



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

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## WEDNESDAY NIGHTS @ First Free



**CREEKSIDE CLUBS**

**For Grades 1-5**

Creekside Clubs provide a fun environment where men lead the boys & women lead the girls! The children play games in the gym, have Bible lessons, create projects & crafts, go on hikes, and enjoy special events, all while developing friendships. Kids are encouraged to invite friends! For more information visit [firstfreechurch.org/children](http://firstfreechurch.org/children)



**VELOCITY**  
STUDENT MINISTRIES

**For Grades 6-12**

Youth Group provides opportunities for students to grow closer to God and to each other through fun ice breakers, Biblical teaching and honest discussion in a small group. Our student ministries is small group centric which gives teenagers the opportunity to do life together. We also have caring adults as small group leaders to help encourage each student toward Jesus. For more information visit [firstfreechurch.org/student](http://firstfreechurch.org/student)

# First Word

A CHURCH FAMILY PUBLICATION OF FIRST EVANGELICAL FREE CHURCH

OCTOBER 2019

## *Transformed by the Spirit* BY JAY POUND

There is a great deal in scripture that we immediately recognize to be complex, mysterious or even foreign to our experience, but if there is one thing we as good 21st century Americans know, it's freedom.

And so when we run across Galatians 5:1, "It is for freedom that Christ has set us free," it is tempting to relax and assume that Paul is finally speaking our language. But just when we think we are on solid ground, we make our way down to 5:13 and read something downright shocking to our American sensibilities: "You, my brothers and sisters, were called to be free. *But do not use your freedom to indulge the sinful nature;* rather, serve one another humbly in love (TNIV, emphasis mine).

And just like that, Paul has lost us. Isn't the whole point of freedom that we are free to indulge whatever impulse we want? Isn't that what George Washington fought for? (It isn't, but that's for another article).

As it happens, Paul does have a different paradigm in mind. Paul, as he makes clear, is using freedom to denote a release from slavery or captivity rather than the permission to do whatever we please whenever we please. In fact Paul argues that in Christ we have been freed from two kinds of bondage: we are freed on the one hand from slavery to sin and on the other from being held, "in custody under the law," on the other (3:23). Thus for Paul indulging the sinful nature isn't an exercise in freedom, it is a rejection of freedom, a choice to return to our prior slavery.

How then do we live in and enjoy this double-freedom from the law and from sin? The key, Paul says, is to recognize that we are not only freed from something, but also for something. Specifically, he says, we were freed for love, freed to "serve one another humbly in love" (13), and freed to love your neighbor as yourself" (14). Or in other words, we have been set free from the power

of sin so that we might finally live as God created us and called us to live in the first place. We are free to be fully human beings after the pattern of Jesus, the new and last Adam.

God in Christ has purchased for us the precious gift of freedom. We have been set free from the power of sin, and from the stewardship of the law. But as Paul reminds us, that freedom means the choice and responsibility is now ours. Will we use our freedom to live as free and full human people? Will we use our freedom to serve one another in love? Or will we choose to be "burdened again by our yoke of slavery?" (5:1). My hope is that as we walk together through the book of Galatians this Fall we will be reminded both what we have been freed from and what we have been freed for. And I hope that will encourage us to choose freedom, to choose to walk with the Spirit and so to fully enjoy the freedom purchased for us at so high a price.

### FALL SERIES | GALATIANS: LOSING MY RELIGION

OCT. 6 Critical Question  
OCT. 13 Heirs to a Promise  
OCT. 20 Religion Relapse

OCT. 27 Outreach Sunday  
NOV. 3 Legalism Bully  
NOV. 10 Who Tripped you Up?

NOV. 17 Step with the Spirit  
NOV. 24 Reaping What We Sow

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

WANT MORE INFO?

Web: [www.firstfreechurch.org](http://www.firstfreechurch.org)  
facebook.com/firstfreechurch  
Instagram: @firstfreechurchmpls  
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SEE MORE INFO AT:  
[www.firstfreechurch.org](http://www.firstfreechurch.org)

# Outreach Weekend

Most of our guests serve with ReachGlobal, the outreach division or the EFCA.

## Saturday, October 26: Outreach Brunch

On Saturday there will be a free brunch at 10:00 a.m. followed by a missionary panel so that you can hear about the work and prayer requests of each missionary.

## Sunday, October 27: Outreach Sunday and Potluck

On Sunday, James Petersen will be the keynote speaker in our worship gatherings. The other missionaries will talk about their ministries at a combined panel at 9:00 and 10:30 so that you will have a chance to hear from all of them. The potluck is open to everyone and will be downstairs at church. Please bring an item of food to share.



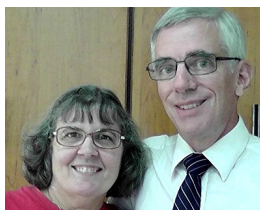
James Petersen is the Executive Director of Reach Global. James has been a pastor for 25 years. Before he became the Executive Director for Reach Global back in 2015, he was the senior pastor at Crossroads E.Free Church in Albert Lea for four years. He and his wife Jennifer have five children.



Rachel Bliss has overseen and continues to work with the EFCA's child sponsorship program, TouchGlobal. She travels the world visiting children's homes and churches. Her husband Rocky is retired from ReachGlobal. They live in Rockford, IL.



Mark and Athlee Bowman have begun their final year of service in Japan. They facilitate English language classes in a coffee shop, hoping that the atmosphere is conducive to inquiries about knowing God.



Bruce and Mary Damon have been doing church planting and ministering, particularly to families with special needs children in Macau, SE Asia. They will be living in Rapid City in their retirement.



Quique and Becky Fernandez teach and have been on the board of ProMETA, an online theology graduate school for church leaders who speak Spanish. ProMETA's headquarters are in Costa Rica, and the Latino students live on three continents. The Fernandezes reside in our metro area.

## From your Faith Community Nurses

Thank you for praying for Jeanine's trip to Momcon (MOPS annual conference). It was wonderful, and Jeanine brought back ideas to help the MOPS and MOMSnext groups.

We had three new people take our hour-long visitation class to be able to connect with homebound members. Praise God!

As fall comes it's time to think about health and prevention. Below are a few options for helping yourself or others...

### Upcoming dates

- October 5th—CPR, AED, First Aid class (online ahead of time and skills test 9:00 a.m.-12:30 p.m.) sign up through church office.
- October 13th—GET YOUR FLU SHOT!! (7 years and older). Flu shot clinic in church gym from 9:30-10:30 a.m. by a Walgreens pharmacist.
- October 19th & November 2nd—Interested in Mental health and addiction? Join a task force from 9:00 a.m.-noon. Reserve a spot to get Breakfast by Doug Nelson.
- November 21st—church blood drive in the gym 2:00-7:00 p.m. Look for our church name and Sign up online at <https://www.redcrossblood.org/give.html/donation-time>.

## WEDNESDAY NIGHT WORSHIP & PRAYER

WORSHIP. PRAY. REFRESH. TOGETHER.

WEDNESDAY, OCTOBER 23  
@ 6:45 P.M.

## This Month @ FIRST FREE

### CONNECTIONS: SUNDAYS IN OCTOBER @ 5 PM

Connections—October 6, 13, 27, & Nov 3. Are you new to First Free and looking to get connected? Want to meet other new folks and enjoy some food? Connections meets for four weeks on Sunday evenings from 5-7 p.m. for a potluck dinner at Peter and Erica Lehner's house. There you will get a chance to know other adults from First Free as well as learn about the different opportunities to get connected. Sign up at [firstfreechurch.org/comingsoon](http://firstfreechurch.org/comingsoon) or the Welcome Desk.

### FLU SHOTS: OCTOBER 13

Get your flu shot at church on October 13th in the gym, 9:30-10:30 a.m. Anyone seven and older can get a flu shot. Bring your insurance card. There are a limited number of free flu shots for those without insurance.

### TC MARATHON: OCTOBER 6. ONE SERVICE @ 10:30 AM

Join us as we serve at the mile 9 fluid station! Sign up by following the directions at [firstfreechurch.org/comingsoon](http://firstfreechurch.org/comingsoon). All others are welcome to join us in the cheering section on Chicago Avenue just south of Minnehaha Parkway from 8:30 a.m. to 10:00 a.m. We will have one worship service at 10:30 a.m. that Sunday

### WEDNESDAY NIGHT WORSHIP AND PRAYER: OCTOBER 23

Join us for a time of worship and prayer at 6:45 p.m. on Wednesday, October 23rd.

### OUTREACH WEEKEND: OCTOBER 26-27

On Saturday, October 26th, join us for a brunch and panel from 10:00-noon. On Sunday October 27th, James Petersen will speak in both services and the other missionaries will talk about their ministries at a combined panel at 9:00 and 10:30 so that you will have a chance to hear from all of them.