

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.
 5-3-26
Attendance: 271
Visitors: 4
Enrollment: 502

WEDNESDAY FELLOWSHIP MEAL

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

NAME

Wednesday, May 13

5:15 pm to 6:00 pm

Club Sandwich
 Potato Chips

___ Regular Meal
 \$5.00 per plate

___ Chicken Tenders & Fries \$3.00 per plate

Payment is expected for cancellations after Tuesday.



May 14, 2026

Bible study 10:00 am - 3:00 pm

Lunch 12:00 pm - 1:00 pm

Please bring your favorite sandwiches, salad, or dessert



Phil West will be the speaker.



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Sunday May 10

8:30 am Worship Service (Sanctuary)
 9:45 am Sunday Morning Small Groups
 11:00 am Worship Service (Sanctuary)

NO EVENING ACTIVITIES

Wednesday May 13

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 (Sanctuary)
 6:30 pm Adult Choir Practice (Choir Room)
 6:30 pm The 56

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
 May 6, 2026
 Vol. 63, No. 18



Okay, here it is. I want to recommend a nutritional plan for your consideration. Take it or leave it, I'm certainly not making any commissions off this plan. But I can promise you that following this nutrition plan will truly transform your entire life — physically, mentally, emotionally, relationally, and spiritually. Now you may want to write this down somewhere or keep this newsletter handy for quick reference. Here's the plan:

LEAN PROTEINS + COMPLEX CARBOHYDRATES
(CONSUME ALL YOU CAN, ANYTIME YOU CAN)

Pretty simple, huh? I know, I know....this nutrition plan runs contrary to many of the headlines you've been reading lately. Just hear me out. Proteins are defined as complex compounds that occur in all living matter and are essential for the growth and repair of tissue, organs, and muscle. Protein helps in other ways, too. It produces antibodies, the cells that fight off infection and disease. And the next time you get a cut or scrape, protein is what helps make those hurts heal. Carbohydrates have an important job: supplying your body with the energy it needs. When you consume carbohydrates, your body breaks them down into two types of fuel, some for now and some for later. So stated in a different way, proteins keep your engine strong and in good working condition; carbohydrates supply the energy necessary to keep your engine running.

So it makes sense to me to consume all the proteins and complex carbohydrates possible so that I maintain stability and power. And the best single source of concentrated protein and complex carbohydrates? God's Word, of course! Of His Word, God says it is "...living and powerful..." (Hebrews 4:12) If God's Word is living and powerful, then it must be an amazing source of protein and carbohydrates. So consuming copious amounts of God's Word will lead to great strength and power. It's also true that ingested Scripture will work in you to trim away unnecessary fat because it is sharper than any two-edged sword.

I do apologize if you feel you've been misled. I guess I should have clarified that I was referring to a spiritual diet plan! My bad. It just concerns me that Christians are consuming a lot of 'junk food' that diminishes their spiritual vitality. Gorging on things like Netflix, bawdy music, social media, unrighteous relationships, etc., contributes to the break down of your spiritual engine and robs you of the power needed for triumphant, impactful living. I strongly encourage you to scrutinize your spiritual diet, remove the toxic junk food, and pour more Scripture into your heart & mind — all you can, anytime you can! Grace & peace, love you. Pk



CLASS OF
2026

The following students will be recognized on 5/17/26:

Emilie Bowen
Tabitha Little
Samuel Mullis
Stanley Chris Sheppard
Dylan Strickland
Emmie Williams

Congratulations!



Family and friends are invited to attend

Little Light Preschool
End-of-Year Ceremony

Date: Thursday, May 21, 2026
Time: 9:30 am
Location: First Baptist Church
Info: Please join us to celebrate the end of a successful preschool year with a ceremony and refreshments.

Preschool Class of 2026



Happy
Mother's
Day

Her children rise up and
call her blessed.
Proverbs 31:28



Care & Share Ministry

But do not forget to do good and to share, for with such sacrifices God is well pleased.

Hebrews 13:16

Submit prayer requests or hands-on needs 4 ways:

QR Code
Church App
Website
www.fbccocharn.com
TELEPHONE
Church Office
478-934-6356



FIRST BAPTIST CHURCH OF COCHRAN

AN OUTDOOR NIGHT OF WORSHIP FOR THE ENTIRE FAMILY

SOUNDS OF SUMMER

BRING THE FAMILY
BRING YOUR FRIENDS
BRING A CHAIR

MAY 20 DINNER @ 6 PM MUSIC @ 6:45

FBC