



August 16, 2026

The Good Portion

Free Grace Presbyterian Church

THOUGHTS FOR REFLECTION

Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!

Psalms 46:10

Her fault was not that she served. The condition of a servant well becomes every Christian. Her fault was that she grew 'cumbered with much serving,' so that she forgot him and only remembered the service.

C.H. Spurgeon

Unless the LORD builds the house, those who build it labor in vain. Unless the LORD watches over the city, the watchman stays awake in vain. It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep.

Psalms 127:1-2

There is a tendency for people who are wound tight like Martha to give everything to their particular area of calling or interest and to allow that interest to so dominate their lives that they have little time to let God's Word speak to them. Without the benefit of the Word, they adopt a mindset of narrowness, judgmentalism, or fault-finding. And eventually the creativity and vitality they once gave to their area of ministry sours.

Kent Hughes

Whom have I in heaven but you? And there is nothing on earth that I desire besides you.

My flesh and my heart may fail, but God is the strength of my heart and my portion forever.

Psalms 73:25-26

Our quiet time with Christ is not another item on our to-do list—yet one more thing that we have to do for Jesus; rather, it is an opportunity for him to do something for us.

Phillip Ryken

GOD SUMMONS US BY HIS GRACE

Leader: 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.

Matthew 11

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: 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. 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.**

We respond to God's call to come, receiving from his hand

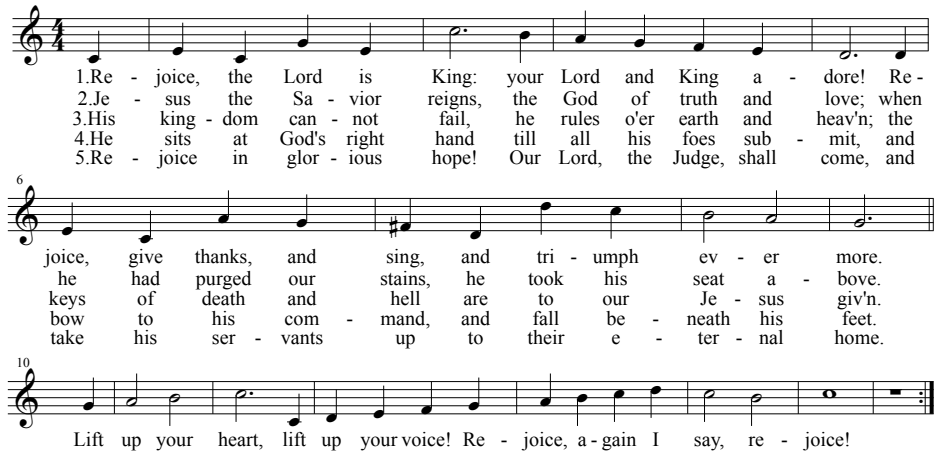
"Alleluia, Sing to Jesus"

1. Al - le - lu - ia! Sing to Je - sus! His the scep - ter, his the throne. Al - le -
 2. Al - le - lu - ia! King e - ter - nal, thee the Lord of lords we own; Al - le -
 5 lu - ia! His the tri - umph, his the vic - t'ry, his a - lone. Hark! The
 lu - ia! Born of Ma - ry, earth thy foot - stool, heav'n thy throne. Al - le -
 9 songs of peace-ful Zi - on thun-der like a might - y flood; Je - sus
 lu - ia! Bread of heav - en, here on earth our food and stay! Al - le -
 13 out of ev - 'ry na - tion has re - deemed us by his blood. Al - le -
 lu - ia! Here the sin - ful flee to thee from day to day. Al - le -
 17 lu - ia! Not as or - phans are we left in sor - row now. Al - le -
 lu - ia! Sing to Je - sus! His the scept - er, his the throne. Al - le -
 21 lu - ia! He is near us; faith be - lieves, nor ques-tions how.
 lu - ia! His the tri - umph, his the vic - t'ry, his a - lone.

And they sang a new song, saying, "Worthy are you to take the scroll and to open its seals, for you were slain, and by your blood you ransomed people for God from every tribe and language and people and nation, and you have made them a kingdom and priests to our God, and they shall reign on the earth."

Revelation 5

"Rejoice, the Lord is King"



1. Re - joice, the Lord is King: your Lord and King a - dore! Re -
 2. Je - sus the Sa - vior reigns, the God of truth and love; when
 3. His king - dom can - not fail, he rules o'er earth and heav'n; the
 4. He sits at God's right hand till all his foes sub - mit, and
 5. Re - joice in glor - ious hope! Our Lord, the Judge, shall come, and

6
 joice, give thanks, and sing, and tri - umph ev - er more.
 he had purged our stains, he took his seat a - bove.
 keys of death and hell are to our Je - sus giv'n.
 bow to his com - mand, and fall be - neath his feet.
 take his ser - vants up to their e - ter - nal home.

10
 Lift up your heart, lift up your voice! Re - joice, a - gain I say, re - joice!

Hallelujah! For the
 Lord our God the
 Almighty reigns.

Revelation 19

GOD SANCTIFIES US BY HIS GRACE

God proclaims that our anxious hearts keep us from receiving from Him

Thus said the Lord GOD, the Holy One of Israel, "In returning and rest you shall be saved; in quietness and in trust shall be your strength." But you were unwilling, and you said, "No!"

Isaiah 30

Return, O Israel, to the LORD your God, for you have stumbled because of your iniquity. Take with you words and return to the LORD; say to him, "Take away all iniquity; accept what is good, and we will pay with bulls the vows of our lips. Assyria shall not save us; we will not ride on horses; and we will say no more, 'Our God,' to the work of our hands. In you the orphan finds mercy."

Hosea 14

We confess our struggle to sit and receive the good portion

"Help My Unbelief"

I know the Lord is nigh, and would but can - not pray, for
I would but can - not love, though wooed by love di - vine; no

Sa-tan meets me when I try, and frights my soul a - way, and
ar - gu - ments have pow'r to move a soul as base as mine, a

frights my soul a - way, I would but can't re - pent, though
soul so base as mine. I would but can - not rest in

I en - dea - vor oft; this sto - ny heart can - ne'er re - lent 'til
God's most ho - ly will; I know what he ap - points is best and

Je - sus makes it soft, 'til Je - sus makes it soft.
mur-mur at it still, I mur-mur at it still.

Help my un - be - lief; help my un - be - lief;

help my un - be - lief; my help must come from thee.

Confession is not feeling sorry for our sin and hoping God will do something about it –he already has! This is the wonder of the gospel. Our confession is an acknowledgment that we need his answer for our sin as well as a resting in that answer: Jesus Christ

God assures that our anxiety and fear is healed by faith in Christ

"All things are possible for one who believes...For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life...If anyone thirsts, let him come to me and drink. Whoever believes in me, as the Scripture has said, 'Out of his heart will flow rivers of living water.'"

Mark 9
John 3, 7

In quietness and rest we sit at the feet of Christ who loves us

"Jesus, Lover of My Soul"

1. Je - sus, lo - ver of my soul, let me to thy bo - som fly,
 2. Oth - er ref - uge have I none, I help - less hang on thee;
 3. Thou, O Christ, art all I want; here more than all I find;
 4. Plen - teous grace with thee is found, grace to cov - er all my sin;

while the near - er wa - ters roll, while the tem - pest still is high:
 leave, oh leave me not a - lone, still sup - port and com - fort me!
 raise the fall - en, cheer the faint, heal the sick, and lead the blind.
 let the heal - ing streams a - bound; make and keep me pure with - in:

hide me, O my Sa - vior, hide, 'till life's storm is past;
 All my trust on thee is stayed, all help from thee I bring;
 Just and ho - ly is thy name; I am all un - right - eous - ness;
 thou of life the foun - tain art, let me take of thee;

safe in - to the ha - ven guide, re - cieve my soul at last.
 cov - er my de - fense - less head in the shad - ow of thy wing.
 false and full of sin I am, thou art full of truth and grace.
 spring thou up with - in my heart, for all e - ter - ni - ty.

God is our refuge
 and strength,
 a very present
 help in trouble.
 Therefore we will
 not fear though
 the earth give way,
 though the
 mountains be
 moved into the
 heart of the sea...

Psalms 46

Continue to the next page.



GOD SPEAKS WITH US BY HIS GRACE

Luke10:38-42

[38] Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house. [39] And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. [40] But Martha was distracted with much serving. And she went up to him and said, "Lord, do you not care that my sister has left me to serve alone? Tell her then to help me." [41] But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, [42] but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her."

Leader: This is the Word of the Lord.

People: Thanks be to God!

The Good Portion
That You May Be Certain

GOD STRENGTHENS US BY HIS GRACE

We celebrate the Lord's supper, receiving the Good Portion Himself

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 The Deep, Deep Love of Jesus"

1.O the deep, deep love of Je - sus!
2.O the deep, deep love of Je - sus!
3.O the deep, deep love of Je - sus!

5 Vast, un - mea - sured, bound - less to free;
Spread his - praise - from shore - shore;
Love of ev - 'ry love to the best:

9 roll - ing as a might - y o - cean
how he an lov - eth, ev - er lov - eth,
'tis o - cean vast of bless - ing,

13 in its full - ness o - ver - me.
chang - eth nev - er, nev - er more.
'tis a ha - ven sweet of rest.

17 Un - der - neath me, all a - round me,
How he watch - es o'er his loved ones,
O the deep, deep love of Je - sus!

21 is the cur - rent of thy love;
died to call them of all his own;
'Tis a heav'n of heav'ns to me;

25 lead - ing on - ward, lead - ing home - ward,
how for them he in - ter - ced - eth,
and it lifts me up to glo - ry,

29 to thy glo - rious rest a - bove.
watch - eth them from the throne.
for it lifts me up to thee.

The wonder of the Table is this: we neither drag Christ back down to earth nor "celebrate his absence," but rather... find ourselves drawn up by the Spirit and united to the Heavenly Christ.
Reggie Kidd

Having been served by Christ, we proclaim our love to Him

"My Jesus, I Love Thee"

1. My Je - sus I love thee, I know thou art mine; for
2. I love thee be - cause thou hast first lov - ed me and
3. I'll love thee in life, and I'll love thee in death; I'll
4. In man - sions of glo - ry and I'll end - less de - light, I'll

6
thee all the fol - lies, of sin I re - sign. My
pur - chased my par - don on Cal - va - ry's tree. I
praise thee as long as thou lend - est me breath; and
6 ev - er a - dore thee in hea - ven so bright; and

10
gra - cious Re - deem - er, my Sav - ior art thou; if
love thee for wear - ing the thorns on thy brow; if
say when the death - dew lies cold on my brow; if
10 sing with the glit - ter - ing crown on my brow; if

14
ev - er I loved thee, my Je - sus, 'tis now.
ev - er I loved thee, my Je - sus, 'tis now.
ev - er I loved thee, my Je - sus, 'tis now.
14 ev - er I loved thee, my Je - sus, 'tis now.

We love Him
because He first
loved us.
1 John 4

We profess alongside all those who sit at Jesus feet:

The Apostles' Creed

Leader: Do you believe in God?

People: I believe in God the Father Almighty,
Maker of heaven and earth.

Leader: Do you believe in Jesus Christ?

People: I believe in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
and born of the Virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried.
The third day he rose again from the dead.
He ascended into heaven
and is seated at the right hand of God the Father Almighty.
From there he will come to judge the living and the dead.

Leader: Do you believe in the Holy Spirit?

People: I believe in the Holy Spirit,
the holy catholic church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

*Our main goal in
prayer is to delve
into a deeper
relationship with
the God who loves
us, not to control
our environment
or our
circumstances.*

In prayer, we ask God to help us to receive the Good Portion so that we may then minister to others.

*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

We depart in the confidence that Christ alone is our portion

"In Christ Alone"

1. In Christ alone my hope is found; he is my Light, my Strength, my
2. In Christ alone, 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 fierc-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.

A benediction is a pronouncement of God's blessing; We raise our hands, empty as they are, to testify that God alone can provide his promises. We receive with open hearts, that which only he can provide.

God declares that He will sustain us

Leader: God will supply every need of yours according to his riches in glory in Christ Jesus. To our God and Father be glory forever and ever... The grace of the Lord Jesus Christ be with your spirit.

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.*

Philippians 4



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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Jake Paris, *guitar*; Shane Stevens, *percussion*; Meredith Stevens, *voice*; Jocelyn Crawford, *voice*

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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.

WHY MEMORIZE THE CATECHISM?

From time to time I am asked, “Why encourage memorizing the Catechism instead of Scripture?” The answer is simple: we are not choosing between them. We encourage both. One of the great strengths of the Catechism is that it teaches us to ask questions we might not think to ask on our own. Many Christians have memorized Bible verses, which is a wonderful thing. Yet it is possible to know Scripture without ever stopping to ask how those passages answer the practical and theological questions of the Christian life. The Catechism helps us make those connections.

For example, many Christians have heard the phrase, “sin is sin,” and would assume that all sins are equal in every respect. Yet when the Catechism asks, “Are all transgressions of the law equally heinous?” the answer may surprise us. The beauty of that moment is that one who is working through the catechism should ask, ‘*Wait, what? Why?*’ And then proceed to look up the Scripture references.

The Catechism is not a replacement for the Bible. Rather, it is a guide that helps us organize, understand, and apply the Bible's teaching to the whole of life. For that reason, every answer is supported by Scripture references.

As you work on memorizing this week's question and answer, take time to study the passages listed below and see how what we confess is derived from God's Word. **If you do not have a copy of the Catechism with Scripture proofs, please speak with an elder and we will gladly provide one.** It will be easier to have a copy because these verses will all be printed out in their entirety.

Psalm 33:11
Isaiah 14:24
Acts 2:23
Ephesians 1:11-12

SUNDAY

Scripture: Luke 10:38-39

Reflection: Martha opened her home to Jesus. Mary did something equally important: she made room to receive Him. She stopped, sat at His feet, and listened. Our lives rarely become quiet on their own. There will always be another task to finish, another message to answer, another thing asking for our attention. Sometimes we must simply choose to stop. Not because stillness itself is holy, but because Christ has something to give us. This week, *Our Daily Worship* will be a little different. Rather than giving you more to accomplish, each day will invite you to slow down, receive something from God's Word, and enjoy the God who has graciously made Himself known to you.

Sit at His Feet- Psalm 131

Read the psalm slowly two or three times. Don't hurry to understand everything or finish an assignment. Pay attention to the picture David gives us of a quieted soul before God. What word, phrase, or image would you like to carry with you today?

Slow Down

Sometime today, take a quiet walk for 15–20 minutes. If possible, go somewhere you can enjoy God's creation. Leave the headphones behind and put your phone away. You don't need to accomplish anything on the walk. Practice being quiet and allow God to minister to you as you ponder Psalm 131, rather than filling the time with your talking to him.

Before You Go

Thank your Father for one thing you noticed or received from Him today. Ask Him to teach your soul to rest in Him.

<<<<<Catechism Corner>>>>>

Q. What are the decrees of God?

A. The decrees of God are, his eternal purpose, according to the counsel of his will, whereby, for his own glory, he hath foreordained whatsoever comes to pass.

Adults: Write the first letter of each word on paper. Use those letters as prompts and see how far you can get without looking at the answer.

Parents: Have your child draw a picture of one truth contained in the Q/A. Discuss it together, then recite the answer.

MONDAY

Scripture: Luke 10:40

Reflection: Martha was not distracted by something evil. She was distracted by “much serving.” Our lives are often the same. Work, family, church, friendships, and responsibilities are good gifts and worthy callings. Yet even good things can fill so much of our attention that we lose sight of the God who gave them. Scripture repeatedly calls God's people to stop—not because our responsibilities disappear, but because stopping reminds us that the world continues to turn without our constant activity. We are creatures, not the Creator. We can put something down because God never does. Today, receive His invitation to be still and remember who He is.

Sit at His Feet — Psalm 46:10–11

Read these verses and ask yourself, what does “knowing God” have to do with being still? . What does God want you to remember about Him when you stop?

Slow Down

Find a place to spend 15 minutes alone. And then just stop. Don't do anything. You may be surprised how difficult it is. Leave your phone, and all other distractions away from you. Just practice what the scripture says... Be still.

Before You Go

Thank your Father that His care for the world does not depend upon your constant activity. Ask Him to help you return to today's responsibilities with a quieter heart.

<<<<<Catechism Corner>>>>>

Q. What are the decrees of God?

A. The decrees of God are, his eternal purpose, according to the counsel of his will, whereby, for his own glory, he hath foreordained whatsoever comes to pass.

Adults: Read the Q/A several times. Look up a couple Scripture proofs and meditate on it this week.

Parents: Explain one key word, then say the answer together.

TUESDAY

Scripture: Luke 10:39

Reflection: Mary “sat at the Lord's feet and listened to his teaching.” Listening sounds simple, but it actually takes effort to do it well. Sometimes it is easier to read, then to actively listen without getting distracted. We analyze it, underline it, study it. All of those activities can be useful, but God's Word is also His Word **to us**. Through Scripture, our Shepherd speaks and His sheep hear His voice. Today, rather than trying to cover a certain amount of Scripture or learn something new, slow down and simply practice the art of listening.

Sit at His Feet — John 15

Find a time today where you can get alone and open the ESV Bible app or another audio Bible and listen to John 15. Don't read along. Don't take notes. Put the screen down, close your eyes if helpful, and simply listen. Imagine yourself among the disciples as Jesus speaks these words. What word, phrase, promise, or invitation catches your attention?

Slow Down

When the chapter ends, don't immediately go back to your day. Sit for ten minutes. Think of the words that caught your attention. Resist the urge to look something up or figure everything out. Simply receive what Christ has said and allow His words to remain with you.

Before You Go

Thank Jesus that He has not left you without His voice. Ask Him to cause His Word to abide in you and to bear fruit in your life today.

<<<<<Catechism Corner>>>>>

Q. What are the decrees of God?

A. The decrees of God are, his eternal purpose, according to the counsel of his will, whereby, for his own glory, he hath foreordained whatsoever comes to pass.

Adults: Write the answer twice. Notice the commas and use them to break the answer into smaller parts. Work on one part at time and bring each new part in as you are ready.

Parents: Write the answer with one word missing. Let your child fill it in. Repeat with different words.

WEDNESDAY

Scripture: Luke 10:42

Reflection: Jesus says that Mary “has chosen the good portion.” We usually think of a portion as something placed before us—a portion of food, an inheritance, something given for us to receive and enjoy. Long before Mary sat at Jesus' feet, David used that same language to describe his relationship with God: “The LORD is my chosen portion and my cup.” The greatest gift God gives His people is not merely what comes from His hand, but God Himself. Mary had the good portion because Christ was before her, speaking His Word and giving Himself to her. Today, slow down long enough simply to enjoy something God has given you, and let that gift turn your heart toward the Giver.

Sit at His Feet

Read Psalm 16 slowly. Pay particular attention to verses 5–6 and 11. What does David mean when he calls the LORD his “chosen portion”? What does he find in God's presence?

Slow Down

Choose something simple you enjoy—a cup of coffee or tea, a piece of fruit, a favorite snack, or even a meal. Sit down and enjoy it without being hurried, and without doing anything else. Notice and enjoy what you have received. Let this small gift remind you of the Giver, and of the greater truth: **the Lord Himself is your portion.**

Before You Go

Thank your Father for the simple gift you just enjoyed. Then thank Him for the infinitely greater gift of giving Himself to you in Christ.

<<<<<Catechism Corner>>>>>

Q. What are the decrees of God?

A. The decrees of God are, his eternal purpose, according to the counsel of his will, whereby, for his own glory, he hath foreordained whatsoever comes to pass.

Adults: Write the first letter of each word on paper. Use those letters as prompts and see how far you can get without looking at the answer.

Parents: Have your child draw a picture of one truth contained in the Q/A. Discuss it together, then recite the answer.

THURSDAY

Scripture – *Luke 10:38, 42*

Reflection: Martha did something beautiful: she welcomed Jesus into her home. Her trouble began only when the preparations became so consuming that she lost sight of the reason for them. We can do the same. We invite someone over, then worry about the house, the food, or everything that needs to be done before they arrive. Soon the gift of hospitality becomes another source of anxiety. But the meal is not the point. The clean house is not the point. **The people are the point.** Christian hospitality makes room for another person—and then refuses to let the “many things” steal the joy of being together. Perhaps one way to practice what we have learned this week is simply to open our homes again.

Sit at His Feet — 1 Peter 4:8–10

Meditate on this passage. What is the simple command Peter gives?

Slow Down

Think of a friend, neighbor, church member, or someone you would simply enjoy knowing better. Before the day is over, contact them and arrange a time to get together—coffee, dessert, a meal, or something simple.

When the day comes, resist the “many things.” Don't make the house, food, or preparations more important than they need to be. Make it pleasant... but make it simple. Prepare with Christ, welcome your guest with Christ, and then **sit down and enjoy the person God has placed before you.**

Before You Go

Ask your Father to make your home and your life places where others are gladly welcomed. Ask Him to keep the many things from distracting you from the better gifts of His presence and the people He gives you to love.

<<<<<Catechism Corner>>>>>

Q. What are the decrees of God?

A. The decrees of God are, his eternal purpose, according to the counsel of his will, whereby, for his own glory, he hath foreordained whatsoever comes to pass.

Adults: Try writing out the answer with no prompts. Go as far as you can. If you need to peek, go ahead. Then try again until it becomes easier.

Parents: Ask your child if they have questions about the answer. Say it three times together in a comfortable rhythm, then pray for God to help you understand this truth.

FRIDAY- CATECHISM PRACTICE AND REVIEW

Use today for strengthening what you have practiced throughout the week. Do not worry if you cannot remember the answer perfectly at first. Try to recall as much as you can, use the helps provided, then try again. Memory grows through repeated, prayerful practice. Parents, engage your children by asking them to “help” you remember.

Fill in the blanks:

Q. What are the decrees of God?

A. The _____ of God are, his eternal _____, according to the _____ of his will, whereby, for his own _____, he hath foreordained _____ comes to pass.

First-letter prompt:

T____ d____ o____ G____ a____, h____ e____ p____, a____ t____ t____
c____ o____ h____ w____, w____, f____ h____ o____ g____, h____ h____ f____
w____ c____ t____ p____.

Write it from memory (attempt 1):

Write it from memory (attempt 2):

Look Back: Long-term memory grows through review. After practicing this week’s question, go back and review **Q#1 and Q#6** from previous weeks. Try to recite each answer from memory before looking. If you need help, read it once, then cover it and try again.

This Week In Focus:

Month of August

Deacon Fund Offering – *This month, please prayerfully consider giving to the Deacon Fund using the green envelopes. This offering goes to meet the needs of those in our community.*

Upcoming Events

Sunday, August 30

Church Anniversary/Celebration of Per's Service with Free Grace Open House – 4:00-6:30pm at the Almquists. *Bring your favorite ice cream topping! Also, come prepared to share a favorite memory of the Almquists or something they have done that blessed you. Write it down or share it with all of us (or both).*

Friday, September 4

First Friday Fellowship – 5:45pm at the Lees

Regular Rhythms of Grace

Sunday Small Group Study – “Your Walk With God is a Community Project” – 6-8pm weekly at the Pauley's (beginning September 20)

First Friday Fellowship – 5:45pm – Location to be announced each month

Second Sunday Discussion – 2nd Sunday, 15 minutes after worship ends – (Family-style conversations on a rotating topic.)

Second Saturday Men's Breakfast – 2nd Saturday, 7:30-9:00am, at the church

Praying for Prodigals – 3rd Sunday, 8:30am in the pastor's office

Don't Forget

- If you would like to begin **the discipleship journey of the Turning Table**, ask any elder and the material will be provided. Simply read the book and/or listen to the podcasts, schedule a time to meet and discuss over coffee/tea, and then keep moving through the journey. You can start anytime.
- 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