Sunday Small Groups are to:

TEACH the Bible to change lives

REACH the lost with the Good News of Jesus Christ and

CARE for people through prayer, ministry and fellowship.

1-18-26

Attendance: 158

Visitors: 19

Enrollment: 502

WEDNESDAY FELLOWSHIP MEAL

Please submit your reservation by noon Tuesday before the meal on Wednesday.

NAME

_____

Wednesday, January 28

5:15 pm to 6:00 pm

BBQ Chicken
Pasta Salad
Fried Okra

_____**Regular Meal $5.00 per plate**

_____**Chicken Tenders & Fries $3.00 per plate**

_____**Yearly Reservation**

_____**I prefer to make reservations on a weekly basis**

Payment is expected for cancellations after Tuesday.

FBTC

Legacy Builders

May all who come behind us find us faithful

Welcome to our newest Members:

Larry & Brandi Price

And

Rod & Tammy Martin

Staff

Keith Rustin
Senior Pastor
478-308-0993
krustin@fbccochran.com

Jeff Dykes
Executive Pastor
478-230-8792
jdykes@fbccochran.com

Jan Evans
Legacy Builder Ministry
478-230-7127
jevans@fbccochran.com

Jamie Davis
Next Generation Pastor
912-424-1142
jdavis@fbccochran.com

Ryan McWhorter
Family & Children's Ministry Pastor
706-302-6374
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Matthew White
Worship Pastor
478-230-4721
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Andrea Floyd
Financial/Admin Assistant
478-298-2498
afloyd@fbccochran.com

Tammy Martin
Ministry Assistant
717-799-7995
tmartin@fbccochran.com

Join us for WORSHIP

Sunday January 25

8:30 am Worship Service (Sanctuary)

9:45 am Sunday Morning Small Groups

11:00 am Worship Service (Sanctuary)

12:00 pm Care & Share Ministry Meeting (Fellowship Hall)

4:00 pm Youth Band (Summit)

4:30 Bible Drills (Children's Dept)

4:30 pm Sanctuary Small Group (Sanctuary)

5:00 Handbell Choir Informational Mtg (Conference Rm)

5:30 pm Teams Meeting (Fellowship Hall)

5:30 Awana (Upstairs Children's Dept)

5:30 pm Youth Bible Study (Summit)

Wednesday January 28

5:15 Wednesday Night Fellowship Meal

5:30 pm Youth Pizza & Fellowship

6:30 pm First Kids Music & Missions (Multipurpose Rm)

6:30 pm Adult Prayer & Bible Study (Fellowship Hall)

6:30 pm Adult Choir Practice (Choir Room)

FIRST BAPTIST CHURCH
101 SOUTH SECOND STREET
COCHRAN GA 31014

RETURN SERVICE REQUESTED

TITLE FIRST LAST
ADDRESS
CITY, STATE ZIP

NonProfit Org
U.S.Permit Pd.
Permit No. 2
Cochran GA 31014

First Baptist Church Cochran
January 21, 2026
Vol. 63, No. 3

Let Everything that has

Breath

Praise the

Lord

Psalm 150:6

"Just let it go…" Yeah, right. Letting go is hard. We say we surrender the difficult situation to God…yet we keep our hands/hearts firmly attached to the very thing we claim to have surrendered. Letting go morphs into an internal tug of war between trusting "The Lord will accomplish His purpose for me" and feeling "If it is to be, it is up to me." We want our children to grow up and yet stifle their development by controlling the smallest details of their lives. We say we trust God with our future yet develop ulcers from worrying about the unknown. We know to love our fellow humans unconditionally and all the while we are working to remake them in such a way as to be easier to love.

Letting go is hard because it requires complete surrender and absolute dependence; removing my hands from the situation or relationship requires an unshakeable trust in God to accomplish His divine purposes. Letting go is hard…but sometimes holding on is hard; to quote a popular TikTok adage — "You got to choose your hard." Eckhart Tolle once wrote, **"Sometimes letting things go is an act of far greater strength than defending or hanging on."**

Maybe one of the reasons letting go is so difficult is that we have a negative impression of letting go…we color it the same shade as quitting or betrayal or abandonment. Sometimes just letting go is the most positive, healthy, and productive response to a situation or relationship. So let me try to recast your impressions of "letting go" into a more positive framework by sharing these words penned by an unknown author:

- To "let it go" does not mean to stop caring, it means you can't do it for someone else.
- To "let it go" does not mean to cut yourself off, it is the realization that you can't control people or situations.
- To "let it go" does not mean to enable, but to allow learning from natural consequences.
- To "let it go" is to admit powerlessness, which means understanding that the outcome rests in God's capable hands.
- To "let it go" is no longer trying to change or blame another, it is seeking to be transformed by Jesus in your own life.
- To "let it go" does not mean ceasing to care for, but to care about.
- To "let it go" is to surrender the "fixer" role, but remain available.
- To "let it go" is to no longer be in the middle arranging all the outcomes, but rather to allow others to affect their own outcomes.
- To "let it go" is to cease being be over-protective, and permitting another to come to terms with their reality and choices.
- To "let it go" is not to deny, but to accept.
- To "let it go" is refusing to nag, scold, or argue but rather it's you identifying your own shortcomings and surrendering them to Jesus.
- To "let it go" means no longer adjusting everything to your desires, but taking each day as it comes and cherishing the moment.
- To "let it go" is ceasing to criticize and regulate others while focusing on becoming the person God intends you to be.
- To "let it go" does not mean forgetting the past, but instead to grow and live for the future into which God is leading you.
- To "let it go" is to fear & worry less while caring & loving more.

Maybe courage to choose the hard "just let it go" option is found by laying hold of the breathtaking truth in Ephesians 3:20: "Now all glory to God, who is able, through His mighty power at work within us, to accomplish infinitely more than we might ask or think." Grace & peace, love you. PK.

TEAM KICKOFF gathering

Sunday, January 25, 5:30PM
Fellowship Hall

An exciting time of eating, training, prayer as we step into 2026!

If you are part of an FBC team or committee, we'll see you there!

WHAT: HANDBELL CHOIR Informational meeting

WHEN: Sunday, January 25, 5 p.m.

WHERE: Conference Room

WHO: ALL AGES, middle school and up. No experience required.

NEEDED: Love of music and willingness to learn. Reading music is not a requirement.

WE WILL WELCOME STRONG GUYS FOR THE BIG BELLS!

thank you

For Your Financial Support For Our Ministries!

If we have your email address on file, you will receive your year-end giving statement via email. If you would rather receive your statement by mail, please contact the church office. All others will continue to receive statements by mail.