

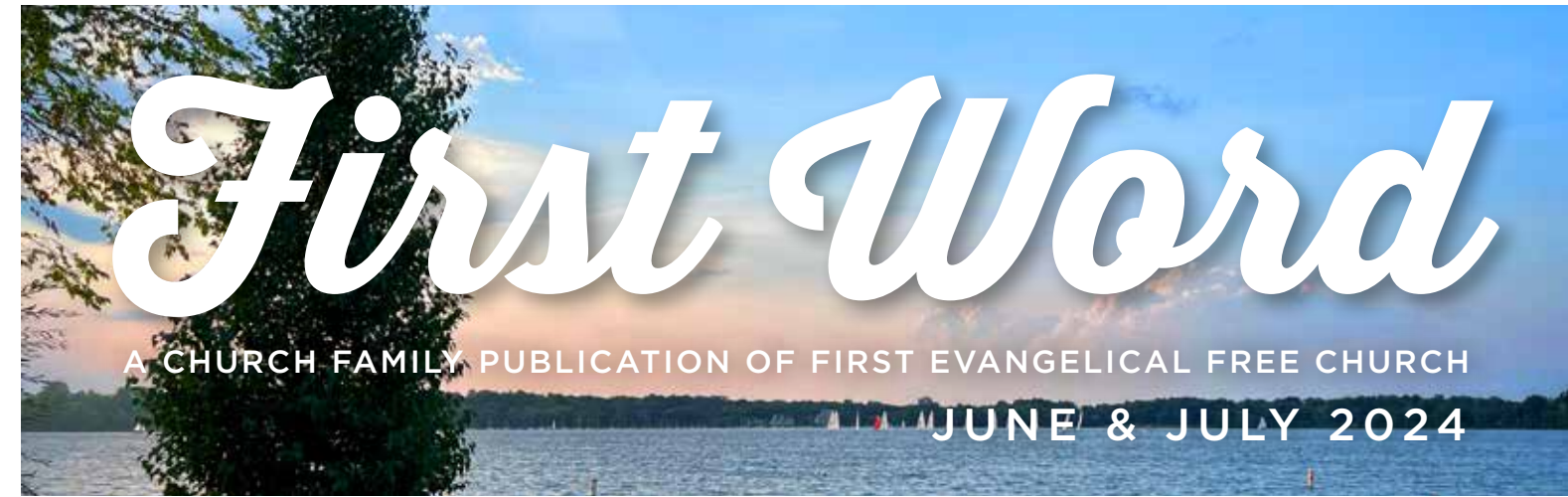


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## *He Gets Us* BY PASTOR JAY POUND

*"In the beginning was the Word, and the Word was with God, and the Word was God...The Word became flesh and made his dwelling among us." (John 1:1, 14, NIV).*

The gospel of John famously begins not with a genealogy or a birth narrative, but with a hymn of worship to God, who because of his great love for us, took on flesh and lived among us. This great and wonderful mystery that John celebrates is what we call the incarnation. In Jesus, God became fully human—and yet remained fully God. God did this not just to show off, nor for his own enjoyment, but to rescue us from our sin and restore us to life with him. He became like us so that we might become like him.

The biggest and most obvious result of the incarnation was salvation. Jesus joined us "under the law...that we might receive adoption as sons" (Galatians 4:4-5). That certainly is a great gift—the greatest gift. But the author of Hebrews reminds us of another: we have in Jesus a great high priest who can empathize with our weaknesses, "who has been tempted in every way, just as we are—yet he did not sin" (Hebrews 4:14-15).

This is a profound statement about the incarnation, an affirmation that Jesus did not merely "appear" human, but that he was actually a fully human being. He didn't just look like us and eat like us, he had the full human experience—he was tempted in every way.

Being the Word made flesh did not exempt Jesus from the human life—as we still experience it today. Jesus was tempted, he faced stressful situations, he encountered, dealt with and lived among difficult people. He faced nights with too little sleep, days with too much activity, and he even faced disappointment and sorrow during his own ministry. He was well acquainted with all of these staples of normal life—and more besides. And that means that when we find ourselves in those same situations, we are not alone. We have a good God who can understand, and who has the power to help.

We have titled our sermon series this summer, "Jesus Gets Us." Each week we will focus on an area of temptation or struggle in human life, and together, we will look at a time when Jesus faced these same struggles. Our hope is that we will learn from how Jesus responded,

and that we will be encouraged as we are reminded that he knows what we are going through. We hope you will join us! 🙏

### Summer sermon series: *Jesus Gets Us*

- June 9 • He Gets Anxiety
- June 16 • He Gets Temptation
- June 23 • He Gets Guilt
- June 30 • He Gets Desperation
- July 7 • He Gets Exhaustion
- July 14 • He Gets Fear
- July 21 • He Gets Grief
- July 28 • He Gets Excitement
- August 4 • He Gets Insecurity
- August 11 • He Gets Anger
- August 18 • He Gets Ridicule
- August 25 • He Gets Love
- Sept 1 • He Gets Disappointment

## Summer Book Club

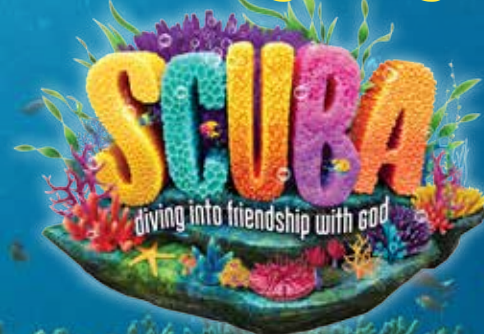
Beginning June 9  
11:30 a.m. @ First Free

We will be reading *God and Money: How We Discovered True Riches at Harvard Business School*

For more information visit [firstfreechurch.org/events](http://firstfreechurch.org/events)

## VACATION BIBLE CAMP

June 17-21 • 9 am-noon  
Kids entering K-6 grade



Kids and volunteers register:  
[firstfreechurch.org/vbc](http://firstfreechurch.org/vbc)



## *Thank You Jason and Emm*

Scripture is full of "Thank You" notes. In the Old Testament, Nehemiah listed those who helped build the wall around Jerusalem. At the end of Romans, Paul puts together a whole list of people he wants to thank—from Priscilla and Aquila to Philologus and Olympus. In Philippians, Paul tells the church how much he appreciated Timothy and Epaphroditus.

On **Sunday, July 21** we will get the opportunity to say "Thank You" to Jason and Emm Pensa for Jason's nine years as our Student Pastor. On that Sunday morning we will celebrate Jason's faithfulness in leading our Velocity student ministry in our worship service and enjoy special treats during fellowship time. We will also have a basket for cards. 🙏



## Our Mission

TO HELP  
INDIVIDUALS BECOME  
CHRIST-CENTERED &  
CHRIST-SENT TOGETHER

### FIRST FREE STAFF

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## New Members

In a report, titled, "Hardwired to Connect" put out by the Commission on Children at Risk they talked about the deteriorating mental and behavioral health of children in the US. They highlighted the high and rising rates of depression, anxiety, attention deficit and conduct disorders, and thoughts of suicide. And then they asked the question: what is causing this crisis? Listen to their answer: "In large measure, what's causing this crisis of American childhood is a lack of connectedness. We mean two kinds of connectedness—close connections to other people, and deep connections to moral and spiritual meaning."

In other words what this special commission discovered was that you and I were designed for relationships; we are hardwired to connect. And when we are not connected to others, when we don't have those close friendships, people who we can confide in, we are in danger. We are at risk. God has made us for relationships.

Our vision here at First Free includes people becoming connected to other believers. Scripture uses many metaphors for the church. We are the Body of Christ, the Bride of Christ, the Household of God and the People of God.

This past May, at our Annual Celebration we welcomed 10 new members to our family here at First Free. We are so thankful that God has lead them to join us on mission—to help individuals become Christ-Centered and Christ-Sent together. 🙏



Jack & Eliana Nordell



Kristel & Tim Barber



Jim McNaughton



Kimber & Ted Carter



Julie & Dan Fergus



Ron Skanse

### Staff Update

Beginning this July, **Carrie Boyum**, our Children's Ministry Director will go to full-time on our ministry staff. Since May of 2020, Carrie has been our Children's Ministry Director for 30 hours/week. Under Carrie's leadership our Creekside children's ministry has continued to be strong as they encourage kids to KNOW God, GROW in God, and SHOW the love of God to others.



### More Church Family News

🎉 Congratulations to Hannah and Bryant Dittmer on the birth of their son **Frederick (Freddy) Edmund Dittmer**, on May 26.

🙏 Condolences to Jim & Judy Burns on the death of their daughter **Julie Hill** (sister of Joel Burns).

## Middle School Serve Day

Thank you to everyone who helped out at our latest work day on May 18. We have made tremendous progress preparing the north house for whomever God brings our way next. We want to say a special thanks to **Doug and Tamar Nelson and the awesome group of middle school students** who put in a ton of hours regrading the yard and laying new sod!



## Prayer Shawls

Do you enjoy sewing, knitting, or crocheting? The Faith Community Nurse ministry is looking for people interested in making prayer shawls. Prayer shawls are a wonderful way to minister to and care for our congregation. You can make prayer shawls on an ongoing basis or make them as you are able. If you are interested in helping or would like more information, please reach out to nurses@firstfreechurch.org.



## This Summer at First Free

**CREEKSIDE FAMILY HIKE • JUNE 1**  
All Creekside families are invited to join us for a Family Hike guided by Ross Olson from 10 a.m. till noon at Crosby Farm Regional Park.

**VBC TRAINING • JUNE 2**  
All VBC volunteers are asked to attend a VBC training on Sunday, June 2 from 11:30-1:30 p.m. Lunch will be provided.

**SUMMER BOOK CLUB • JUNE 9**  
Our first book club meeting will happen at 11:30 a.m. For more information visit [firstfreechurch.org/events](http://firstfreechurch.org/events).

**VELOCITY BIKE RIDE • JUNE 12**  
Students 6th-12th grade, join us for a bike ride to Minnehaha Falls. Please bring a bike, helmet, and money for ice cream!

**VBC SET-UP • JUNE 16**  
Want to help decorate for VBC? Join us after church on Sunday, June 16 for set-up and decorating. Lunch will be provided.

**VACATION BIBLE CAMP • JUNE 17-21**  
VBC happens from 9:00 a.m. till noon for kids entering grades K-6. Sign up online or learn more at [firstfreechurch.org/vbc](http://firstfreechurch.org/vbc).

**PICNIC @ TRIANGLE PARK • JUNE 25**  
Join us for our church picnic at Triangle Park (Near 54th & Edgewater Blvd.) following our morning worship service.

**CHALLENGE • JULY 1-6**  
High school students travel to Kansas City for Challenge—the national youth conference for the EFCA.

**MIDDLE SCHOOL ADVENTURE TRIP • JULY 3-11**  
Middle school students travel to Indiana and Kentucky for camping, service projects, and fun activities.

**PICNIC AND BAPTISMS @ LAKE NOKOMIS • JULY 28**  
Join us for a church picnic and baptisms at Lake Nokomis following our morning worship service. Interested in being baptized? Contact the church office.

## VBC Work Days



Everyone is invited to come help prepare for Vacation Bible Camp on June 4 & 12, from 9 a.m. till noon. We'll be making decorations, 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.



Would you like to receive the newsletter via email? Contact us at [office@firstfreechurch.org](mailto:office@firstfreechurch.org)