



March 22, 2026

Sealed for Redemption

Free Grace Presbyterian Church

SOME THOUGHTS FOR REFLECTION

But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ, who will transform our lowly body to be like his glorious body, by the power that enables him even to subject all things to himself.

Philippians 3:20-21

We cannot use a futurist ideal of the kingdom of God to excuse us from this-worldly action on behalf of God's kingdom. Matthew 6:33 "Seek first his kingdom and his righteousness, and all these things will be given to you as well," is not spoken in the future tense.

Michael Williams

21st century Theologian professor of Systematic Theology Covenant Theological Seminary

For the grace of God has appeared, bringing salvation for all people, training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age, waiting for our blessed hope, the appearing of the glory of our great God and Savior Jesus Christ, who gave himself for us to redeem us from all lawlessness and to purify for himself a people for his own possession who are zealous for good works.

Titus 2:11-14

[The New Testament] does not teach merely 'pie in the sky when you die.' The very opposite is the case. It is only when we live in the light of the future, says Jesus, that we can make the right choices now. For appearances — in any light other than the light of eternity — are bound to deceive.

Sinclair Ferguson

Scottish pastor, theologian, author, and Teaching Fellow with Ligonier Ministries

But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light. Once you were not a people, but now you are God's people; once you had not received mercy, but now you have received mercy. Beloved, I urge you as sojourners and exiles to abstain from the passions of the flesh, which wage war against your soul.

1 Peter 2:9-11

Our community with one another consists solely in what Christ has done to both of us. This is true not merely at the beginning, as though in the course of time something else were to be added to our community; it remains so for all the future and to all eternity.

Dietrich Bonhoeffer

20th-century German Lutheran pastor, theologian

GOD SUMMONS US BY HIS GRACE

Leader: Clap your hands, all peoples! Shout to God with loud songs of joy! For the Lord, the Most High, is to be feared, a great king over all the earth.

Psalm 47

People: **God has gone up with a shout, the Lord with the sound of a trumpet.**

Leader: Sing praises to God, sing praises! Sing praises to our King, sing praises!

People: **For God is the King of all the earth.**

Leader: All your works shall give thanks to you, O LORD, and all your saints shall bless you! They shall speak of the glory of your kingdom and tell of your power, to make known to the children of man your mighty deeds, and the glorious splendor of your kingdom.

Psalm 145

People: **Your kingdom is an everlasting kingdom, and your dominion endures throughout all generations.**

We sing praises to our God who has redeemed us!

"Come, Let Us Sing unto the Lord"



1. Come, let us sing un - to the Lord
 2. The great sal - va - tion of our God
 3. He called to mind his truth and grace
 4. All lands to God lift up your voice;



new songs of praise with sweet ac - cord;
 is seen through all the earth a - broad;
 in prom - ise made to Is - rael's race;
 sing praise to him, with shouts re - joice;



for won - ders great by him are done,
 be - fore the hea - then's won - d'ring sight
 and un - to earth's re - mo - test bound
 with voice of joy and loud ac - claim



his hand and arm have vic - t'ry won.
 he has re - vealed his truth and right.
 glad tid - ings of sal - va - tion sound.
 let all u - nite and praise his name!

Oh come, let us
 sing to the LORD!
 Let us shout
 joyfully to the Rock
 of our salvation.

Psalm 95

"How Firm a Foundation"

1. How firm a foundation, you saints of the Lord, is
 2. "Fear not, I am with you, O be not dismayed; for
 3. "When through the deep waters I call you to go, the
 4. "When through fi-ery tri-als your path-way shall lie, my
 5. "The soul that on Je-sus has leaned for re- pose, I

6

laid for your faith in his ex-cel-lent Word! What
 I am your God, and will still give you aid; I'll
 riv-ers of sor-row shall not o-ver-flow; for
 grace, all suf-fi-cient, shall be your sup-ply; the
 will not, I will not de-sert to his foes; that

10

more can he say than to you he has said, to
 strength-en you, help you, and cause you to stand, up-
 I will be with you, your trou-bles to- bless, and
 flame shall not hurt you; I on-ly de-sign your
 soul, though all hell should en-dea-vor to-shake, I'll

14

you who for re-fuge to Je-sus have fled?
 held by my righ-teous, om-ni-potent hand."
 sanc-ti-fy to you your deep-est dis-tress."
 dross to con-sume and your gold to re-fine."
 ne-ver, no ne-ver, no ne-ver for-sake."

Fear not, for I am
 with you; be not
 dismayed, for I am
 your God; I will
 strengthen you, I
 will help you, I will
 uphold you with
 my righteous right
 hand.
 Isaiah 41

We marvel at the mystery of the gospel... grace to those who afar off!

"Amazing Grace"

1. A - ma - zing grace! how sweet the sound, that saved a
2. 'Twas grace that taught my heart to fear, and grace my
3. Through man - y dan - gers, toils, and snares, I have al -
4. When we've been there ten thou - sand years, bright shin - ing

7
wretch like me! I once was lost, but now am
fears re - lieved; how pre - cious did that grace ap -
rea - dy come; 'tis grace has brought me safe thus
as the sun, we've no less days to sing God's

12
found, was blind, but now I see.
pear the hour I first be - lieved!
far, and grace will lead me home.
praise than when we'd first be - gun.

For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.
Ephesians 2

GOD SPEAKS WITH US BY HIS GRACE

Ephesians 4:17-24 &
30-32

[17] Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. [18] They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. [19] They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. [20] But that is not the way you learned Christ!—[21] assuming that you have heard about him and were taught in him, as the truth is in Jesus, [22] to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, [23] and to be renewed in the spirit of your minds, [24] and to put on the new self, created after the likeness of God in true righteousness and holiness... [30] And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. [31] Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. [32] Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

Leader: This is the Word of the Lord.

People: **Thanks be to God!**

Sermon

Rev. Adam Lee

Sealed for Redemption

Living as the New Creation

Intro & Review of Ephesians

God has provided us:

1) **A Mark of Citizenship** (v30-31)

2) **A Shared Inheritance** (v30)

3) **A Righteous King** (v32)

Preaching is not a conversation, a chat about some interesting ideas. It is not the moment in which postmoderns hear their own private message in the biblical words, one unique to each one who hears, and then go their own way. No! This is God speaking! He speaks through the stammering lips of the preacher where that preacher's mind is on the text of Scripture and his heart is in the presence of God. God, as Luther put it, lives in the preacher's mouth.
David Wells

GOD SANCTIFIES US BY HIS GRACE

God proclaims our spiritual amnesia and unfaithfulness to His kingdom

Jeremiah 2

Has a nation changed its gods, even though they are no gods? But my people have changed their glory for that which does not profit. Be appalled, O heavens, at this; be shocked, be utterly desolate, declares the LORD, for my people have committed two evils: they have forsaken me, the fountain of living waters, and hewed out cisterns for themselves, broken cisterns that can hold no water...

Deuteronomy 8

And if you forget the LORD your God and go after other gods and serve them and worship them, I solemnly warn you today that you shall surely perish. Like the nations that the LORD makes to perish before you, so shall you perish, because you would not obey the voice of the LORD your God.

We cry out in agreement with God, asking for his mercy

"God Be Merciful to Me"

If one asks why the doctrine is called the perseverance rather than the preservation of believers, it is no doubt because the believers do the persevering, while God does the preserving. But, if God did not preserve, they would not persevere.
John Gerstner

1. God, be mer - ci - ful to me, on thy grace I
2. My trans - gres - sions I con - fess, grief and guilt my
3. I am e - vil, born in sin; thou de - sir - est
4. Bro - ken, hum - bled to the dust by thy wrath and
5. Grac - ious God, my heart re - new, make my spi - rit
6. Sin - ners then shall learn from me and re - turn, O

rest my plea; plen - teous in com - pas - sion thou,
soul op - press; I have sinned a - gainst thy grace
truth with - in. Thou a - lone my Sav - iour art,
judg - ment just, let my con - trite heart re - joice
right and true; cast me not a - way from thee,
God, to thee; Sav - iour all my guilt re - move,

blot out my trans - gres - sions now; wash me, make me
and pro - voked thee to thy face; I con - fess thy
teach thy wis - dom to my heart; make me pure, thy
and in glad - ness hear thy voice; from my sins O
let thy spi - rit dwell in me; thy sal - va - tion's
and my tongue shall sing thy love; touch my si - lent

pure with - in, cleanse, O cleanse me from my sin.
judg - ment just, speech - less, I thy mer - cy trust.
grace be - stow, wash me whit - er than the snow.
hide thy face, blot them out in bound - less grace.
joy im - part, stead - fast make my wil - ling heart.
lips, O Lord, and my mouth shall praise ac - cord.

God assures us that our citizenship is sure through Jesus Christ our Lord

Hebrews 12

You have come to Mount Zion and to the city of the living God, the heavenly Jerusalem, and to innumerable angels in festal gathering, and to the assembly of the firstborn who are enrolled in heaven, and to God, the judge of all, and to the spirits of the righteous made perfect, and to Jesus, the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel... [For] now in Christ Jesus you who once were far off have been brought near by the blood of Christ.

Ephesians 2

In response to his assurance, we give him our all

“Take My Life and Let It Be”

C F F/A G Am Am/G

1. Take my life, and let it be con - se - cra - ted,
 2. Take my hands, and let them move at the im - pulse
 3. Take my voice, and let me sing, al - ways, on - ly,
 4. Take my sil - ver and my gold; not a mite would
 5. Take my will, and make it thine; it shall be no
 6. Take my love; my Lord, I pour at thy feet its

F G sus G C F F/A G

7 Lord to the. Take my mo - ments and my days;
 of thy love. Take my feet, and let them be
 for my king. Take my lips, and let them be
 I with - hold Take my in - tel - lect, and use
 lon - ger mine. Take my heart, it is thine own;
 trea - sure store. Take my self, and I will be

Am Am/G F G

14 let them flow in cease - less praise,
 swift and beau - ti - ful for thee,
 filled with mes - sag - es from thee,
 ev - 'ry pow'r as thou shalt choose,
 it shall be thy roy - al throne,
 e - ver, on - ly, all for thee,

Am Am/G F G sus G

1, 3, 5.
 G
 let them flow in cease - less praise.
 swift and beau - ti - ful for thee.
 filled with mes - sag - es from thee.
 ev - 'ry pow'r as thou shalt choose.
 it shall be thy roy - al throne.
 e - ver, on - ly, all for thee!

2, 4, 6.
 G Am G F Em F/D G sus G

23 Take my life, all I am; take my life and make it thine.

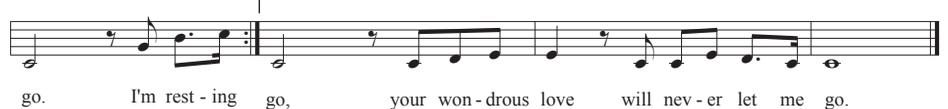
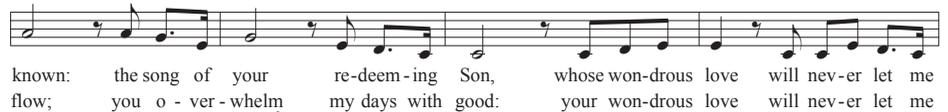
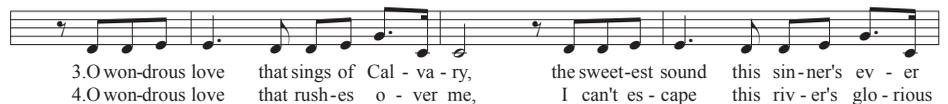
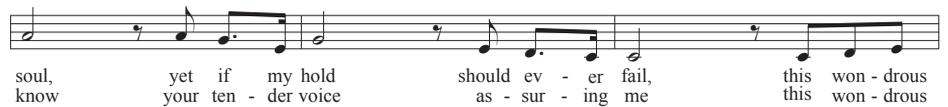
I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.
 Romans 12

GOD STRENGTHENS US BY HIS GRACE

At the Lord's supper, we come to the King who gave himself for his citizens

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.

"O Wondrous Love"



Receive and eat the body of Christ, yes, you that have become members of Christ in the body of Christ; receive and drink the blood of Christ. In order not to be scattered and separated, eat what binds you together; in order not to seem cheap in your own estimation, drink the price that was paid for you.
Saint Augustine

We profess that citizenship in Christ's kingdom is made visible through the local church

- 1) Do you acknowledge yourselves to be sinners in the sight of God, justly deserving His displeasure, and without hope save in His sovereign mercy?
- 2) Do you believe in the Lord Jesus Christ as the Son of God, and Savior of sinners, and do you receive and rest upon Him alone for salvation as He is offered in the Gospel?
- 3) Do you now resolve and promise, in humble reliance upon the grace of the Holy Spirit, that you will endeavor to live as becomes the followers of Christ?
- 4) Do you promise to support the Church in its worship and work to the best of your ability?
- 5) Do you submit yourselves to the government and discipline of the Church, and promise to study its purity and peace?

Membership Vows
Book of Church Order
57-5

Church
membership is like
joining the Mafia.
You have to be
bad to get in.
Jean Larroux

In prayer, we confess Christ as king and head over all

*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

In unity as one body, we proclaim that Christ our king is the source of all our life

“In Christ Alone”

1. In Christ a - lone my hope is found; he is my Light, my Strength, my
 2. In Christ a - lone, who took on flesh, full - ness of God in help - less
 3. There in the ground his bo - dy lay, Light of the world by dark - ness -
 4. No guilt in life, no fear in death: this is the pow'r of Christ in

4 Song. This cor - ner - stone, this sol - id ground, firm through the fier - est drought and
 babe. This gift of love and right - eous - ness, scorned by the ones he came to
 slain. Then burst - ing forth in glo - rious day, up from the grave he rose a -
 me. From life's first cry to fi - nal breath, Je - sus com - mands my des - ti -

8 storm. What heights of love, what depths of peace, when fears are stilled, when striv - ings
 save: 'til on that cross as Je - sus died, the wrath of God was sat - is -
 gain! And as he stands in vic - to - ry, sin's curse has lost its grip on
 ny. No pow'r of hell, no scheme of man, can ev - er pluck me from his

12 cease! My Com - for - ter, my all in all: here in the love of Christ I stand.
 fied. For ev - 'ry sin on him was laid: here in the death of Christ I live.
 me. For I am his, and he is mine: bought with the pre - cious blood of Christ.
 hand. 'Til he re - turns, or calls me home, here in the pow'r of Christ I'll _____

18 stand. No pow'r of hell, no scheme of man, can ev - er pluck me from his hand. 'Til he re -

23 turns, or calls me home, here in the pow'r of Christ I'll stand.

I give them eternal life, and they will never perish, and no one will snatch them out of my hand. My Father, who has given them to me, is greater than all, and no one is able to snatch them out of the Father's hand.
 John 10

God declares that he is working in us through his Spirit

Leader: May the Lord make you increase and abound in love for one another and for all, so that he may establish your hearts blameless in holiness before our God and Father, at the coming of our Lord Jesus with all his saints... Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ. He who calls you is faithful; he will surely do it.

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



Credits

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Millie Barnard, *piano*; Connor Crawford, *voice*

"Come, Let Us Sing unto the Lord" Public Domain. Words: Psalm 98, Associate Reformed Presbyterian Psalter, 1931 mod. Music: John Hatton, 1793.

"How Firm a Foundation" Public Domain. Words: Rippon's Selection of Hymns, 1787. Music: Traditional American Melody.

"Amazing Grace" Public Domain. Words; John Newton, 1779. Music: traditional American melody, arr. by Edwin Excell, 1900.

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"Take My Life and Let It Be" ©2006 The Well. Words: Frances Havergal, 1874. Music: Aaron Angrstom, 2006, arr. Beth Almquist, 2012.

"O Wondrous Love" ©2001 Sovereign Grace Worship (ASCAP). Words and Music: Steve and Vikki Cook, 2001.

"In Christ Alone" ©2001 Kingsway Thankyou Music. Words and Music: Keith Getty & Stuart Townend, 2001.

Preparing for the Feast

A through-the-week devotional



Pastoral Invitation:

This devotional has been prepared as a tool for you to use during the season of Lent, that you might more intentionally submit to that work. Throughout these weeks, we will focus our attention on God's Law—specifically, the Ten Commandments—and reflect on portions of the Catechism to deepen our awareness of God's holiness and our duty as his redeemed people.

Scripture speaks of transformation—*metamorphosis*—a work God accomplishes in his people as he renews the mind and conforms us to the image of Christ. May this season be such a time for us: a quiet, steady shaping from the inside out, that our lives might more clearly reflect the glory of the One who has redeemed us.

FOR YOUR CONVENIENCE- Q#104-105

Q. WLC 104. What are the duties required in the first commandment?

- A. *The duties required in the first commandment are, the knowing and acknowledging of God to be the only true God, and our God; and to worship and glorify him accordingly; by thinking, meditating, remembering, highly esteeming, honoring, adoring, choosing, loving, desiring, fearing of him; believing him; trusting, hoping, delighting, rejoicing in him; being zealous for him; calling upon him, giving all praise and thanks, and yielding all obedience and submission to him with the whole man; being careful in all things to please him, and sorrowful when in any thing he is offended; and walking humbly with him.*

Q. WLC 105. What are the sins forbidden in the first commandment?

- A. *The sins forbidden in the first commandment are, atheism, in denying or not having a God; idolatry, in having or worshipping more gods than one, or any with or instead of the true God; the not having and avouching him for God, and our God; the omission or neglect of any thing due to him, required in this commandment; ignorance, forgetfulness, misapprehensions, false opinions, unworthy and wicked thoughts of him; bold and curious searching into his secrets; all profaneness, hatred of God; self-love, self-seeking, and all other inordinate and immoderate setting of our mind, will, or affections upon other things, and taking them off from him in whole or in part; vain credulity, unbelief, heresy, misbelief, distrust, despair, incorrigibleness, and insensibleness under judgments, hardness of heart, pride, presumption, carnal security, tempting of God; using unlawful means, and trusting in lawful means; carnal delights and joys; corrupt, blind, and indiscreet zeal; lukewarmness, and deadness in the things of God; estranging ourselves, and apostatizing from God; praying, or giving any religious worship, to saints, angels, or any other creatures; all compacts and consulting with the devil, and hearkening to his suggestions; making men the lords of our faith and conscience; slighting and despising God and his commands; resisting and grieving of his Spirit, discontent and impatience at his dispensations, charging him foolishly for the evils he inflicts on us; and ascribing the praise of any good we either are, have, or can do, to fortune, idols, ourselves, or any other creature.*

Q. WLC 106. What are we specially taught by these words, “before me,” in the first commandment?

- A. *These words, “before me,” or before my face, in the first commandment, teach us, that God, who sees all things, taketh special notice of, and is much displeased with, the sin of having any other god; that so it may be an argument to dissuade from it, and to aggravate it as a most impudent provocation; as also to persuade us to do as in his sight, whatever we do in his service.*

SUNDAY

Psalm 119:33-36 *Teach me, O LORD, the way of your statutes; and I will keep it to the end. Give me understanding, that I may keep your law and observe it with my whole heart. Lead me in the path of your commandments, for I delight in it. Incline my heart to your testimonies, and not to selfish gain.*

Reflection: This week we will be studying the First Commandment using the language and structure of the Westminster Larger Catechism. We will also follow a deliberate pattern each day: **Law, Fulfillment, and Union**. In this way, we will not wait until the end of the week to encounter the grace of the gospel, but will see it woven throughout.

This pattern is not artificial—it is the pattern Scripture itself gives us. God’s law reveals what He requires and exposes where we fall short. It shows us what it means to belong to Him and calls for our whole-hearted devotion. Yet the law never stands alone. Earlier in the Catechism (Q#96), we learn that one of its uses is to draw us to Christ.

Christ is the fulfillment of the law. What God requires, Christ has perfectly lived. Where we have divided hearts, He loved the Father with an undivided heart. Where we have trusted other things, He trusted the Father completely. His life is not merely an example—it is a perfect righteousness accomplished on our behalf.

And in Christ, we are brought into a new life. Scripture speaks of this as union with Him. His obedience stands for us, and His life is now at work within us. We are no longer left to ourselves, but are being shaped into the very devotion the law requires.

This means that each day, we will not only see what God commands—we will also see Christ fulfilling it, and how our lives, joined to His, begin to take that same shape. The goal is not simply to understand the commandment, but to live as those who belong to God.

This is where our hope for real change is found. Left to ourselves, we do not outgrow these patterns. The loves that pull us away from God, the habits that shape our lives, and the ways we forget Him can feel deeply rooted. But union with Christ means that His life is not only counted as ours—it is also at work within us. The One who perfectly loved the Father now lives in us by His Spirit. This is why we can pursue growth with confidence. We are not trying to produce a life that is not there—we are learning to walk in a life that has already been given to us. Even in the places that feel most resistant, Christ is at work, shaping us into what He has already secured.

Meditate on these Scriptures:

Law — Romans 3:20 For by works of the law no human being will be justified in his sight, since through the law comes knowledge of sin.

Fulfilled — Matthew 5:17 Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfill them.

Union — Romans 6:5 For if we have been united with him in a death like his, we shall certainly be united with him in a resurrection like his.

Reflect— How does knowing that Christ has fulfilled God’s law for you—and now works in you—change the way you approach His commands this week?

MONDAY

Deuteronomy 6:4–5 *Hear, O Israel: The LORD our God, the LORD is one. You shall love the LORD your God with all your heart and with all your soul and with all your might.*

Law: The First Commandment calls for more than outward loyalty—it calls for a whole-life devotion to God as our God. As the catechism makes clear, this means that every part of us—our thoughts, desires, trust, and obedience—is to be gathered up and directed toward Him. As we heard in the sermon this week, it is more than fulfilling outward duties, but a heart that is tender toward him.

This is where we feel the weight of it. We belong to God, yet we do not live with Him at the center. Our hearts drift. Our trust shifts. We begin to lean on other things and organize our lives around them. What the catechism describes as loving, trusting, and delighting in God with our whole person exposes how easily we live divided lives. In short, it teaches us that we forget to whom we belong.

Fulfillment: Jesus Christ never lived that way. He knew the Father as His God and loved Him with an undivided heart. Every desire, every act of trust, every step of obedience was rightly ordered. He did not merely avoid false gods—He gave His whole life to the true God.

Union: And now, in Him, that life stands for us. The Spirit has sealed us as those who belong to God, and He is shaping us into this same devotion. To live as His people is to return—to gather our scattered hearts and fix them again on the God who has claimed us as His own.

Meditate on these Scriptures:

Law: Jeremiah 2:13 *My people have committed two evils: they have forsaken me, the fountain of living waters, and hewed out cisterns for themselves, broken cisterns that can hold no water.*

Fulfillment: Matthew 4:10 *Then Jesus said to him, “Be gone, Satan! For it is written, ‘You shall worship the Lord your God and him only shall you serve.’”*

Union: 1 Corinthians 1:30–31 *And because of him you are in Christ Jesus, who became to us wisdom from God, righteousness and sanctification and redemption, so that, as it is written, “Let the one who boasts, boast in the Lord.”*

Reflect

Where are you tempted to “hew out cisterns” instead of drawing from the living God?

How does Christ’s perfect devotion to the Father offer you a deeper, lasting well in which to draw life from?

TUESDAY

Psalm 81:11–12 *But my people did not listen to my voice; Israel would not submit to me. So I gave them over to their stubborn hearts, to follow their own counsels.*

WLC 105 (opening): *The sins forbidden in the First Commandment are atheism, in denying or not having a God; idolatry, in having or worshiping more gods than one, or any with or instead of the true God; and not acknowledging and owning Him as our God.*

Law: According to the opening of Q#105, the First Commandment forbids more than open rejection of God—it forbids any life that treats Him as though He is not truly our God. As the catechism makes clear, this includes denying Him, replacing Him, or simply failing to acknowledge Him as the One upon whom our lives depend. In the Old Testament, this often took visible form: God’s people went up to the high places, offering sacrifices on the hills, seeking blessing, protection, and provision from other gods. We may not build altars on hillsides, but the pattern remains. We look for wisdom, assurance, provision, and protection from sources other than the one true God.

Fulfillment: Jesus Christ never lived independently of the Father. When tempted with power, provision, and glory, He refused every alternative and remained steadfast: “You shall worship the Lord your God, and Him only shall you serve.” He did not grasp for control or security apart from God. He trusted, obeyed, and remained faithful where we so often turn aside.

Union: And now, in Him, we are no longer left to ourselves. The One who trusted the Father perfectly now stands for us, and His life is at work within us. The Spirit leads us away from self-reliance and back to a life of dependence upon God. To live as those who belong to Him is to acknowledge Him—not just in word, but in the daily ordering of our lives.

Meditate on these Scriptures:

Law: Judges 21:25 *In those days there was no king in Israel. Everyone did what was right in his own eyes.*

Fulfillment: John 6:38 *For I have come down from heaven, not to do my own will but the will of him who sent me.*

Union: Proverbs 3:5–6 *Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.*

Reflect

Where are you currently leaning on your own understanding instead of acknowledging God in that area?

What would it look like today to submit that specific area to God’s will rather than following my own counsel?

WEDNESDAY

Colossians 3:2–3 *Set your minds on things that are above, not on things that are on earth. For you have died, and your life is hidden with Christ in God.*

WLC 105 (middle): *The sins forbidden in the First Commandment include self-love, self-seeking, and all other inordinate and immoderate setting of our mind, will, or affections upon other things, taking them off from God in whole or in part.*

Law: The First Commandment not only forbids false gods—it exposes our disordered loves. As the catechism makes clear, sin is not only found in what we reject, but in what we prefer. Self-love, self-seeking, and misplaced affections reveal that our hearts have shifted away from God and settled upon lesser things.

This is where the command presses most deeply. We may acknowledge God, yet love other things more. We may speak of Him, yet organize our lives around comfort, security, approval, success, or control. These are not always obvious acts of rebellion—they are quiet reordering of the heart. What we think about most, what we long for most, what we fear losing most—these reveal what we truly love. Again, we forget to whom we belong.

Fulfillment: Jesus Christ's heart was never divided. In Gethsemane, as He faced suffering, He did not cling to self-preservation or assert His own will. Instead, He prayed, "Not my will, but yours, be done." His desires were perfectly aligned with the Father's. There was no self-seeking, no misdirected love—only a full and willing devotion.

Union: And now, in Him, our hearts are being reshaped. The life that is ours in Christ is not governed by self-love, but by a growing love for God. We are no longer bound to our disordered desires, but are being drawn into a new pattern of life—one where our affections are lifted, reordered, and fixed upon Him.

Meditate on these Scriptures:

Ezekiel 14:3 *Son of man, these men have taken their idols into their hearts, and set the stumbling block of their iniquity before their faces.*

Luke 22:42 *Saying, "Father, if you are willing, remove this cup from me. Nevertheless, not my will, but yours, be done."*

Galatians 2:20 *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.*

Reflect

What do you find yourself thinking about most, returning to most, or depending on most right now?

What do your worries, concerns, or hopes reveal about how that issue is shaping your heart right now?

THURSDAY

Psalm 50:21 *You thought that I was one like yourself. But now I rebuke you and lay the charge before you.*

WLC 105 (final sections): *The sins forbidden in the First Commandment include ignorance, forgetfulness, misapprehensions, false opinions, unworthy and wicked thoughts of Him; bold and curious searching into His secrets; all profaneness, hatred of God; self-love, self-seeking, and all other inordinate and immoderate setting of the mind upon other things; as also distrust, despair, incorrigibleness, and hardness of heart.*

Law: The First Commandment not only confronts what we depend on or what we love—it also exposes how easily we misunderstand God Himself. As the catechism makes clear, sin includes ignorance of God, forgetfulness of Him, and false or unworthy thoughts about Him. We begin to imagine God in ways that fit our preferences—less holy, less involved, less worthy of trust.

At times, this surfaces in words we hear often: *“I could never believe in a God who...”*—a God who judges sin, who allows suffering, who does not meet our expectations. In those moments, we are no longer receiving God as He has revealed Himself; we are reshaping Him according to what seems right to us.

At other times, this distortion is quieter. We treat Him as distant, assuming He will not act. Or we presume upon Him, assuming He will always approve. In both cases, we are no longer relating to the true God. Again, we forget to whom we belong—not only by loving other things, but by losing sight of who God truly is. From these distorted views flow other sins: distrust when life is hard, presumption when life is easy, and a growing dullness toward His presence.

Fulfillment: Jesus never misjudged the Father. He knew Him perfectly, trusted Him completely, and spoke truthfully about Him at all times. He did not reshape God according to circumstance—He rested in the Father as He truly is. Even in suffering, He did not doubt the Father’s goodness or purposes.

Union: And now, in Him, we are brought back to a true knowledge of God. The Son reveals the Father, and by His Spirit our minds are renewed to see God rightly. Where we have misunderstood Him, Christ corrects us. Where we have distrusted Him, Christ leads us back into confidence. To belong to Him is to grow in a true and living knowledge of God.

Meditate on these Scriptures:

Psalm 50:21 You thought that I was one like yourself.

John 14:9 Whoever has seen me has seen the Father.

Ephesians 1:17–18 That the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and of revelation in the knowledge of him, having the eyes of your hearts enlightened...

Reflect: What wrong assumptions about God might be shaping the way I think about Him? How does seeing the Father revealed in Christ begin to correct and reshape those assumptions today?

FRIDAY

Psalm 139:1-3 *O LORD, you have searched me and known me! You know when I sit down and when I rise up... you discern my thoughts from afar... and are acquainted with all my ways.*

WLC 106: *These words, “before me,” teach us that God, who sees all things, takes special notice of, and is much displeased with, the sin of having any other god; and that we are therefore to live as those who are always in His sight.*

Law: The Catechism does not end its study in the First Commandment with a list of sins—rather, it brings us into a way of life by pointing out these words: “before me.” These words remind us that we live every moment in the presence of God. There is no part of life hidden from Him. Every thought, every decision, every step unfolds before His face—*Coram Deo*. This truth carries weight. God is not distant or unaware. He sees fully, knows completely, and judges rightly. To live before His face means that nothing in our lives is neutral or unnoticed. We do not step in and out of His presence—we are always before Him. The commandment presses us to remember that our lives are continually lived in relation to the living God.

Fulfillment: Jesus lived every moment before the Father. He did not divide life into sacred and ordinary—every word, every action, every step was lived in perfect fellowship with God. He walked in full awareness, full trust, and full obedience. Where we forget, He remained attentive. Where we drift, He remained steadfast.

Union: And now, in Him, this truth becomes a deep comfort. We are not brought before God as strangers, but as those who belong to Him. The presence that once exposed us now receives us in Christ. To live *Coram Deo*—before the face of God—is no longer something we avoid, but something we grow into. The God who sees us is the God who has given us His Son and now sees us in Him. He has drawn near to us. Every part of life—ordinary or significant—is now lived in His presence, as those who are His.

Meditate on these Scriptures:

Hebrews 4:13 *And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account.*

John 8:29 *He who sent me is with me. He has not left me alone, for I always do the things that are pleasing to him.*

Colossians 3:3 *For you have died, and your life is hidden with Christ in God.*

Reflect: *Consider how Hebrews 4:13 leaves us with a sense of dread if left to ourselves. Yet, as you reflect on the life of Christ, and your union with Him, how does that transform your understanding of living in God’s presence—from dread to comfort?*

Prayer: *Father, you see me fully and have not turned away. Thank you that in Christ I am received and held in your sight. Thank you that my life is hidden with Him, secure before you. Teach me to walk before you with joy, confidence, and peace. Amen.*

This Week In Focus:

Monday, March 23rd

Ladies Discipleship Meeting – 6:00-8:00pm – *At the church (See Shannon for details.)*

Friday, March 27th

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

Upcoming Events

Friday, April 3rd

Good Friday Service – 7:30pm at the church

Sunday, April 5th

Resurrection Feast – *Potluck after the service. (See Sarah, Belinda, or Kim for details.)*

Regular Rhythms of Grace

Weekly Gatherings

Ladies Discipleship Meeting – *Mondays 6:00-8:00pm – At the church (See Shannon for details.)*

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

Monthly or Biweekly Gatherings

First Friday Fellowship – 5:45pm – *Game night at the VanDykes - CANCELLED FOR APRIL - See you at the Good Friday Service!*

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 in the pastor's office*

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.

broken people
bound together in Christ
for God's glory