

## What's happening at First Free?

For a full schedule of events and activities, visit [firstfreechurch.org/events](http://firstfreechurch.org/events)



**VACATION BIBLE CAMP**

VBC is coming **JUNE 16-20, 2025**

- 9:00 a.m. - 12:00 noon daily
- For all kids entering preschool through entering sixth grade.
- WE NEED VOLUNTEERS!**
- Register your child or sign-up to volunteer by scanning the QR code
- Visit the **DONATION STATION** in the foyer.
- More info at [firstfreechurch.org/vbc](http://firstfreechurch.org/vbc)

### Missionary Speakers

**Today**, after the service, grab a donut and coffee and head to room 103 to listen to David and Jul Stone talk about their decades of mission work and their passion to help equip the new generation of missionaries with cross-cultural tools.

### Baptism class

Our first summer church picnic will be **June 22** at Lake Nokomis after morning worship. We will also have a baptism ceremony at the lake. If you are interested in being baptized, come to the **baptism class** that happens *next week (June 1)* at **9 a.m.** You can sign-up at [firstfreechurch.org/events](http://firstfreechurch.org/events).

### VBC work days

Come help prepare for Vacation Bible Camp the mornings of **June 3 and June 9** from **9-noon**. We'll be decorating, painting sets, organizing supplies, and doing general VBC preparations. No experience or special skills are necessary. Kids must be accompanied by an adult. Snacks will be provided. Contact Carrie at [carrie.boyum@firstfreechurch.org](mailto:carrie.boyum@firstfreechurch.org) with any questions.

### Visitation Team luncheon

Would you like to know more about our home and hospital visitation team? Join us at our annual visitation team lunch on **June 8 at 11:45 a.m.**, where we share our experiences and learn from each other. We also take time to thank those who have been visiting already! We'd love to have you! Email Allie and Jeanine at [nurses@firstfreechurch.org](mailto:nurses@firstfreechurch.org) for more information.

612.827.4705 | [FIRSTFREECHURCH.ORG](http://FIRSTFREECHURCH.ORG)

## Sermon Notes

Pastor Paul Anleitner • May 25, 2025

### PRACTICES: PRAYER VARIOUS SCRIPTURES

#### Key spiritual formation insight

We \_\_\_\_\_ what we \_\_\_\_\_ .

Spiritual formation is the process by which your desires, values, habits, and identity are shaped—consciously or not—into a particular image.

The ultimate \_\_\_\_\_ of who \_\_\_\_\_  
is Christ.

#### Prayer insights

Prayer is the practice of \_\_\_\_\_ to what is most  
worthy of our attention—God.

Practices of prayer that can retune your attention:

- 1.
- 2.

Some ways to change your body posture in prayer:

Space to practice

The Examen Prayer

### Worship Songs

- *Surely As the Morning*, Kirk Sauers and Paul Ranheim.
- *Slow Me Down*, K. Bluett, L.A. Jordan, M. Kaemingk, S. McCracken, and W. Kimbrough.
- *Hymn of the Holy Spirit*. Pat Barrett, Brenton Brown, Chris Tomlin, Jason Ingram.
- *Lilies and Sparrows*, Jess Ray.