



FIRST EVANGELICAL FREE CHURCH
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MINNEAPOLIS, MN 55417

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Essential Prayer BY JOEL SUTTON

“Prayer is one of the most important aspects of building disciples. If one is to help men grow in the knowledge of Jesus Christ, he must pray. Indeed, if he does everything else right in terms of building disciples, yet fails to pray, nothing significant will happen.” (Carl Wilson)

As I am preaching through Philipians, once again I am reminded of the importance of prayer. In the very first chapter Paul brings up prayer no less than three times. He starts off by reminding the Philipian believers that he is always praying for them. A couple of verses later he tells them what his prayer is. And then later, he rejoices because he knows they are praying for him. It is because of their prayers that he expects to be delivered. Prayer matters. More than that - it is essential.

Of all those we might think wouldn't need to pray, it would be Jesus. Yet, all over the gospels, we find Jesus praying. Jesus taught his disciples to pray, healed people with prayers,

denounced the corruption of the temple (which, he said, should be a “house of prayer”), and insisted that some demons could be cast out only through prayer. He prayed often and regularly with fervent cries and tears (Heb 5:7), and sometimes all night. The Holy Spirit came upon him and anointed him as he was praying (Luke 3:21-22), and he was transfigured with the divine glory as he prayed (Luke 9:29). When he faced his greatest crisis, he did so with prayer. We hear him praying for his disciples and the church on the night before he died (John 17:1-26) and then petitioning God in agony in the Garden of Gethsemane. Finally, he died praying.

It is interesting to me that in two different sections of the Sermon on the Mount, Jesus brings up the topic of prayer. The first is in Matthew 6, when Jesus tells us how not to pray. “Don't pray like those hypocrites who stand in the synagogues.” Then in contrast he tells us how to pray, and gives us the Lords' Prayer. In chapter 7, Jesus once again brings up the topic of prayer. This time He is telling us not how to pray, but why to pray. Why should

we pray? Because we don't have the ability in and of ourselves to live out the kingdom beatitudes, nor develop a kingdom heart of righteousness, nor live out the kingdom priorities.

One of our Extraordinary Norms at First Free is that we expect to be a church where people are growing to reflect more and more of the character and priorities of Jesus. One of the priorities of Jesus was prayer. He modeled a prayerful dependence upon His Father that empowered His ministry.

As we move into this school year, let me call each us to in to a prayer-dependence on God. Each Monday, I send out a “Knee-Mail” with four church-wide prayer requests (you can sign up to receive these weekly Knee-Mails by emailing the church office at info@firstfreechurch.org). Every Wednesday night from 6:45 - 8 pm, a group meets for prayer in my office. On Wednesday night, October 24th we have the DEEP, a time of corporate prayer and worship.

Would you commit this next year to pray for our church? Would you pray for our neighborhood? Would you pray for our church staff and Council? Would you pray for me?



CURRENT SERIES | TOGETHER: ON MISSION FOR CHRIST

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OUTREACH WEEKEND: OCTOBER 27-28

Hear from our missionaries about the work they do all over the world!

Saturday, October 27: 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 28: Outreach Sunday and Potluck

On Sunday, John Gerhardt 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. John Gerhardt will also speak on Social Justice after a potluck lunch on Sunday at noon. This potluck is open to everyone and will be downstairs at church. Please bring an item of food to share.

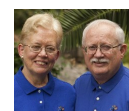
Participating Missionaries Include:



John and Wendy Gerhardt: Over the past 12 years, the Gerhardts have been actively involved in transforming the Central City of New Orleans through Bible Studies, mentoring of children and adults, and through Castle Rock Community Church established in 1998. John is currently the Pastor of CRCC, and the Executive Director of Urban Impact.

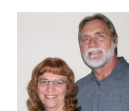


Dave and Jan Harthan: Dave serves as the Director of Language Services for Wycliffe Bible Translators, helping translators finish their translation programs. Jan has translated Genesis and Exodus, Proverbs, and the New Testament into translations called *The Best News Ever* using a 1550 word vocabulary and simple sentence structure.



Jack and Beth Thompson: After serving in Budapest, Hungary, Jack and Beth are teaching and training with ReachGlobal from St. Paul.

Dave and Jul will update us on their work and teaching assignments.



David and Patsy Alfors: Church Planters with ReachGlobal in Cameroon. Currently, they are church planting among people in northern Cameroon.



Tom and Joy Harriger: Representatives for Cru's high school ministry. At local high schools and middle schools, Cru offers resources and programs for students including meetings, discussion groups, individual mentoring, leadership training, school assemblies, conferences and retreats.

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

WANT MORE INFO?

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SEE MORE INFO AT:
www.firstfreechurch.org

WORSHIP PASTOR CALL COMMITTEE UPDATE:

We are excited to announce Paul Anleitner as our new Worship Pastor!

The Worship Pastor Call Committee is thrilled that the congregation voted in favor of hiring Paul Anleitner to be our new Worship Pastor. Thank you for praying for the call process and for the call committee. We thank God for guiding and directing our group and for giving us unity in our decision to nominate Paul as the candidate. We are excited for what God has in store for First Free and the worship ministry and we're looking forward to seeing how God will use Paul and the many gifts and talents that he brings to Christ's service at First Free.



In God's service,

Carrie Boyum, Jeff Dutton, Ronn Kreps, Jeff Olson, Rick Olson, Joel Sutton & Kari Taylor

Our singing is worship... but worship is so much more than singing!

by Paul Anleitner

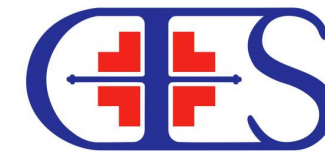
Throughout the Bible we see that music and singing are celebrated as important responses to God's goodness. In David's tabernacle there was music and singing. We also see in the New Testament church, instructions to sing "songs, hymns, and spiritual songs" (Eph. 5:19). Even during the Last Supper, Jesus and his disciples sang together (Matt. 26:30). **While the Scriptures make clear that music and singing are valuable expressions of worship, it is also clear that worship is not limited to our music and singing.**

God has hard-wired into humanity an innate desire to seek after what is true, good, and beautiful so that we would find that the fountainhead of it all is in Christ. Perhaps made most clear in the Prophets, Gospels, and New Testament epistles, is the truth that **we are called to ascribe worth, honor, and adoration to the God from whom all blessings flow with the totality of our lives.**

When we gather together each week on Sunday morning for worship, we come for **communion with God, community with each other, and to be conformed into Christ-likeness** so that we can be shaped into the kind of people who are worshipping God with more and more of our lives each day. We want to be people who do this through singing, through prayer and Scripture, but also we want to celebrate other expressions that are true, good, and beautiful such as visual art and poetry so that we will truly be a worshipping community that is Christ-centered and Christ-sent **revealing His truth, goodness, and beauty to the world around us.**

This fall our ministry of Worship & The Arts at First Free is expanding! We're looking for musicians, singers, audio & video techs, poets, visual artists, filmmakers & editors, Scripture readers, prayer leaders, and more to become valuable contributors to our growing culture of worship and the arts. Find more information at firstfreechurch.org/worship or email Paul at paul.anleitner@firstfreechurch.org.

E&S Food Drive



- Bags & lists available October 21, 28, & November 4
- Collecting donations November 4 & 11

This Fall, the Caring Commission will be sponsoring our annual Food and Personal Items Drive, supporting Community Emergency Service (CES). Grocery bags with lists of needed items will be available in the foyer on Sundays, October 21, 28 & November 4. Collection days will be Sundays, November 4 & 11. Look for more details about what items are most needed when you grab a bag.

Learn more about Community Emergency Service at cesmn.org.

Meet Erika Garcia

We are excited that Erika has joined our staff as the Children's Ministry Assistant!



I grew up on a dairy farm near Cambridge, MN and now live in Richfield with my husband, Carlos, and our three kids. We have attended First Free since 2005. Over the past several years I have been involved in VBC, Women's Neighborhood Bible Study, MOPS, Creekside Friends Sunday morning and I am currently serving on the Outreach Commission. For the past 12 years I have been a stay-at-home mom. Prior to that I worked as a mortgage loan officer and studied Biology at Bethel University. For fun I enjoy gardening, trying new restaurants and traveling, especially to visit my in-laws in Mexico. I am passionate about children's ministry because I was introduced to Jesus as a child and I want to share this life-changing gift with others. I am grateful for the opportunity to work with the children and families at First Free.

Church Family News

Congratulations to Luke and Ingrid Amstutz on the birth of their daughter, Sonja Claire Amstutz, who was born on September 19th.

Congratulations to Drew and Rose Holliday, who were married on September 22nd.

Happy anniversary to Norbert & Margaret Jensen, who celebrated 70 years of marriage in August.

This Month @ FIRST FREE

CONNECTIONS: SUNDAYS IN OCTOBER @ 5 PM

Are you new to First Free and looking to get connected? 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 enjoy some food, meet other adults from First Free, as well as learn about the different opportunities to get connected. RSVP online at firstfreechurch.org/comingsoon or the Welcome Desk.

FLU SHOTS: OCTOBER 14

Get your flu shot at church on October 14th in the gym, 9:30-11:00 a.m. Flu shots will be free, but please bring your insurance card if you have one.

TC MARATHON: OCTOBER 7. 1 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. All others are welcome to join us at 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 gathering at 10:30 a.m.

THE DEEP: OCTOBER 24

Join us for a time of worship and prayer at 6:30 p.m. on October 24th.

OUTREACH WEEKEND: OCTOBER 27-28

On Saturday, October 27th, join us for a brunch and panel from 10:00-noon. On Sunday October 28th, John Gerhardt from New Orleans 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. More details on the back!