

What's happening at First Free?

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



No Children's Church

There will be no Children's Church for the remainder of the summer; elementary kids will stay in the service for its entirety. The Nursery and Preschool room will be available for the whole service.



Board game community night

Join us in room 105-106 on **TODAY 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.



Velocity high school hang-out

High school students are invited to a cookout/pool party at the Ogrens' (6844 Knox Ave S Richfield, MN) from **5-9 p.m.** on **Saturday, July 12th**. Enjoy some burgers and hot dogs and hang out with friends in the pool or by the fire pit. There will also be cornhole and kickball! For more information contact Jake Weikel at jake.weikel@firstfreechurch.org



Safety Team volunteers needed

We're seeking men over the age of 18 to join the church's Safety Team, which plays a vital role in protecting our congregation and property on **Sunday mornings**. As the first point of contact, you'll welcome newcomers, identify any health or safety issues, and help ensure a safe environment for everyone in our building. Email paul.anleitner@firstfreechurch.org for more information.



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 • July 6 2025

PRACTICES: SOLITUDE

MARK 1:35-36; LUKE 5:12-16; 1 KINGS 18-19

No single regular practice of Jesus' spiritual life gets less attention than

_____.

- "_____ in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed." (Mark 1:35 NIV)
- "But Jesus _____ withdrew to the wilderness for prayer." (Luke 5:16 NLT)

What can we learn from Jesus' practice of solitude?

- Solitude is more than the absence of people or activity, it is the _____ from the demands of life to prioritize time with God.
- There is no path to intimacy with God that does not include _____ with God.

Next Steps

1. _____
2. _____
3. _____

Worship Songs

- *How Great Thou Art*, Carl Boberg, Stuart K. Hine.
- *Wonderful Merciful Savior*, Dawn Rodgers and Eric Wyse.
- *Jesus Is*, Taylor Leonhardt.
- *Behold The Lamb*, Keith Getty, Kristyn Getty, and Stuart Townend.