



FIRST EVANGELICAL FREE CHURCH  
5150 CHICAGO AVE S.  
MINNEAPOLIS, MN 55417

NONPROFIT ORG  
US POSTAGE  
PAID  
TWIN CITIES MN  
PERMIT NO 32622

RETURN SERVICE REQUESTED

# First Word

A CHURCH FAMILY PUBLICATION OF FIRST EVANGELICAL FREE CHURCH

MARCH 2017

## Becoming a Praying Church

Hello, I'm Tim Lund and I want to share with you about our new Prayer Room and how it got started. Many people in our church have been praying about something like this for several years. I have a passion for prayer so I invited Mike Graff to lunch with an idea for The Deep. In our conversation, I asked Mike if he had ever considered providing people with an opportunity to have one on one prayer during The Deep service. Normally there is time for quiet reflection and group prayer, but my question to Mike was this: What if the Holy Spirit brought something to mind that was a bit too personal or deep to share in a group setting, but they still wanted prayer? I shared that we see people all around us that are hurting, who are struggling with personal issues, a family situation, marriages, physical needs, a burden for someone to know Jesus, and the list goes on. So over the last two months we have shared God's promises and testimony of answered prayer and provided one on one prayer at The Deep with several people coming by for prayer.

During this time Pastor Joel and I have talked about providing this same opportunity in our morning services. As a result a prayer room was established, and on Sunday the 19th of February I gave a testimony at both services of how God had answered prayer in my life and showed me how powerful prayer can be. At the conclusion I asked the congregation to simply stop by the prayer room for any needs that might be on their hearts. A number stopped by and



we had some good times in prayer before the Lord. The next day I received word that a prayer had been answered. That was special.

Looking forward, we intend to do this on a monthly basis. If the need is there and people want prayer we most certainly will consider providing it more often. Pastor Joel has shared with me that he wants First Free to be a "Praying Church". When we pray and see answers, I don't know about you, but I stand amazed and my faith is strengthened. I want people in our congregation to have their own story of answered prayer. So pray that this ministry will continue to grow and touch lives. Also, stop by the prayer room in March for prayer concerns in your life, no matter what they might be. The prayer room is a warm and welcoming place and a team of two or three of us will be there to listen and pray.

## Full of the Spirit BY JOEL SUTTON

*"Be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ, submitting to one another out of reverence for Christ." (Ephesians 5:18-21)*

"Fake News" has become all the rage. Facebook, Pope Francis, political figures, and national news outlets are all warning us to be on the lookout for fake news. Fake news can be potentially harmful.

Long before "fake news", there was such a thing as a "fake" Spirit-filled life. And that kind of life can be even more harmful. So how can you tell if someone is truly Spirit-filled? Paul, in his letter to the Ephesians, gives us some ideas. He lists three qualities that are very difficult to counterfeit.

The first is that of worship. When we are filled or controlled by the Spirit, we will be speaking, singing and making melody with one another to the Lord with our hearts. That sounds like worship to me! A spirit-filled church will really sing when they sing. It won't simply be a mechanical mouthing of words.

Can I be honest? Some Sunday mornings I need to save my voice for preaching. So I tell myself to not sing along in our Sunday morning worship. But I can't help myself. I have to sing. I get caught up in the words and the power of the many voices behind me. So I choose to worship by singing and then preach with whatever voice I have left over.

A second quality is that of giving thanks. One of the best pieces of evidence of a Spirit-filled Christian is the gratitude they have in their hearts. A gratitude that is evident to those around them. A gratitude to God for all that He has done.

William Law, writing centuries ago, made a very good point when he said, "Would you like to know who is the greatest saint in the world? It isn't he who prays most

or fasts most. It isn't he who gives most. But it is he who is always thankful to God, who receives everything as an instrument of God's goodness, and has a heart always ready to praise God for it." The greatest saint is the one who is Spirit-filled and therefore is always thankful.

Ephesians 5 says that when you are filled with the Spirit, worship and thankfulness will be the result. But there is one more quality that Paul lists. It is the spirit of joyful submission. Do you know why Paul includes this quality in the list? Because joyful submission is not of the flesh. It is not normal or natural to willingly submit to one another, whether that is in the family or in the church or in the business world. Without the Spirit of God working in us, this type of submission is impossible. But when He does... when God's Spirit controls us, when He fills us, then we can enjoy the powerful peace of God as we submit "to one another out of reverence for Christ."

In Africa, I am told, there is a little berry called the "taste berry." It is called by that name because it changes your taste so that everything you eat tastes sweet and pleasant. When you are filled with the Holy Spirit, He changes everything. His life in you will show up in your worship, your gratitude and your willing submission. And that cannot be faked.

## EASTER SERIES: THE WITNESS OF JOHN

MAR. 12 "I am He" - John 18:1-11

MAR. 19 "You Have No Power" - John 18:33-38 & 19:8-11

MAR. 26 "They Divided My Garments" - John 19:23-27

APRIL 2 "I Thirst" - John 19:28-37

APRIL 9 "You Must Be Born Again" - John 19:38-42 & 3:1-8

APRIL 16 Easter - Encounter the King! - John 20

APRIL 23 "I Am Sending You" - John 20:19-22 & Luke 24:36-49

OUR MISSION:  
TO HELP  
INDIVIDUALS  
BECOME  
CHRIST-CENTERED  
& CHRIST-SENT  
TOGETHER

## WANT MORE INFO?

Visit [www.firstfreechurch.org](http://www.firstfreechurch.org)  
Visit our Facebook page  
Find us on Twitter  
@ FEFCMpls

## FIRST FREE STAFF

JOEL SUTTON  
SENIOR PASTOR  
[joel.sutton@firstfreechurch.org](mailto:joel.sutton@firstfreechurch.org)

JAY POUND  
ASSOCIATE PASTOR  
[jay.pound@firstfreechurch.org](mailto:jay.pound@firstfreechurch.org)

JASON PENSA  
STUDENT PASTOR  
[jason.pensa@firstfreechurch.org](mailto:jason.pensa@firstfreechurch.org)

BETH BROWN  
CHILDREN'S MINISTRY DIRECTOR  
[beth.brown@firstfreechurch.org](mailto:beth.brown@firstfreechurch.org)

MIKE GRAFF  
WORSHIP PASTOR  
[mike.graff@firstfreechurch.org](mailto:mike.graff@firstfreechurch.org)

DEE HUANCA & MAUREEN JUAREZ  
FAITH COMMUNITY NURSES  
[nurses@firstfreechurch.org](mailto:nurses@firstfreechurch.org)

ANNE PETERSON  
OFFICE MANAGER  
[anne.peterson@firstfreechurch.org](mailto:anne.peterson@firstfreechurch.org)

MARY QUINT  
DESIGN/OFFICE ASSISTANT  
[mary.quint@firstfreechurch.org](mailto:mary.quint@firstfreechurch.org)

SCOTT BECKETT  
FACILITIES TECHNICIAN  
[scott.beckett@firstfreechurch.org](mailto:scott.beckett@firstfreechurch.org)

DAVID KRIESEL-KOLL  
BUSINESS ADMINISTRATOR  
[david.kriesel-koll@firstfreechurch.org](mailto:david.kriesel-koll@firstfreechurch.org)



SEE MORE INFO AT:  
[www.firstfreechurch.org](http://www.firstfreechurch.org)

# Terrace on Chicago

## YOUTH FUNDRAISER

Our annual youth fundraiser dinner is just around the corner! Terrace on Chicago is a chance to get dressed up, see the church transformed into a fancy restaurant, have a gourmet dinner, and support our youth group. Though the food is reason enough, attending Terrace on Chicago makes it possible for students to have amazing experiences that are formative for them and their faith.

*The Cause:* This year Terrace on Chicago will help fund two mission trips: one to Nicaragua and one to Colorado. In Colorado, students will be attending Lead the Cause, a conference that focuses on training students to share the gospel and disciple others. Students will receive leadership and evangelism training, participate in outreach in Denver, and experience worship and

small group time. They'll also be whitewater rafting!

First Free is partnering with Praying Pelican Missions, an organization that specializes in effective and sustainable short term missions, to coordinate the trip to Nicaragua. Because Praying Pelican has built strong relationships with local leaders and pastors in Nicaragua, our youth group will have a unique experience. They will partner with a local church and serve alongside Nicaraguan Christians. They'll have the opportunity to engage the community with service options tailored to the group's interests and strengths, including children's ministry, service projects, sports ministry, prayer, and evangelism. We asked our students why they want to go to Nicaragua. Here are some of their responses:

*"I want to go on this trip to get the experience of another Christian culture in another country."*

*"I believe this would be a life-changing experience - giving me a clearer perspective of the world around me."*

*"I have never been to Central America and I want my eyes to be more opened. I want to expand my worldview and have the opportunity to strengthen my own relationship with God but also have the incredible chance to share the Good News with anyone who will listen!"*



Student servers from TOC 2016



A sneak peek at one of this year's entrees

*The Food:* Many hours of work are put in by our staff, volunteers, and youth group to make Terrace on Chicago a special night. One of the most important parts, the menu, is no exception.

Vanessa Beckett is one of our head chefs for Terrace on Chicago who has been helping with the event since 2012. Each year Vanessa puts together a menu that reflects the location of the summer mission trips. She researches the region and looks through recipes and regional restaurant menus online for inspiration. After collecting enough potential recipes, she and Doug Nelson narrow it down to 2 recipes for each menu item and schedule a test run and tasting.

A kitchen team of about 12 people, including students, youth leaders, and other adults from the church, tests out the recipes and tweaks them to their liking. They ask themselves two key questions: Is the recipe written correctly - are the directions clear, the ingredient proportions correct, the cook times and the oven temperatures right, serving yields correct?

Does it taste great or does it need adjustments? They try out plating and presentation options and evaluate the different dishes based on appearance, texture, smell, taste, and how well it holds up to being prepared ahead of time. A highly sophisticated democratic vote (raising hands) decides the winning dishes.

Teams of students and adults shop for ingredients. Most of the produce is ordered locally from Lakewinds Co-op and in the past New French Bakery in Minneapolis has donated the bread. The day before the event, food prep stations are set up and parents, students, youth leaders, and the kitchen team all pitch in to prep the food. Students and adults decorate the gym and are trained to serve the meal.

**This is the 10th anniversary of Terrace on Chicago! We are hoping to raise over \$20,000 this year. It sounds like a lot, but most years we surpass our goal because of the enthusiasm and generosity our church family shows at Terrace on Chicago.**

## Join us Saturday, March 18th

Sign up today! Make a reservation at [firstfreechurch.org/toc](http://firstfreechurch.org/toc) or fill out a reservation card from the foyer.

Seatings are available at 5:00 and 7:00 p.m. with a takeout option at 6:30 p.m. Childcare will be offered at 5:00 only.

## This Month @ FIRST FREE

### Terrace on Chicago: March 18

Join us for our annual fundraiser dinner to support our youth summer mission trips! Dinner will be served at 5:00 and 7:00 p.m. with a takeout option at 6:30 on Saturday, March 18th. Childcare offered at 5:00 only. Make a reservation at [firstfreechurch.org/toc](http://firstfreechurch.org/toc) or fill out a reservation card from the foyer.

### The DEEP: March 15

Come, be refreshed and encouraged. Join us for a time of worship and prayer at The DEEP on Wednesday, March 15th at 6:30 p.m. Childcare will be provided.

### Retreat 46: March 31-April 2

Retreat 46 is a wonderful opportunity for kids grades 4-6 to "try out" camp and experience many of the activities that take place in the summer. Camp Shamineau supplies all the programming and First Free will supply leaders/counselors for just our kids. Parents and/or club leaders interested in being a counselor for the weekend should let Beth know! Find more information at the Creekside Canteen. Questions? Contact Beth Brown.

### Baptism: Easter Sunday, April 16

In addition to celebrating Easter, we will have baptisms on Sunday, April 16th. Interested in being baptized? Contact the church office or talk to a pastor.

### Men (and Boys) Night Out: April 3

Come and watch the NCAA basketball final at First Free! On Monday, April 3rd at 7:00 p.m. there will be pizza, snacks, games, predictions, prizes, and more! Bring your friends and bring a snack to share.

### Expressions: March 12 and 26

Expressions is a support group for those dealing with chronic illness or pain. Join us from 2:00-4:00 p.m. in room 103.

### Camp Coupons

First Free gives coupons for Camp Shamineau, Rock Ridge, or Camp Nathanael to all summer campers who attend a First Free program. Summer brochures and coupons are now available at the Creekside Canteen. Questions? Contact Beth Brown or Jason Pensa.

### Save the date! Vacation Bible Camp: June 26-30