

Ephesians 1:3–14

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love he predestined us for adoption to himself as sons through Jesus Christ, according to the purpose of his will, to the praise of his glorious grace, with which he has blessed us in the Beloved. In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace, which he lavished upon us, in all wisdom and insight making known to us the mystery of his will, according to his purpose, which he set forth in Christ as a plan for the fullness of time, to unite all things in Christ, things in heaven and things on earth in him.

In him we have obtained an inheritance, having been predestined according to the purpose of him who works all things according to the counsel of his will, so that we who were the first to hope in Christ might be to the praise of his glory. In him you also, when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy Spirit, who is the guarantee of our inheritance until we acquire possession of it, to the praise of his glory.

## **Having seen God's purpose in the coming of Jesus, we submit to his purpose and give our lives as offerings to him**

Leader: What is this treasure that we have been given?

**People:** **This is the good news that we have received, in which we stand, and by which we are saved: Christ died for our sins in accordance with the Scriptures, that he was buried, that he was raised on the third day in accordance with the Scriptures.**

Leader: Christ has been raised from the dead, the firstfruits of those who have fallen asleep.

**People:** **For as by a man came death, by a man has come also the resurrection of the dead. For as in Adam all die, so also in Christ shall all be made alive.**

Leader: Jesus is the Christ, the Son of God,

**People:** **who is the image of the invisible God, the firstborn of all creation, by whom all things were created, and in him all things hold together.**

Leader: And he is the head of the body, the church. He is the beginning, the firstborn from the dead, that in everything he might be preeminent.

**People:** **For in him all the fullness of God was pleased to dwell, and through him to reconcile to himself all things, whether on earth or in heaven, making peace by the blood of his cross.**

1 Corinthians 15

Colossians 1

**We come to God, praying that we would live his power in our weakness and persevere in his renewing of us**

"Savior, Like a Shepherd Lead Us"

1. Sav - ior, like a shep-herd lead us, much we need thy ten - der care;  
 2. We are thine; do thou be - friend us, be the guard - ian of our way;  
 3. Thou hast prom - ised to re - ceive us, poor and sin - ful though we be;  
 4. Ear - ly let us seek thy fa - vor; ear - ly let us do thy will;

in thy pleas - ant pas - tures feed us, for our use thy folds pre - pare:  
 keep thy flock, from sin de - fend us, seek us when we go a - stray:  
 thou hast mer - cy to re - lieve us, grace to cleanse, and pow'r to free:  
 bless - ed Lord and on - ly Sav - ior, with thy love our bo - soms fill:

bless - ed Je - sus, bless - ed Je - sus, thou hast bought us, thine we are;  
 bless - ed Je - sus, bless - ed Je - sus, hear, O hear us when we pray;  
 bless - ed Je - sus, bless - ed Je - sus, let us ear - ly turn to thee;  
 bless - ed Je - sus, bless - ed Je - sus, thou hast loved us, love us still;

bless - ed Je - sus, bless - ed Je - sus, thou hast bought us, thine we are.  
 bless - ed Je - sus, bless - ed Je - sus, hear, O hear us when we pray.  
 bless - ed Je - sus, bless - ed Je - sus, let us ear - ly turn to thee.  
 bless - ed Je - sus, bless - ed Je - sus, thou hast loved us, love us still.

He will tend his  
 flock like a  
 shepherd; he will  
 gather the lambs in  
 his arms; he will  
 carry them in his  
 bosom, and gently  
 lead those that are  
 with young.  
 Isaiah 40

# GOD SENDS US BY HIS GRACE

## We give thanks to the glory of God through Jesus Christ

"The Sands of Time are Sinking"



1. The sands of time are sink - ing, the dawn of heav - en breaks,  
 2. The King there in his beaut - y with - out a veil is seen;  
 3. O Christ, he is the foun - tain, the deep sweet well of love!  
 4. The bride eyes not her gar - ment, but her dear bride - groom's face;  
 5. O I am my be - lov - ed's, and my be - lov - ed is mine!



the sum - mer morn I've sighed for, the fair sweet morn a - wakes;  
 it were a well - spent jour - ney though sev'n deaths lay be - tween:  
 The streams on earth I've tast - ed more deep I'll drink a - bove:  
 I will not gaze at glo - ry, but on my King of grace;  
 He brings a poor vile sin - ner in - to his house of wine.



dark, dark had been the mid - night, but day - spring is at hand,  
 the Lamb with his fair ar - my doth on Mount Zi - on stand,  
 there to an o - cean ful - ness his mer - cy doth ex - pand,  
 not at the crown he giv - eth, but on his pierc - ed hand:  
 I stand up - on his mer - it; I know no oth - er stand,



and glo - ry, glo - ry dwell - eth in Em - man - uel's land.  
 and glo - ry, glo - ry dwell - eth in Em - man - uel's land.  
 and glo - ry, glo - ry dwell - eth in Em - man - uel's land.  
 the Lamb is all the glo - ry of Em - man - uel's land.  
 not e'en where glo - ry dwell - eth in Em - man - uel's land! (repeat twice)

He brought me to the banqueting house,\* and his banner over me was love.  
 Song of Solomon 2

\*Hebrew: house of wine

## We go out in the blessing of the treasure we bear: his power made perfect in our weakness

2 Corinthians 12

**Elder:** And he says to you: "My grace is sufficient for you, for my power is made perfect in weakness." Therefore boast all the more gladly of your weaknesses, so that the power of Christ may rest upon you. For the sake of Christ, then, be content with weaknesses, insults, hardships, persecutions, and calamities. For when you are weak, then you are strong.

**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*

## This Week In Focus

### Monday, January 19th

**Ladies Discipleship Meeting** - 6:00-8:00pm — *At the church (See Shannon FMI)*

### Tuesday, January 20th

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

### Wednesday, January 21st

**Conversations in Grace** - 7:00pm – *Cancelled this week*

### Friday, January 23rd

**Youth Group** - 7:00pm – *At the church*

## Upcoming Events

### February 27-28th

**Ladies Retreat** - *At the Church- See Linda Morris for Details*

## Regular Rhythms of Grace

### Weekly Gatherings

**Ladies Discipleship Meeting** - Mondays 6:00-8:00pm — *At the church. See Shannon for details on childcare.*

**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*

### Monthly or Biweekly Gatherings

**First Friday Fellowship** - *Game night at the VanDykes @ 5:45pm*

**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*

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

**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](mailto: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](mailto:linda.morris@freegrace.us)

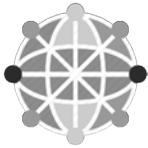
**If you are a member of Free Grace** and are not using the church directory app, you are missing out on a very useful tool. Please reach out to Linda to see how to download it to your phone.



## 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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Why do I have hope?  
Because God does not avoid my weakness.  
Rather, he takes my weakness and weaves it  
into his plans to bless me for his glory.

broken people  
bound together in Christ  
for God's glory