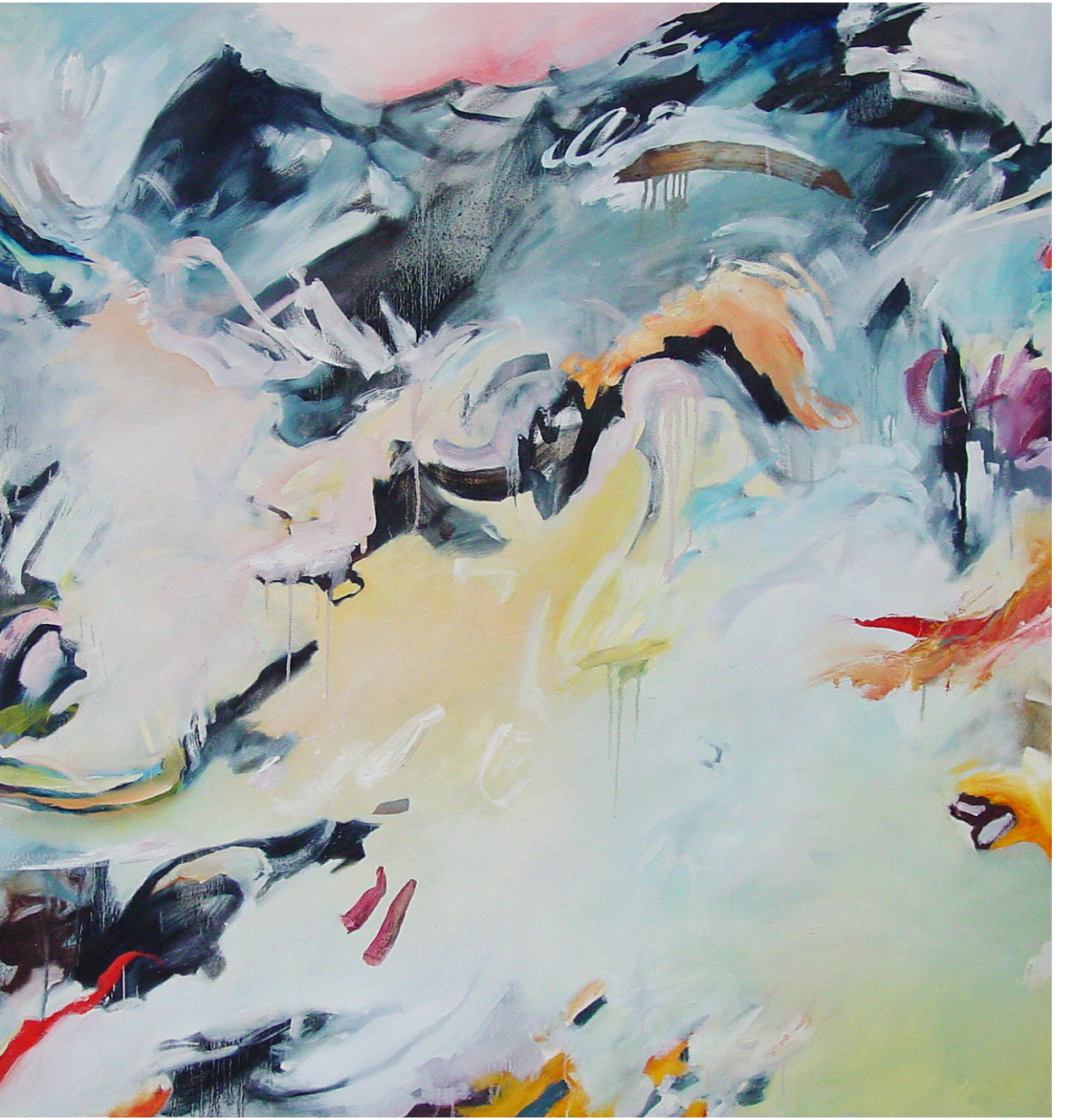


November 22, 2026

A Companion for the Journey

Free Grace Presbyterian Church

Some Thoughts for Reflection

As a seasoned pastor, John Calvin comments that "even when we seem to have largely experienced what this protection of God implies, we yet instantly tremble at the noise of a lead falling from a tree, as if God had quite forgotten us." We therefore we need to say or sing Psalm 121 repeatedly, not only to ourselves but to one another by way of frequent reminder.

Christopher Ash
British Anglican pastor

God is our refuge and strength, a very present help in trouble.
Psalm 46:1

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.
Psalm 23:4

None are so safe as those whom God keeps; none so much in danger as the self-secure.

Charles Spurgeon
19th–century English Baptist preacher

"Holy Father, keep them in your name, which you have given me."
John 17:11

He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the LORD, "My refuge and my fortress, my God, in whom I trust."
Psalm 91:1-2

Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? As it is written, "For your sake we are being killed all the day long; we are regarded as sheep to be slaughtered." No, in all these things we are more than conquerors through him who loved us. For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.
Romans 8:35-39

What is there tonight that you imagine is a problem to God? What issue in your life, as in my life, is cause of concern that cannot be put right and cannot be resolved by a sovereign creator who made absolutely everything that is?

Derek Thomas
Welsh Presbyterian pastor

The great danger of Christian discipleship is that we should have two religions: a glorious, biblical Sunday gospel that sets us free from the world, that in the cross and resurrection of Christ makes eternity alive in us, a magnificent gospel of Genesis and Romans and Revelation; and, then, an everyday religion that we make do with during the week between the time of leaving the world and arriving in heaven. We save the Sunday gospel for the big crises of life. For the mundane trivialities…we use the everyday religion of the *Reader's Digest* reprint, advice from a friend, an Ann Landers column, the huckstered wisdom of a talk-show celebrity. We practice patent-medicine religion. We know that God created the universe and has accomplished our eternal salvation. But we can't believe that he condescends to watch the soap opera of our daily trials and tribulations; so we purchase our remedies for that.

Eugene Peterson
Presbyterian pastor, poet, and author

GOD SUMMONS US BY HIS GRACE

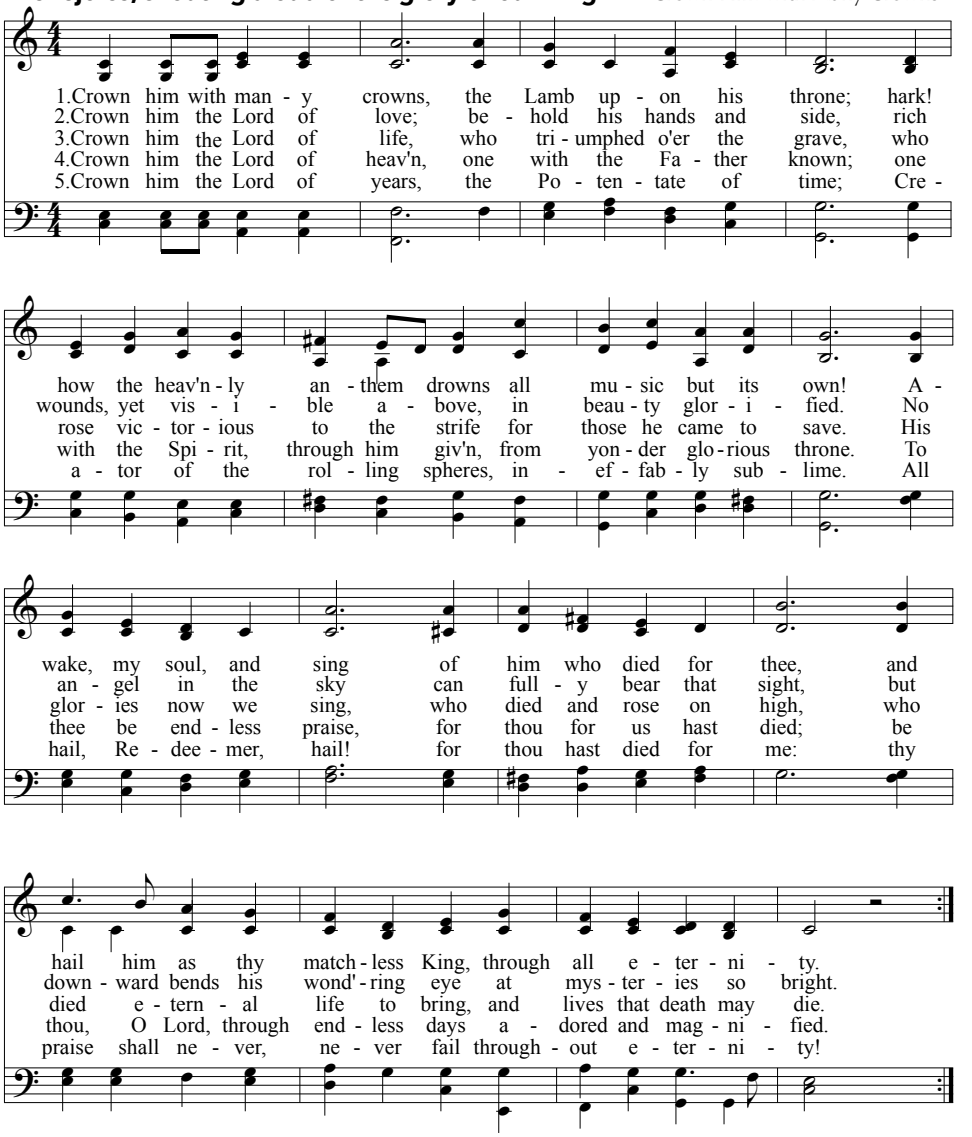
Leader: The kingdom of the world has become the kingdom of our Lord and of his Christ, and he shall reign forever and ever. — Revelation 11

People: We give thanks to you, Lord God Almighty, who is and who was, for you have taken your great power and begun to reign.

Leader: Rejoice greatly, O daughter of Zion! Shout aloud, O daughter of Jerusalem! Behold, your king is coming to you; righteous and having salvation is he, humble and mounted on a donkey, on a colt, the foal of a donkey. — Zechariah 9

People: Blessed is the King who comes in the name of the Lord! Peace in heaven and glory in the highest! — Luke 19

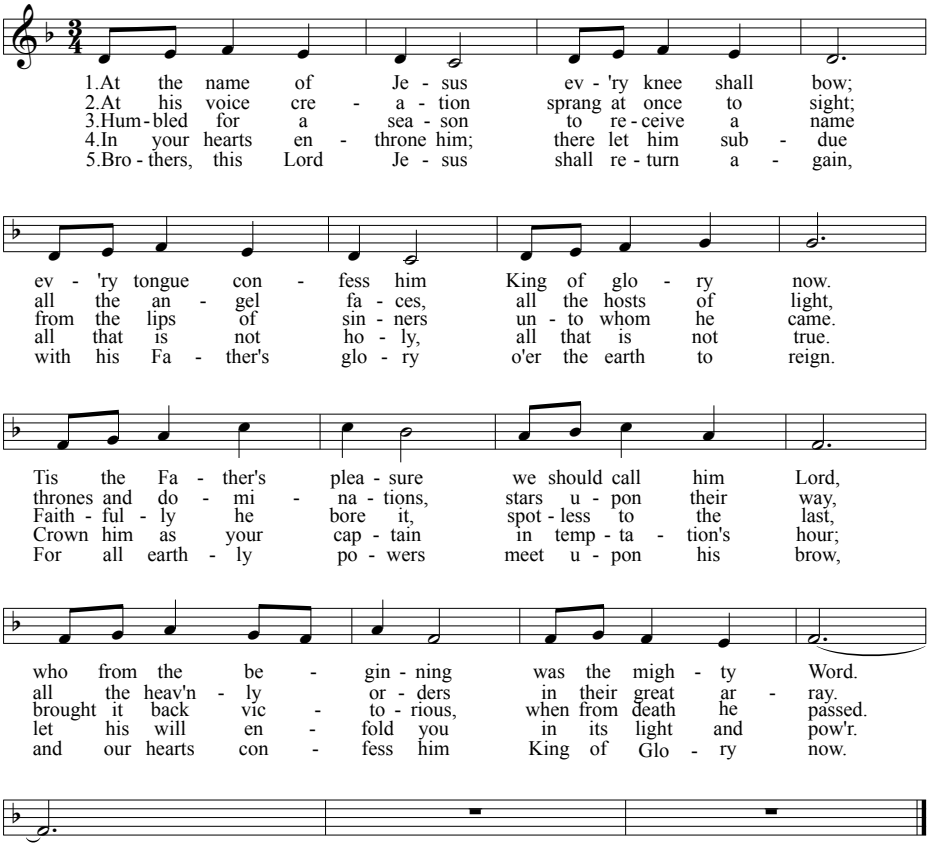
We rejoice, shouting aloud of the glory of our King "Crown Him with Many Crowns"



The call to worship is a reminder that our worship is not merely a human meeting, planned and controlled by our human agendas, but a divine appointment. By it we are called to lay aside our agendas, to realize where we are, and to yield to God our full attention and awareness.

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

"At the Name of Jesus"



GOD SANCTIFIES US BY HIS GRACE

God calls us to see our sin

Jesus also told this parable to some who trusted in themselves that they were righteous, and treated others with contempt: "Two men went up into the temple to pray, one a Pharisee and the other a tax collector. The Pharisee, standing by himself, prayed thus: 'God, I thank you that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. I fast twice a week; I give tithes of all that I get.' But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, 'God, be merciful to me, a sinner!' I tell you, this man went down to his house justified, rather than the other. For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted."

Luke 18

If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

1 John 1

When we humble ourselves, we confess our sins and our need for Jesus Christ and God responds assuring us that Christ's death paid the price of our sin once for all. We are not forgiven again, rather we are reminded that Christ's sacrificial death guarantees our forgiveness once for all.

We humble ourselves, admitting our sin and resting in his faithfulness

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, exalting us in Christ

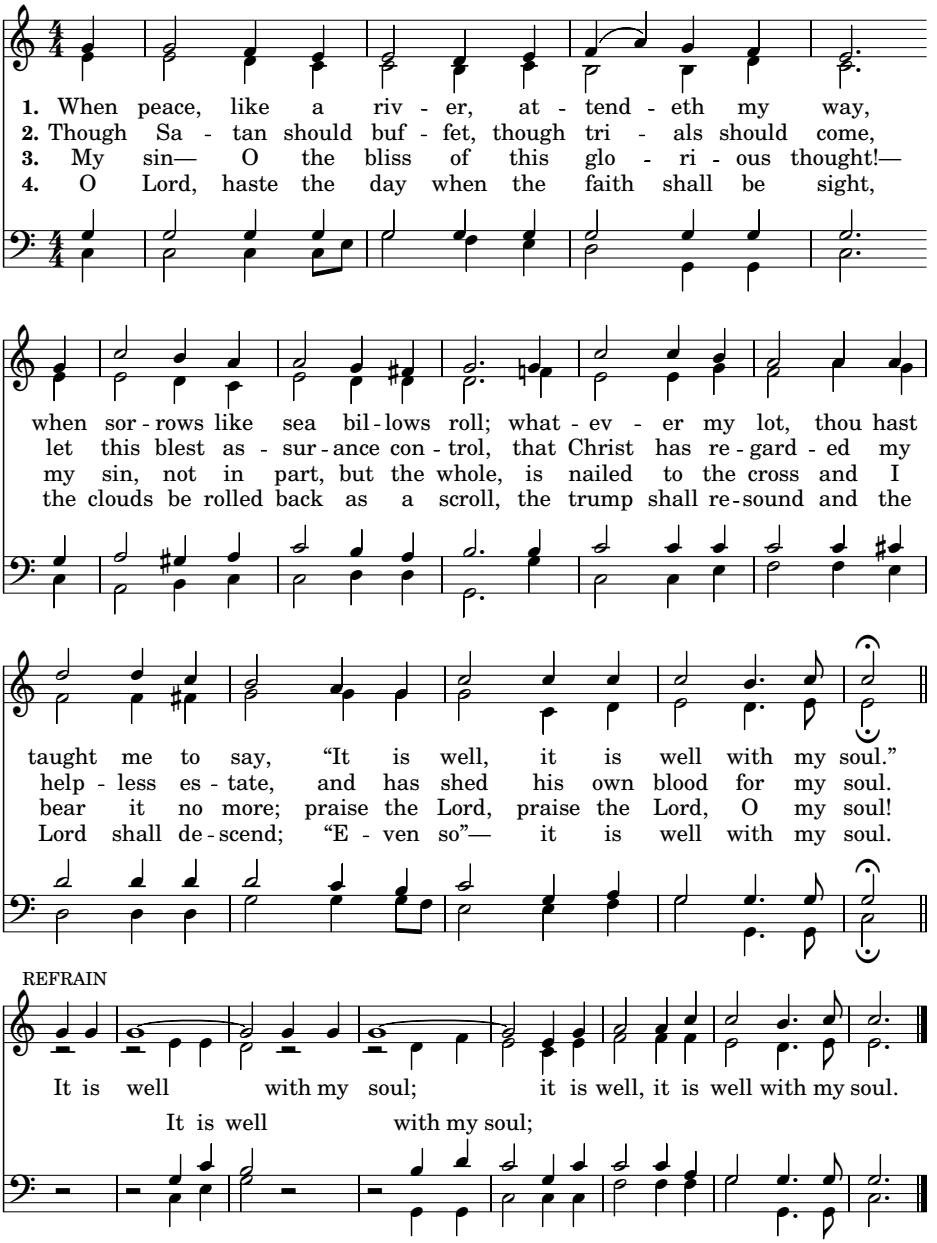
For in him all the fullness of God was pleased to dwell, and through him to reconcile to himself all things, whether on earth or in heaven, making peace by the blood of his cross. And you, who once were alienated and hostile in mind, doing evil deeds, he has now reconciled in his body of flesh by his death, in order to present you holy and blameless and above reproach before him.

Colossians 1

1 John 4

We praise the Lord, finding peace in the death and resurrection of Jesus Christ

"It Is Well with My Soul"



The joy of faith in Jesus Christ is that we can cry "It is well with my soul" with perfect assurance, knowing that it is only because of his life and death that it can be well with our souls no matter the circumstances of life.

GOD SPEAKS WITH US BY HIS GRACE

Psalm 121

A Song of Ascents.

1 I lift up my eyes to the hills.
From where does my help come?
2 My help comes from the LORD,
who made heaven and earth.
3 He will not let your foot be moved;
he who keeps you will not slumber.
4 Behold, he who keeps Israel
will neither slumber nor sleep.
5 The LORD is your keeper;
the LORD is your shade on your right hand.
6 The sun shall not strike you by day,
nor the moon by night.
7 The LORD will keep you from all evil;
he will keep your life.
8 The LORD will keep
your going out and your coming in
from this time forth and forevermore.

Leader: This is the Word of the Lord.
People: Thanks be to God!

In the Scriptures… God daily comes to his people, not from afar but nearby. In it he reveals himself, from day to day, to believers in the fullness of his truth and grace. Through it he works his miracles of compassion and faithfulness.
Herman Bavinck

Sermon

Rev. Dr. Per Almquist

A Companion for the Journey

Delighting in the Law of the Lord

Our help comes from the Lord

1) Our help keeps safe (**3-4**)

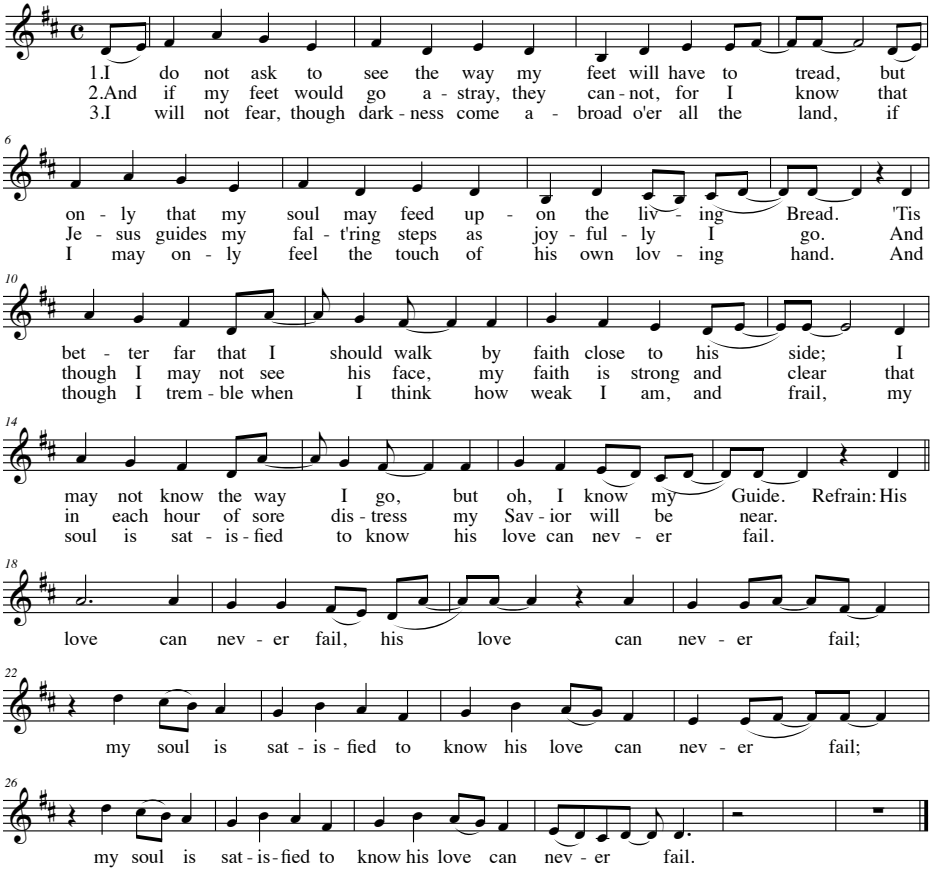
2) Our help keeps sheltered (**5-6**)

3) Our help keeps secure (**7-8**)

Preaching is how we learn to think God's thoughts after him in this world.

We rest and rejoice in our companion for the journey, our help no matter what

"His Love Can Never Fail"



For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Romans 8

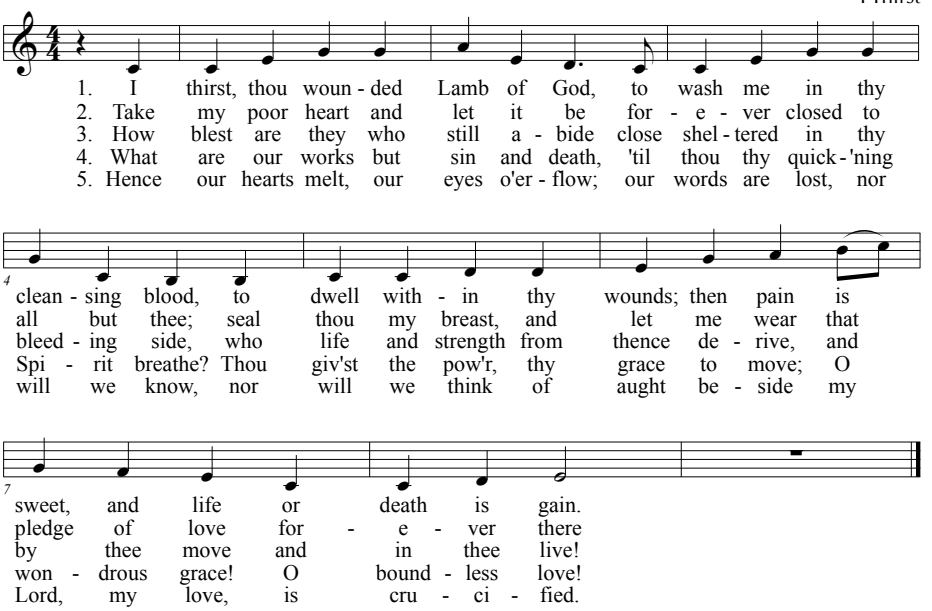
GOD STRENGTHENS US BY HIS GRACE

The Lord's Supper seals to the participant the great love of Christ… It assures the believing participant… that he was personally the object of that incomparable love.
Louis Berkhof

Through the Lord's Supper we look to our help, to the love of God in the death of Jesus Christ

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.

"I Thirst"



We look to the Lord for our help, trusting in him as we give our tithes, our offerings, and our lives in faith in him

"Psalm 121"

To the hills I lift my eyes;
whence shall help for me arise?
From the Lord shall come my aid,
who the heav'n and earth has made.
He will guide through dangers all,
will not suffer thee to fall.
He who safe his people keeps,
slumbers not and never sleeps.

Thy protector is the Lord,
shade for thee he will afford.
Neither sun nor moon shall smite;
God shall guard by day and night.
He will ever keep thy soul;
what would harm he will control.
In the home and by the way
he will keep thee day by day.

The church has sung the Psalms for 3000 years–from their writing to today–for in the Psalms we find images and words that help us express all that we feel, from joy to sorrow, from peace to pain, from doubt to faith. They live and breathe because they are Scripture, God-breathed to comfort, teach, and give expression to the full range of human emotion in worship of him.

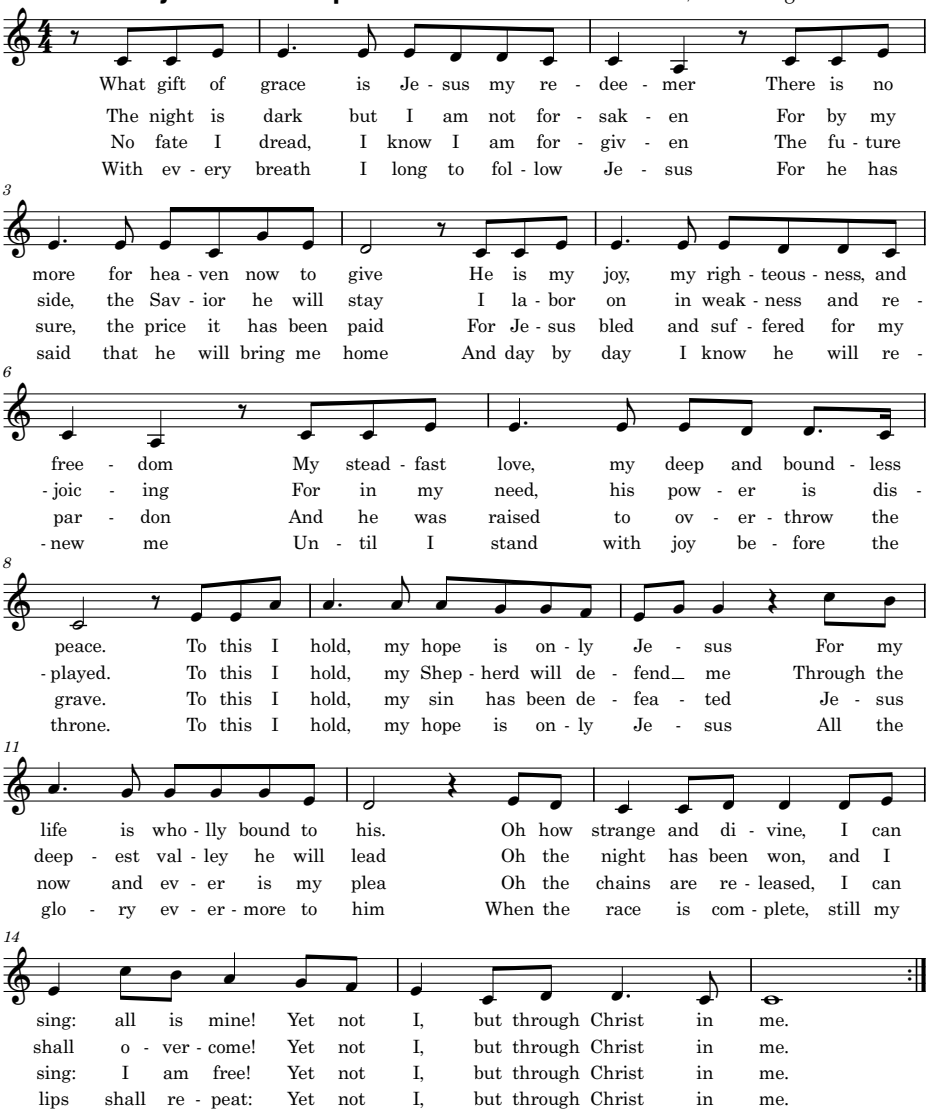
We look to the Lord in prayer, giving thanks for his help that we have already received even as we look to him to help in our times of need

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

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

We rest and rejoice in our help in life "Yet Not I, But through Christ in Me"



The Lord, our help, puts his name upon us

Numbers 6

Leader: The LORD bless you and keep you; the LORD make his face to shine upon you and be gracious to you; the LORD lift up his countenance upon you and give you peace.

People: Amen

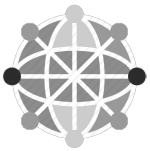
Please stay and join us for a time of enjoying each other's company.
This is a time to share in life together as the gospel calls us
as we reconnect with those we know, and as we meet someone

You can not struggle with something too big for God to take care of it. You struggle as a person, God cares for you as God. You struggle as a finite creature with finite things, he responds as the infinite Creator of all things.

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:



Brian Cosgrove
Rev. Adam Lee
Ken Morris
Ben Van Dyke

Credits

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Jocelyn Crawford, *voice*; Connor Crawford, *voice*; Beth Almquist, *piano*

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This Week In Focus:

Month of November

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.*

Today

Advent Decorating – *after the service – Stick around and help decorate for advent.*

Small Group Study – *"Your Walk With God is a Community Project" – 4-6pm at the Pauley's*

Upcoming Events

Sunday, November 29

Small Group Study – *"Your Walk With God is a Community Project" – NO MEETING*

Friday, December 4

Christmas Fellowship – *5:45pm at the church – Bring"Mom's best" dish or a childhood favorite dish to share and come have fun…invite a friend if you'd like!*

Sunday, January 3

Retirement Luncheon for the Cosgroves – *at the church shortly after the service.*

Regular Rhythms of Grace

Sunday Small Group Study – *"Your Walk With God is a Community Project" – 4-6pm weekly at the Pauley's*

First Friday Fellowship – *5:45pm at the church.*

Ladies Study/Fellowship – *Fridays (except the First Friday), 6:30-8:30pm at the church (2nd & 4th Fridays are Study, 3rd & 5th Fridays are Fellowship) See Shannon or Sarah*

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

Second Saturday Men's Breakfast – *2nd Saturday, 8:00am, at Roy's in Auburn*

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

broken people
bound together in Christ
for God's glory



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