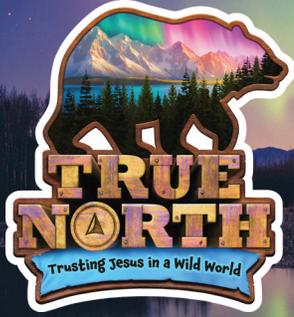


## What's happening at First Free?

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
- 🐾 More info at [firstfreechurch.org/vbc](http://firstfreechurch.org/vbc)



### 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 **next week—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.

### Church picnic & baptisms

On **June 22**, after morning worship, head to Lake Nokomis where we will have a baptism service and church picnic. The Faithbuilders class is organizing an old-fashioned First Free picnic-potluck. Those with names starting with A-N are asked to bring a dessert. Those whose names begin with O-Z are asked to bring a salad. Sandwiches and drinks will be provided. Bring your own blankets and chairs.

### Give

The generosity of your gifts is appreciated and makes it possible for our church to minister to those in our body and beyond. Offering boxes can be found in the foyer. You can also give online at [firstfreechurch.org/giving](http://firstfreechurch.org/giving) or scan this QR code.



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

## Sermon Notes

Pastor Jay Pound • June 1, 2025

### PRACTICES: FASTING VARIOUS SCRIPTURES

What is fasting?

- Fasting is a deliberate \_\_\_\_\_ of normal life in \_\_\_\_\_ to the activity of God (Matthew 4, Acts 13).

When should we fast?

- As a response to a \_\_\_\_\_ moment, event or calling (Matthew 4, Exodus 34).
- As a response to our own \_\_\_\_\_ (Leviticus 23.27-28; 1 Samuel 7).
- In response to a tragic \_\_\_\_\_ (Esther 4, Psalm 35.13).

Why should we fast? (Why not just pray?)

- Fasting is an \_\_\_\_\_ practice that engages our body and soul— a \_\_\_\_\_ response (Joel 2.12-17).
- Fasting \_\_\_\_\_ to our frailty and total dependence upon God (Matthew 4:4).

### Worship Songs

- *Just A Closer Walk With Thee*, traditional gospel hymn.
- *The Old Rugged Cross*, George Bennard.
- *Sweet By and By*, Sanford F. Bennett.
- *I Saw the Light*, Hank Williams.
- *Behold The Lamb*, Keith Getty, Kristyn Getty, and Stuart Townend.