

14.6.26 Communion Sunday Morning Service: What the Resurrection Means for You

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Date: 14 June 2026

Preacher: Reverend Dan Patterson

[0 : 00] Good morning everyone. A warm welcome to the service this morning. It's good to see everyone. It's good to have a number of visitors with us as well today. You're especially welcome. We normally have tea and coffee at the end of the service and it's a chance to catch up and have some fellowship. We don't have tea and coffee after the service, the morning service today because we have a fellowship this evening. So we have sandwiches and cakes and things this evening.

And a time of fellowship. So please be encouraged to come back this evening and there will be the chance to stay and enjoy some time of fellowship together. You can see from the service today, it's a communion service. We gather around the Lord's Table in a wee while. It is the Lord's Table. It's North Harris Free Church Table. And for those who are visiting, it's good to have you.

And if you are members of any church, if you are those who know and love the Lord, you are very welcome to join with us around the Lord's Table. Good to see you. Good to see in here a few young ones as well. There is a creche just through behind me here and the children usually go out after the second sinning and you are welcome to go to the creche.

And if there is any visiting children, I don't think there are visiting children, but if there were, they would be welcome to join the Sunday school if you go out after the second praise. Evening service tonight will be taken by Dan. We had Dan yesterday evening, Dan Patterson.

And we're thankful to have Dan taking the service this morning, also this evening, and he'll share a word of testimony after the service this evening. So thank you, Dan, for being with us. Thank you for God's word through you.

[1 : 52] And we will continue to pray for you as you continue to preach. One or two other notices. I'm not going to go through all the notices that are on the screen, but just to highlight, prayer meeting on Wednesday at half past seven.

Deacon's Court on Thursday at half past six. And this coming Saturday, 20th, we're going to have a farewell congregational meal.

We've had Scott and Fiona and family with us for the last couple of years, our minister in training. And he is, well, they're coming towards the end of their time.

Not quite leaving, but they're coming towards the end of their time before people go off on summer holidays. So we will have a congregational meal and just give thanks for their time with us next Saturday at half past six.

There's a sign up sheet in the foyer and it's for donations of desserts. There's burgers and salads.

[2 : 55] Burgers and salads. Next Saturday evening. So that's the main course. Puddings, if you're able to help with that, please do so.

Team one is on duty. Services next Sunday, God willing. The morning service will be a family service where the children will receive their books, their gifts at the end of term.

And Scott and I will share that service. Evening service will be taken by myself, God willing. Last thing to note is that we hope to run the holiday club as usual.

Fifth to the seventh of August this year. And just to try and figure out if we have enough helpers and if this is possible, please put your name on the sheet in the foyer to indicate if you're able to help. And these, I think, are all the notices I need to draw attention to. The rest you can read through at your own convenience. So thank you again, Dan. And I'll hand over now to you as you lead us in this time of worship.

[3 : 57] Thanks, David. Well, good morning, everyone. It is a great pleasure and privilege to be with you today from Pull U and Alt Bay.

Some of you may know where that is. Others have already asked where that is. We're literally just on the other side of the water. When we come back from church at night along the headland, we can see the lights and we can see over to you.

It's only about 40 miles as the crow flies. But as you can imagine, it doesn't take only 40 miles to get here. A little bit longer. For me, coming over on the ferry, I was like a kid in a sweetie shop.

I was like, this is brilliant. What a novel experience. I realise for yourselves, maybe, perhaps, it's a little bit like getting the bus somewhere. But for me, I really enjoyed coming over and I've really enjoyed being with you so far.

We're going to praise God together this morning. We're going to do so starting with Psalm 23.

Psalm 23. The Lord's my shepherd.

[5 : 06] I'll not want. He makes me down to lie. In pastures green, he leadeth me. The quiet waters by. Let's stand if we're able and we'll praise God together in Psalm 23.

Psalm 23. The Lord's my shepherd. I'll not want.

He makes me down to lie. In pastures green, he leadeth me.

The quiet waters by. My soul he doth restore again.

And he to walk doth may. Within the path of righteousness.

[6 : 28] Before his own insane. Though I walk in depths of fail, yet will I fear the ill.

For love art with me at thy throat, and stand thee onward still.

My table love has pervished, in presence of my force.

My head that does, with oil and noise, and like a poor close.

Good best and best in all my life shall surely follow me.

[8 : 10] And in God's house forevermore, thy wedding bliss shall be.

Please do take a seat everyone. Let's unite our hearts in prayer. Let us pray. Heavenly Father, thank you for the words of that singing.

The last verse conveyed a wonderful truth for us to think about as we come to you in prayer. That goodness and mercy will follow us. It will pursue us in this life.

And in the years and days to come, all God's people have a place in your house. Lord, when we think about that, we realize you are a God who gives to us so generously.

And yet, Lord, when we come to you in prayer, before we even give you praise, we're often so quick to jump to asking for more things from you. Lord, we've always got requests and you've encouraged us to come with our requests.

[9 : 21] But Father, we want to take a moment before we do any of that to simply thank you for who you are. And to thank you for all that you have done for us. Thank you for Jesus.

Thank you for the gift of the Holy Spirit. Thank you for your forgiveness. Thank you for your love.

Thank you, Father, that you have created us, you know us, and you care for us.

Lord, as we come together today, we pray that you would bless our time with one another. And as we take communion later on, would you remind us of your ever-present love and help.

Lord, we want to remember, particularly this morning, those who may be struggling, spiritually or physically, with their mental health, or Lord, with circumstances that are out of their control.

Oh, Lord, as we come together, remind those who are struggling at this time, that not only do others in this room care for them, but you care. And you are always only a prayer away.

[10 : 20] So, Father, as we come to you, we thank you for your goodness. We thank you for your care and your compassion. We pray, Lord, that you would protect us from the evil one.

He's always trying to undermine our faith, causing us to question your word, doubt in you, doubt the peace that you offer. He always wants to keep us confused.

So, Father, we ask as we come together, and as we open up your word in due course, that you would give us clarity, that we would see clearly the gospel as it is presented to us, that the Son of God became a man.

He died on the cross to pay for our sin, and he was raised up in victory, showing and proving to us that our sins can be forgiven when we call on the name of the Lord.

So, Lord, make it clear to us today who you are and what you have done for us, and, Lord, give us the courage to respond, to cry out in faith, Lord, save me.

[11 : 22] Father, as we come together then, we thank you for this time, and we pray that your presence would be with us this morning, that we would not merely meet with one another, but that we would meet with you, and we would know what it is to be in the presence of the living God.

Father, bless us, forgive us, and be with us now, for we ask it in Jesus' name. Amen. Okay, where are all the young folks?

Well, what's the cut-off age for young? That's the question, isn't it? Right, we've got some over here, and we've got some over here, and we've not got a whole lot of room down here, so I'm going to get you to stay where you are.

I'm going to try and come to you a little bit. I've just made a mess, but I've got something here I want to show you. Now, does anybody know what this is called?

No? Don't worry, I didn't expect you would. This is called a Hoberman sphere. Can you say that? Hoberman sphere?

[12 : 38] Yeah, I can't really say that very well, so I just call him Hobie. This is Hobie. And Hobie, he's really actually all about maths and stuff that I don't understand.

Right? But that's not why I've got Hobie. That's not why I've brought him with me. That's not why he sits on my desk at home. I have Hobie beside me at my desk because Hobie reminds me of one of the most important lessons I have ever learned in my whole life.

A lesson I'd like to share with you. The first thing Hobie reminds me is that when life gets a little bit difficult, you know what the first thing you've got to do is? Breathe.

You've just got to breathe, okay? Now, I'm going to get you to help me here, alright? We've got to breathe in and breathe out.

Breathe in and breathe out. We won't hold our breath. We don't want any accidents, right? Now, Hobie reminds me that when life is difficult, I need to breathe.

[13 : 45] But Hobie reminds me of much, much more than that. You see, the first thing Hobie reminds me is that when life is difficult, I should pray. And do you know why I should pray?

I should pray because when I pray to God, there is no problem too big for God to solve and no problem too small that God doesn't care about it.

You realize that? There's no problem too big for God to solve and no problem so small that God doesn't care about it. And I actually think that's quite wonderful news, isn't it?

Oh, wait a minute. We're supposed to be breathing. Don't forget to breathe. Okay? Remember, when it gets difficult, you've got to breathe and then you've got to talk to God about it. But the second thing Hobie reminds me of is that when I've got a problem, God is not so far away that he's not interested.

He's actually very close and he cares a great deal. He's not so far away that he's not interested. He's very close and he cares a great deal, which is actually really good news, isn't it?

[14 : 51] Whatever the problem is, oh, we forgot to breathe again. God's always close. The last thing Hobie reminds me of is that God is big enough to handle all our problems.

He's not small and can't help us. God is big enough to handle all our problems. He's not small and he doesn't care.

That's what I want to remind you of today. That's the most important lesson I've ever learned. That when life gets hard, yep, you've got to breathe, but you've got to take the problem to God. You've got to pray. Why?

Because no problem is too big for God to handle. No problem is too small that he doesn't care. God is not far away and uninterested.

He's really close and he'll help you no matter what's going on. And God is a big enough God. He can handle any problem. He's not a small God who can't help you.

[15 : 54] Thank you for listening so well. Do you know what? If I had gold stickers, I would give you one. And if you had sweeties, you could share them with me.

I realise you're going out to Sunday school later on, so I hope you have a great time. And if I don't get to see you later, thank you for paying such good attention.

OK, folks, we are going to sing together once again. Words of our second singing. What gift of grace is Jesus my Redeemer?

There is no more for heaven now to give. He is my joy, my righteousness and freedom, my steadfast love, my deep and boundless peace. Let's stand for Abel and we'll continue in our praise. Let's stand for Abel my deep and boundless peace.

[17 : 21] To this I hope, my hope is only Jesus, for my life is only bound to His.

For what strange and divine I can sing, all this life yet not I, but through Christ in me.

The night is dark, but I am not forsaken, for by my side, the Savior He will stay.

I live on in weakness and rejoicing, for in my need His power is dismayed.
 To this I hope, my shepherd will defend you, through the deepest valley He will lead.
 [18 : 26] Oh, the night has been won, and I shall overcome, yet not I, but through Christ in me.
 No faith I dread, I know I am forgiven, but future sure, the price it has been paid.
 For Jesus bled and suffered for my pardon, and He was raised to overthrow the grave.
 To this I hope, my sin has been defeated, Jesus now and ever is my plea.
 All the chains are released, I can sing, I am free, yet not I, but through Christ in me.
 [19 : 27] With every breath, I long to follow Jesus, for He has spread, and He will bring me home.
 And day by day, I know He will renew me, until I stand with joy before the throne.
 To this I hope, my hope is only Jesus, all the glory evermore to Him.
 When the race is complete, till my lips shall repeat, death not I, but through Christ in me.
 If you have your Bibles, please turn with me to Romans chapter 8. We're going to begin our reading today from Romans 8 and verse 10.
 [20 : 35] I'm going to be reading from the NIV and so I do apologise if it's different from your own Bible or the one you are used to, but I do believe it's going to be on the screen for your convenience.
 And it might be helpful later on during our service if you keep your finger in that chapter and keep it open as we refer back to some of the verses that are in it. But for just now, I want to read to you a selection of verses.
 It won't be the entire chapter, just a selection of verses that are going to guide our thoughts this morning. Romans 8 verse 10.
 But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life because of righteousness.
 And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you.
 [21 : 38] Therefore, brothers and sisters, we have an obligation, but it's not to the flesh to live according to it. But if you live according to the flesh, you will die.
 But if by the Spirit you put to death the misdeeds of the body, you will live. For those who are led by the Spirit of God are the children of God.
 Now come down with me to verse 18. I consider that our present sufferings are not worth comparing with the glory that will be revealed in us.
 For the creation waits in eager expectation for the children of God to be revealed. For the creation was subjected to frustration, not by its own choice, but by the will of the one who subjected it, in hope that the creation itself will be liberated from its bondage to decay, and brought into the freedom and glory of the children of God.
 We know that the whole creation has been groaning, as in the pains of childbirth, right up to the present time. Not only so, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for our adoption to sonship, the redemption of our bodies.
 [22 : 58] Now come down with me to verse 31. What then shall we say in response to these things? If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all, how will he not also, along with him, graciously give us all things?
 Who will bring any charge against those whom God has chosen? It's God who justifies. Who then is the one who condemns? No one. Christ Jesus who died, more than that, who was raised to life, is at the right hand of God and is also interceding for us.
 Who shall separate us from the love of Christ? Shall trouble or hardship, or persecution, or famine, or nakedness, or danger, or sword? As it is written, for your sake we face death all day long. We are considered as sheep to be slaughtered. No, in all these things we are more than conquerors through him who loved us. But I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else, in all creation, will be able to separate us from the love of God that is in Christ Jesus, our Lord.
 Amen. May God bless the reading of his word to us. We will, as I mentioned earlier, come back and think about that in a moment. But before then, let us prepare our hearts to sit under God's word, singing together from Psalm 130.

[24 : 33] I'm going to read it for us in English, but we'll be singing in Gaelic, so please do remain seated. And I confess, I'll have to read it in the English as my Gaelic is, I would like to say it's very poor, or it's very short, but it's non-existent.

And so you will have to have grace for me today. In the English it says, Lord, from the depths to thee I cry. My voice, Lord, do thou hear, and to my supplications voice, give an attentive ear. What a great prayer for us this morning. Let's sing together. Oh, Oh, Oh, Oh, Oh, Oh, Oh, Oh, Oh, Oh, Oh, Oh, Oh, Oh, Oh, Oh, Oh, Oh, Thank you.

Thank you.

Thank you.

[27 : 00] Thank you.

Thank you.

Thank you. Thank you. Thank you.

Thank you. Thank you.

Amen. Amen. Every date in your calendar is measured in relation to Jesus Christ.

[29 : 02] Think about it. Think about it. Think about it. Your retirement. Your retirement. The little date down on the bottom corner of your computer screen.

It's all dated in relation to him. We live in 2026. 2026 since what? I'll tell you what. I'll tell you what. 2026 since the son of God became a man and entered into our world.

But the story of course doesn't stop there. Because that same son of God who became a man and entered into our world went to a cross, was killed, placed in a grave, only for three days later to walk out of it in power.

And do you know what, friends? Unknown to many people in our community and unrealisingly for ourselves, we are all living out our lives in reference to him.

Now the question I have for you this morning is very simple. What has this resurrection event got to do with you?

[30 : 08] What has it accomplished for you? I mean, what would we be missing from your life if we were to take it away? Well, that is what we are going to spend our time thinking about this morning.

And we are going to do this so that later on, when it comes to communion, we don't take communion coldly or mechanically or out of routine.

No, we are going to do this so that when it comes to communion, we take it with hearts filled with praise. Hearts filled with appreciation, with gratitude, with wonder at what the son of God has done for us.

So I want to show you four things the resurrection means for your life this morning. First up, I want you to realise the resurrection means your sin is sorted.

Your sin is sorted. In this wonderful chapter we read, we don't have time to read all of it, but in it, what Paul is simply doing is spelling out for you and I what the resurrection means for our lives.

[31 : 13] And he gets actually to it, right to it in verse 1. We didn't read it, but you've got your Bibles open, you'll see it. He says, there is now no condemnation for those who are in Christ Jesus.

You hear those words? He's saying when it comes to your sin, if you've got Jesus Christ in your life as your Lord and Saviour, there's no condemnation waiting for you when you stand before the Lord on the day of judgment.

Now, someone in your life, who knows, maybe a family member, they're very good at this. A family member might come along and they say, ah, no, no, no, no, hold on a minute. I remember everything you've done.

Oh, I can tell you all your sins and mistakes. I remember that time. And then there was this time.

And then there was that occasion. But you know what Paul says?

Paul says, God's not having it. God's not having it. Look at verse 33. Who will bring a charge against those whom God has chosen?

[32 : 14] And what does he go on to say? Two little words, but really important. No one. You guys, what Paul is saying here to you, friends, he's saying the moment you cried out to the Lord Jesus, will you save me from my sin?

Will you forgive me? Lord, I need you. You made me, you created me, but I've sinned against you.

And now I want you to come into my life and I want you to clean me up. What Paul is saying is the moment you did that, God did something utterly miraculous.

He wiped away every single one of your sins. And nothing and no one can ever undo what he has done.

Isn't that wonderful news? Isn't that great? Sadly, though, friends, when I say it, I already know that there are many Christians who are doubting it.

See, a lot of Christians live on what I would call spiritual probation. You know, when somebody is released from jail, sometimes they're released on probation. And so they don't have to stay in the jail.

[33 : 20] They get to go back out into the community. But there's a condition attached to it, isn't there? They've got to behave themselves. They're free as long as they behave themselves. And so it's a wonderful thing.

They don't have to live in the jail. The only problem is, though, most people on probation never live with any sense of peace. You see, because they're always aware just one bad move, one mistake, one accident could be enough to have them haul back to the cell.

And so whilst they may be technically free, they never live as if they are free. Well, friends, there are some Christians who are living like that.

God has freed you from your sin. But you're living like you're on probation. Because you're thinking to yourself, I am forgiven as long as I don't make another mistake.

Oh, I'll be forgiven as long as I can keep the standard up. I'll be forgiven as long as I don't miss too many Sundays and I manage to get control of my thoughts and my habits and everything else.

[34 : 25] And so when you live like that, the problem comes when you do inevitably let God down. And you make a mistake. And you have a bad week. What do you naturally then think?

You naturally think, well, then that's it for me. I've blown it. Maybe I'm no longer forgiven. Well, friends, what does Paul say to us here?

Paul says, you better come back to the resurrection because we need to sort this out. Because what is the resurrection? It is the proof that all of your sin has been paid for.

It is the proof that God has accepted the payment for your sin. Think about it like this. When you go into the shop over in Gairloch right now, we feel very cosmopolitan.

We just got a new co-op. And it's got self-service checkouts. Huh? Right? Now, when you go into the shop and you go up to the self-service, you get all your stuff in.

[35 : 27] You've got to navigate the stupid weighing thing and all that kind of stuff, yeah? But then what happens is it comes to payment and you tappy-tappy your card, don't you? And then it swirls for a moment.

Because what's happening is the machines connecting to your bank to find out if you've got enough funds to pay for your shopping. But you know if you've got enough funds because then a little minute, that little swirly thing hopefully turns to a green tick.

But that's not the end of the story, is it? Because after you get the green tick, you get a receipt. And what's your receipt? Your receipt is the proof that you've paid.

Now, let me ask you, friends. When was the last time you collected your receipt and then thought to yourself, I wonder if I've paid for my shopping.

I wonder if I should go and ask somebody just to check that actually I have paid. I wonder if actually maybe there's been a mistake and this receipt is actually just an error.

[36 : 30] Well, you never do that, do you? No, you walk out of there and, well, there's not any bodyguards in Gerlach. But, you know, if there was a security person, you wouldn't think twice of it.

Why? Because you've got your receipt. Here's what I want you to understand. Here's what I want you to connect up. The empty tomb is your receipt.

It's the proof that Jesus has paid for every single one of your sins. And so when you doubt your salvation, when you wonder, would God really forgive me?

Will he really accept me even after all I have done? What you need to do is come back to that empty tomb and say, well, yes, it must be true. Because look, my Lord got up and he walked out in power.

Friends, we all struggle with sin. I struggle with it. I'm sure you struggle with it. But the empty tomb is Jesus saying, every single one of your sins, from the most, the greatest, to the least, if you could ever call a sin the least.

[37 : 36] The good, the bad, the ugly, and everything in between. All paid for by Jesus. When you come to that communion table, let me tell you, your heart should be filled with appreciation.

That your Lord has told you, you're not on probation. You are free. So start living like it. What does resurrection mean for your life? It means your sin is sorted. Let's go on. Secondly, it means you can change. Paul goes on to write in verse 11 these words. He says, if the spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his spirit who lives in you. Therefore, brothers and sisters, we have an obligation, but it's not to the flesh to live according to it. But if you live according to the flesh, you'll die. If by the spirit you put to death the misdeeds of the body, you will live.

[38 : 38] Now, Paul is touching on a magnificent truth here. But truth be told, we sometimes miss it because the wording here is sometimes a little hard to get our heads around.

So let me put it to you like this. What Paul is saying here, he's saying the resurrection is not only about the past. It's about the present. It's about how you live out your life each and every day. It's about your behavior. It's about your mindset. It's about your attitude. It's about your emotions, your affections. It's about every part of your life.

Because the resurrection is not only about the person you are today. It's about the person God wants you to become tomorrow. You ever see one of those signs that says work in progress? That's the Christian model. None of us are perfect yet. We are all works in progress. And what are we progressing to?

[39 : 44] We're progressing to becoming Christ-like. More like Jesus. Now friends, again, there is a cloud that many Christians live under and it shouldn't be there.

But it is. I wonder if you've ever found yourself under this cloud. It's called the cloud of I'm a disappointment to God. You ever been under that cloud?

You think, you know what? I'm not a very good Christian. You know, I'm not like Jesus. You think, I should really be further on in my faith by now. Maybe you've been coming to church for years. Absolutely years. And you think, do you know what? I'm still no further on than I was 20 years ago. And then what happens when you're under this cloud is you begin to look around and, oh, that's dangerous.

Let me tell you, that's dangerous. Because you start to look at people and you think, they're so much further on than me. They're so holy. They're so godly.

[40 : 42] They seem to be doing so well. What's wrong with me? Well, friends, let me tell you something. That's a lie.

We're all in the same boat today. We're all in exactly the same boat. Every single one of us in here knows what it is to let God down. We all know what it is to struggle with temptation.

We all know what it is to have the wrong desire, wrong thoughts, wrong words, wrong reactions. And so we've got to be really careful, because if we let these feelings take over, you know what they're going to say to you?

They're going to say, you'll never be like Christ. You're never going to progress. You might as well give up. You can't change. You know what my pet hate is?

Everyone's got a pet hate. My pet hate is when people say, people don't change. I hate that, friends, because the resurrection says, yes, they do.

[41 : 47] People do change. People can change. Why? Because Jesus can change them. If you will listen to him, and you will submit to him, Jesus can make you a work in progress.

Yes, and he will work in your life, day by day, little by little, he will chip away at you to make you resemble himself. Paul actually told us this, but I wonder if we missed it.

Look what he said in verse 11. He said, the spirit of him who raised Jesus from the dead is what? Living in you.

Now, friends, do not let this pass you by. On Easter Sunday, Jesus' body is in the tomb. It's in the grave.

It's lifeless. It's cold. There is nothing happening. But then all of a sudden, the spirit of God breaks in.

[42 : 55] And where there is nothing, comes life. Where there is death, comes the risen Lord Jesus walking out of that tomb in power, and in glory, and in victory, and in splendor.

Why? Because the spirit of God went into that tomb and raised him up. And what did Paul say? He says, that same spirit lives in you.

There is no power on this earth that can compare with the power of God. No medicine. No nuclear energy.

No invention. The most powerful thing on this earth is not a thing. It is a he. It is the Holy Spirit. And he dwells within every Christian. Which means this morning, if you have put your faith in the Lord Jesus Christ, and you are living under that cloud and saying to yourself, but I can't change, then you have not realized the power that resides within you.

[44 : 08] You can change because you have the Holy Spirit. Friends, Christians are not a product of their past. We are a product of the Spirit who lives within us.

How does the resurrection impact your life? Well, it sorts your sin, and through it, we change. Thirdly, let's keep going.

I want you to see the resurrection means you are not alone. You are not alone. We touched on this earlier, but many people, if you speak to them, when you talk about Jesus, their mind immediately goes to the past.

If they're a Christian, though, perhaps their mind immediately goes to the future. Oh, one day Jesus is going to do this. One day the Lord will do that. Well, friends, let's leave the past and the past and the future and the future, and instead, we're going to come to today.

Now. What the resurrection reminds us is that Jesus speaks and acts now. Listen to how Paul put this in verse 34.

[45 : 21] Christ Jesus, who died, more than that, who was raised to life, he's at the right hand of God. What's he doing? He is interceding for us.

You hear that word interceding? That should jump off the page at you. Sometimes, if you've got to go to a hospital to see a consultant and it might be bad news, one of the things they will ask you to do is bring someone with you.

And the reason for that, friends, is that when you are given potentially life-ending news, shock sets in. And when the body goes into shock, it can look like it is coping, but actually, deep within, it's not. And so you can sit there and you can nod your head, you can say yes and no in the right place, you can appear to be taking everything in when actually you're not. Inside, you're spiralling. Inside, you're struggling, you're trying to take it all in, your body's trying to absorb this news.

And so that's where this person you've brought with you comes in. Because what is their job? Their job is to speak on your behalf. They ask all the questions that you ought to ask, but you can't ask because you can't think of them.

[46 : 30] They push for things that normally you should be pushing for, but you don't realise in that moment it's the time to push for them. They're the ones who speak and say, wait a minute, wait a minute, can you run that by me again?

What's the next steps? They're your advocate. They speak with your interests in mind. Well friends, now take that understanding and bring it back to what we just read.

What's Paul say Jesus is doing today, now, with you in mind? He's advocating. He's speaking to his father about you.

Can you imagine that? It's like what we said with the children. We, who are so small, and yet this great God has all our interests in mind.

You know friends, this is wonderful news because life's not easy, is it? I don't know if you noticed that, but life is hard. And you like to think, well the more experience you get, the better you'll get in life at dealing with the hardness of life.

[47 : 46] But it don't work like that, does it? Because it seems the older you get, the harder it gets. There's times you're going to feel not only that you've let God down, you're going to feel like you're worn down.

Well, we do not live with a distant Jesus. We live with a living Jesus. Don't build your faith simply on a memory of what God once did.

And don't build it simply on the hope of what God will one day do. Make sure you build into your faith an understanding of what Jesus is doing right now.

He's talking to the Father about you. He's bringing your weariness to him, your brokenness to him, your struggles to him.

No matter what you are facing, friends, as a Christian, you're never, ever facing it alone. One of my favourite verses, John 14, 18.

[48 : 51] Jesus said in John 14, 18, I will not leave you as orphans. I will come to you. And how will he come to us? Through the Holy Spirit takes up residence in our hearts.

What does the resurrection mean for you this morning, friends? It means your sin is sorted, it means your life can change, and it means you are not alone. Lastly, the resurrection means your future is secure.

when it comes to the future, one of the topics that inevitably springs to mind is death.

It's not a comfortable topic, and that's largely because it's such a painful experience. It's such a horrible experience losing someone that we don't really like to bring it up.

But Paul says, don't you forget to bring the resurrection into your understanding of death. Don't forget it.

[49 : 57] Why? Because when you do so, he says, one of the things that happens is your whole perspective begins to change. You see, in Romans 8, 18 to 21, Paul described a feeling that we all instinctively know.

He talked about how the world is breaking down. It's decaying. And you know that, don't you? You look on the news, and you sense, something's not right here, is it?

Ever think that? You turn on the news, it's all bad news, isn't it? This country's bombing that country, and these people are fleeing this war, and those people have no food and no aid.

And then you think, well, that's far away, but what about on our own home turf? Oh, no, no, no, this one's stabbed, that one, and this teenager's done this to that one. And when you read that, and you look at that, you just can't help come away and thinking, something's not right.

And then it gets even harder, because then you feel something, even in your own experience. Your loved ones are getting sick, and people you care about are dying.

[51 : 08] Paul calls this the curse of decay. everything in this life is breaking down, our bodies, our minds, and our human relations. But listen to how the resurrection speaks to you about this.

Verse 18, Paul says, I consider, in light of the resurrection, that our present sufferings are not worth comparing with the glory that will be revealed in us.

My friends, let me just be very careful here. Paul's not brushing aside your suffering. He's not saying, chin up, no big deal. He's not insensitive. He's not saying, look, cancer's small, or grief is easy, or the hospital bed doesn't hurt.

He's not saying that. What he's saying to you is, because of the resurrection, one day, Jesus is going to put things so right, heal things so deeply, restore things so completely, that when you look back, even the worst pain you have carried, will not compare to the glory that he's creating within you.

Because of the resurrection, we get to know all the decay, all the pain, all the weakness, all the tears. It's not the end of the story. Alzheimer's isn't the end of someone's story.

[52 : 37] Cancer isn't the end of their story. Depression doesn't get the last word. Anxiety doesn't get the last word. Grief doesn't get the last word.

Why? Because Jesus gets the last word. That's what the resurrection means. At the end of the day, when all is said and done, and the Lord wraps things up, who gets the last word?

Jesus. You know, friends, I'm putting the landing gear down. I'm going to finish by giving you a wee story. Every summer when I was a child, I would tell my mum and dad on day one of the summer holidays, pack my bags and send me to Gran and Pops.

It was meant to be Gran and Pops, but as a little kid I couldn't say Pops, so it forever became Pops. Send me to Gran and Pops. I don't want to be with you for holidays, I want to go down to Gran and Pops.

And you know what we would do? We'd go down there and we didn't really do all that much. And quite often I'd leave brother and sister behind, I didn't want them getting in the way. Right? I wanted all their attention to myself.

[53 : 45] And you know, they took me to Keswick every year. And they sometimes would take me to concerts. I think they were trying to educate me and civilise me and stuff like that. And other days, you know what, we just didn't do much.

We watched Emmerdale, Coronation Street, whatever the other one was, I can't remember, Brookside or whatever it was because she was fanatical about it. And then we go down to Tesco's. You know what, friends?

I loved it. But then one day everything changed. I remember the day I realised that I had taken the most special people in my life for granted.

Gran had a stroke. And when I visited her, she couldn't even talk. She could only groan as I prayed and held her hand.

And Pups, he had dementia. And so he didn't even know who I was. And he used to sit with him and he would say, when are you leaving?

[54 : 51] And he just didn't get it. And when they died, I felt like everything that I had loved had been snatched away from me.

Swallowed up in death. And it's a horrible feeling, isn't it? And I bet you've got your own version of that story. But you know what the resurrection says to us?

The resurrection says to us, it's not the end of the story. It doesn't have to be the end of the story. Because death will one day be put to death.

Jesus will one day put it aside and it'll never touch us. It'll never claim another loved one. It'll never leave us with grief and agony and pain ever again.

That is the power of the resurrection for our life. death. On that day, as Paul said in 1 Corinthians 15, 54, then when our dying bodies have been transformed into bodies that will never die, the scripture will be fulfilled.

[56 : 06] Death is swallowed up in victory. Whose victory? Not my victory. Not your victory. victory. The Lord Jesus Christ.

Friends, if you know Jesus today, your future is not hanging by a thread. It's not been left to luck or fate or optimism or even you.

your future is resting with the risen Savior. The one who's working out something so glorious for you that your present pain will not compare to it.

So as we bring this to a close and we move to the Lord's table, what does the resurrection mean for us today? Our sin is sorted. we can change.

We're not alone. Our future is secure. And as we finish, can I please invite anyone here this morning who has never yet asked the Lord Jesus to do that for them?

[57 : 23] Why not do it today? What's stopping you? All it takes is two words.

Lord say. Let me pray. Father in heaven, thank you for the reality of the resurrection.

Thank you for what it means for our lives today. As we come to communion, Lord, we pray that our hearts would settle on what this gift that you have given us tells us about you, tells us that you are a God whose heart is filled with love and compassion.

You're sacrificial and you're full of grace. And so we pray, Father, if we have not yet this morning called out to you, that in this moment right now we would do that.

Lord, we pray, Lord, save. Forgive us. Help us. Lord, we're weak and we're struggling and we're doubting and we're filled with all kinds of questions.

[58 : 35] But, Lord, we're coming to you because it was Jesus who said that he hadn't come for the healthy, he'd come to save the sick. And, Lord, we feel that sickness within.

And so save us, Lord. But, Father, for those of us who have maybe perhaps been a Christian for many years, Lord, would you lead us onwards in our faith? God, remind us of that great hope that the resurrection gives that one day even death is going to be swallowed up in your victory.

But more than that, Lord, lead us each and every day this week, Monday and Tuesday and Wednesday. Remind us, Father, that our sins are no more, that we can change slowly and little by little because we've got the Holy Spirit.

And, Lord, when we're struggling, remind us we're never alone, for you are the God whose Spirit lives within us. And so, Father, thank you for speaking to our hearts this morning.

And as we now look towards the communion table, we pray that you would indeed forgive and that, Lord, as we take, eat and drink, that we would do so in honour and in praise and with gratitude for who you are and what you have done as Father, Son, and Holy Spirit.

[59 : 50] Bless us now, for we ask it all. In Jesus' name, amen. Amen. Okay, folks, we're going to prepare our hearts now for communion.

We're going to sing together from Sing Psalms 118, verses 15 to 24. Triumphant shouts of joy resound in places where the righteous dwell.

The Lord's right hand is lifted high. His mighty hand does all things well. Let's sing together. Please stand if you're able and then afterwards we'll move into communion.

Amen. Triumphant shouts of joy resound in places where the righteous dwell.
the Lord's right and is lifted high.

[60 : 59] His mighty hand does all things well. I shall not die, but I shall live.

The Lord's great touch I will proclaim. The Lord's there near he chastened me.

The Lord's rescue me from death's domain. Through gates of righteousness!

The of righteousness! The of are wide the of righteousness The gates of to God This is the of God
through which the righteous come before the Lord.

the Lord. You answered me, I will give thanks. Salvation comes from you alone.

[62 : 41] The stone the builders have the stone of the and the stone the builders that re re used
has now become the former stone the himself has former stone Lord himself has died the sun lives
it is a powerful in our sight this is the day the Lord has made the Lord has made in the dead of the
let us great delight our attention to communion

I've got three simple for you what communion who's it will you it what is communion communion
visible in the bread in cup before body given blood shed us sin taking communion save you but
what it does is it points you to the one who will save you points you to put your faith in Jesus and
ask him will you forgive me for where I have wronged you and when we do that what Jesus does is
he uses this time and this opportunity to strengthen us in our faith once heard it put that communion
is like the aid station in a marathon the marathon of life we get tired and we slow down and then we
come to communion and it's like a boost that keeps us going to the finish line so what is communion
it's a visible sermon who's it for well it's for anyone who's put their trust in Jesus it's not for anyone
not anyone can just come along and take it as if it doesn't matter no it's for those who have said
Jesus

I need you I need you lastly will you take it it's a simple question but if I'm honest with you it's a
question you should think about because it's a question that God asks you and one day perhaps the
question may change one day he may ask you a different one he might say why didn't you take it?
why when I told you to take it did you say no? and so friends I would encourage you even if you are
not yet trusting Christ why not take this moment to change that and say Lord yes I will trust you I will
remember your death and resurrection on the night that Jesus was betrayed he took the bread and
he broke it and he told the people this this represents my body be broken but when you take it and
do so in remembrance of me a little while later he took the cup and he said to them this cup
represents my blood which will be shed on the cross and in doing so in the breaking of his body in
the shedding of his blood what Jesus was telling us is that forgiveness hope is now available
God's presence and his peace is now ours so when we take the cup we remember not only what
Jesus did but all that is now I'm going to say a short prayer and then invite the elders to come up
and dispense the elements Lord we now come to this moment where we can pause and Father as
we do so with hearts filled with gratitude with praise a broken faith with a weak faith we look to you
and we thank you for the Lord Jesus Christ our Saviour save us Amen let us pray

[68 : 11] Father thank you for this time together may it indeed Lord be a boost a strengthening an
encouraging time thank you for the Lord Jesus Christ and all that he did for us thank you for your
love which we can barely begin to describe for your care for your compassion for your compassion
and for your presence Lord as we leave here today would you send us home with a song of joy a
note of victory that is ground in what Jesus has done for us Lord go with us and gather us together
again in the power of the resurrection with hearts and minds and souls with a greater love and
appreciation for you for Father we come asking all of this in Jesus name Amen We are going to
conclude our time together singing our final item of praise mission praise 31 amazing grace how
sweet the sound that saved a wretch like me

I once was lost but now I'm found was blind please stand if you're able and then remain standing for
the closing benediction let us praise God together together Amen.

Amen. Amen.

Amen. And now may the grace of the Lord Jesus Christ, the love of God and the fellowship of the
Holy Spirit be with us all. Amen.