

What's happening at First Free?

For a full schedule of events and activities, visit firstfreechurch.org/events



First Free night at the ballpark

Come out on the evening of **July 9** for a night at Target Field to watch the Twins take on the Cubs, organized by the Wednesday night men's small group. Game tickets are \$27 each and are in Family Section 324 (no alcohol is allowed). Admission includes a hot dog and soft drink. If you are interested in going, please contact Kyle Bragg at braggova1@gmail.com ASAP to confirm the number of tickets you would like and to arrange payment and electronic ticket transfer. Everyone is welcome!



Live music in the neighborhood

On **July 1 at 7 p.m.** enjoy live, local music in our neighborhood community at Carbone's on Cedar Ave as our resident drummer Allan Guidon and his band "Art Department" play instrumental jazz, blues, Latin, and groove music. Come bless a local business, invite a friend, and connect people in our church to others in our neighboring communities of South Minneapolis. Contact Allan Guidon for more information: allenguindon@me.com.



Board game community night

Join us in room 105-106 on **July 6 at 3 p.m.** as we build a new community of board game enthusiasts. If you enjoy casual games, card games, strategy games, or thematic games, this is the night for you! Feel free to bring your favorite games, a friend, or just yourself! Questions? Contact Garth Natwick at 651-332-3485.



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 or scan this QR code.

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Sermon Notes

Pastor Jay Pound • June 29, 2025

PRACTICES: MEDITATION

VARIOUS SCRIPTURES

What do we mean by meditation?

- The purpose of meditation as a Christian practice is not to _____ your mind, but to fill it God's word.
- *Hagah* (Hebrew) — mutter or murmur, ponder repeatedly, imagine.
- Definition: continuous _____ and deep _____ that leads to _____ . (Psalm 1:3, Deuteronomy 6:6-9)

Why should followers of Jesus meditate on God's word?

- Because God _____ his word (& us!) for meditation. (Psalm 1:3)
- Because meditation is a tool that allows God's word to _____ and _____ us. (Deuteronomy 6, Romans 1)

Example: What happens when you meditate on the story of Joseph in Egypt?

Worship Songs

- *Open Up the Heavens*, M. Andrews, S. Garrard, J. McDonald, and A. Rozier.
- *In the Valley*, Jonathan Robinson, Rich Thompson, and Tim Challies.
- *All Who Are Thirsty*, Brenton Brown and Glenn Robertson.
- *Spirit Move*, Kate Bluett, Paul Zach, Isaac Wardell.