



West Seventh Church of Christ

Striving to be
completely committed
followers of Jesus
Discipling
Equipping
Serving
Loving

January 11, 2026

Elders

Bill Alsup	505-2282
Tom Anderson	615-351-6239
Steve Cofer	615-519-1228
John Corn	540-230-8713
Marty DeJarnette	797-2387
Mike Kesler	797-3555
John Law	698-2236
John Simmons	626-5524
John M. Smith	388-5841
Jeff White	615-828-3509



Staff

Barry England	Marriage/Family
Nathan Graham	Student
Randy Owens	Preaching
Suzi Parrett	Children

Office 931-388-6514

Laurel Burton	Ministry Assistant
Lauren Kennedy	Ministry Assistant
David Ward	Facilities

Spanish Speaking

Elyar Sanchez	615-853-4627
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Welcome Guests! We are honored that you joined us and hope that you will be blessed today.

PLEASE REGISTER ON THE ATTENDANCE PADS IN EACH PEW.

The Information Center has more details and is in the hallway as you exit the door to the left of the pulpit.

Gluten Free Communion is available in the foyer.

Hearing Assistance is available; see an usher for assistance.

TO ASSIST FAMILIES WITH YOUNG CHILDREN:

Attended Nursery The Nursery is provided for children younger than two years of age.
It is in the hallway as you exit the door to the left of the pulpit.

Cry Room This space in the Foyer is reserved for parents with young children only.

Nursing Rooms The Cry Room has a private room for nursing and an additional private room is just past the Nursery.
Diaper Changes Are available in the Cry Room, the men's & women's restrooms in the Family Center and the men's restroom adjacent to the Nursery.

Prayer Room Parents wishing to rock a sleeping baby during worship may use this room to the right of the pulpit.
Quiet Bags These bags have helpful items for children and are available at the rear of the Auditorium.

Today

- 9:00 Worship
10:10 Coffee Fellowship
10:30 Bible Classes
11:30 Worship in Spanish

Evening - see the insert for Home Devotionals

Tuesday, January 13

Ladies' Bible Class will meet at 10 a.m. Childcare will be provided.

Wednesday, January 14

Sewing Ministry will meet at 9 a.m. in the Outreach Center.

Bible Classes will meet at 6:30 p.m.

Sunday, January 25

Soup and Game Night at 5:00 in the Teen Center.

Thank You

Linda Wilson and her children thank you for praying for them, and for all the visits, meals, gifts, and cards. Being able to use the OC for the visitation was a great blessing. May God bless your kind hearts and generosity.

Sewing Ministry

The Sewing Ministry is in need of **ONLY** XL or XXL t-shirts. To donate leave them in the church office or the back of the Auditorium.

Warming Station

There is a sign up sheet at the Information Center for those who would like to volunteer to help this winter. Contact Ricky or Julie Savage with any questions.

Food Pantry

The Food Pantry is in need of Nutty Buddy Bars, small jars of peanut butter, and packaged peanut butter crackers.

Time Capsule

We are creating a time capsule. Please fill out the page titled "What's Your West Seventh Story?" in the back of the 100 year Celebration magazine. Take a picture or make a copy and email it to the church office (office@w7church.org) or put it in the mail slot in the office door. The deadline has been extended to January 31. Please contact Bill Alsop with any questions.

Lost and Found

Please check the lost and found for anything that you are missing. This area is located in the Deacons' Room behind the baptistry.

Sympathy

Is extended to Roger Willson and family on the death of his mother, Margaret Willson, who passed away January 3. The funeral was January 7.

Is extended to Haley Schmidt and family on the death of her sister, Holly Staggs, who passed away January 5. A memorial service will be held at a later date.

Is extended to Carrie McCullough and family on the death of her grandmother, Irene Huckaby, who passed away January 6. Visitation is today at noon until the funeral at 2:00 p.m. at Heritage Funeral Home.

Directory Photos

Many of our directory photos need to be updated. If you would like to update yours, please send the photo to office@w7church.org or you may update it on the directory app.

Women of Hope Weekend

"United by Hope" seminar February 13 - 14. More details are at the Information Center or contact Linda James (931-626-0920).

Events

Check the bulletin board at the Information Center for a list of upcoming events in the area.

No Ball Playing

Children are welcome to play in the Gym after Bible Classes, but ball playing will not be allowed.

Wrapped



\$150 PER PERSON | **REGISTER BY**
SPONSORSHIPS AVAILABLE | **JANUARY 13**
PAY ON CHURCH WEBSITE
SELECT LADIES RETREAT

WEST 7TH LADIES RETREAT 2026
JANUARY 23-25
THE VISION - HUNTSVILLE AL

SPEAKERS - CELIA OWENS - LAUREN PINKSTON

Pray without ceasing

Reported sick this week:

Olivia Howell is in NHC-Maury, room 2204, recovering from hand surgery.

Carnice White has moved to NHC-Maury, room 1311. Visitors are welcome for short visits. Please wear a mask and use hand sanitizer during the visit.

Serenity Westmoreland has been diagnosed with type 1 diabetes. She is the daughter of Jessica Westmoreland and granddaughter of Joe and Dee Westmoreland.

Vickie Cofer's father, Ralph Roach, is in the hospital in Louisiana with pneumonia.

Continue to Pray...

Recovering | Extended Illness | Homebound

Wayne Alderson	Jane Hawkins	Margaret Parsons
Harold Allen	David & Nancy Heffington	Sammy Salters
Faye Bell	Olivia Howell	Glen Stone
Xiomara Berland	Lenora Hunter	Lottie Umstead
Diane Campbell	Ken & Faye Jackson	Melinda Watts
Jim & Betty Carrigan	Janice Jernigan	Molly Watts
Ramona Cherry	Sue Jones	Carnice White
Ruby Dunn	Glenda Kennedy	Jacob Williams
George & Shirley Freeland	Winnie Love	
Conor Harris	Bob & Kerma Parrett	

Friends and Family

Kathleen Cox's friend -	Trina Sottok
AJ DeJarnette's mother -	Deborah Grimes
Lyndell Fox's sister -	Connie Howell
Sue Fox's friend -	Gina Robinson
Linda James' daughter -	Tracy Rogers
Rob Johnson's friend -	Tammy Bradley
Shelby Johnson's mother -	Barbara Massey
Lexington, VA Church preacher -	Page Barnes
Kevin LoRe's friend -	Tammi Ettinger
David Mann's sister -	Mary Jo Bertie
Mark Marchal's mother-in-law -	Sandy Casey
Carrie McCullough's niece -	Hattie Fields
Sheila McDonald's mother -	Frances Byrd
Cindy Netherland's mother -	Marlene Smesler
Andrea Stevens' brother -	Derek Orban
Glen & Shirley Stone's daughter -	Tracy Bolton
Shirley Stone's friend -	Max Hill
The Tribbles' friend -	Phyllis Neely
Kelly Williams' brother-in-law -	Bill Ford

Preparing to Marry

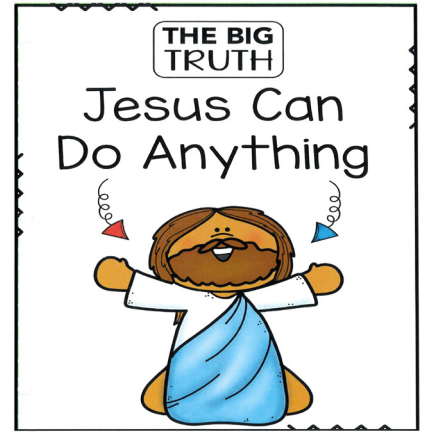
Todd Beasley & Megan Easterday

Expectant Parents

Carson & Sydni Cary
Chris & Courtney Loftis
Tucker & Baylie Vincent
Max & Brooke Morrison
Hardin & Ashley Caroline Johnson



Suzi Parrett
615-693-9427



Nathan Graham 865-415-7356
Annabeth Graham 931-215-8697
Jacob Love 931-797-1399
Jacob Hunnicutt 615-517-4761
Eric Nash 615-351-8384



Church Record

Sunday a.m. Worship	600
Auditorium	562
Spanish Speaking	24
The Bridge	14
Wednesday Classes	198
Contribution	\$33,571

Online Giving QR Code



wifi password: WESTSEVENTH

931-388-6514

office@w7church.org

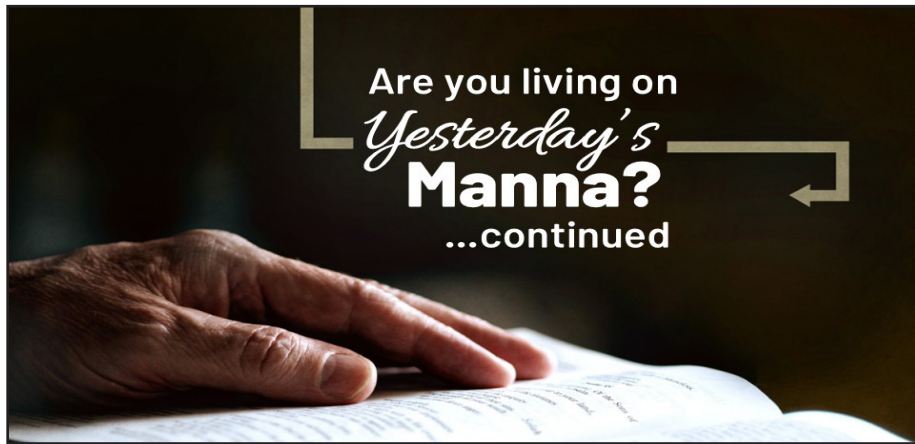
w7church.org

West 7th Church of Christ

West Seventh Street Church of Christ

405 West 7th Street Columbia, TN 38401

Techhelp@w7church.org or 931-225-HELP (4357)



Introduction: Are you living on yesterday's manna?

Order of Worship

Song Leader.....John Law

Sing to Me of Heaven - 583

Scripture ReadingTim Raines

James 5:7

Psalm 33:20

I Will Wait for You

I Need Thee Every Hour - 288

Prayer.....Chris Burton

O Sacred Head - 484

Communion.....John Carnahan

Offering

Lord, Take Control

This Is My Father's World - 669

Message.....Randy Owens

I Am Mine No More - 924

Announcements and

Shepherd's Blessing.....John Simmons

Nursery - Nicole LoRe & Celia Owens

Sunday Adult Classes

College/Young Pro	Marty DeJarnette
"Unexplainable Jesus"	Room 306
What Made Jesus Appealing	

Young Marrieds	David Hendrixson
The Wisdom of Proverbs	Room 307

Young Families	Barry England
The Chosen	Tyler Sells
	OC - Tennessee Room

Homebuilders	Jon Bennett
Great Chapters of the Bible	David Esslinger
	Rush Holladay
	T.V. Studio

Adults	Joel Oswalt
Genesis	Chapel

Adults	Tom Anderson
God is Light	Auditorium

Adults	Bill Alsup
1 Corinthians	Room 214

Spanish Speaking	Elyar Sanchez
	Room 212

Wednesday Adult Classes

Adult Class	Chapel
Meditations in Genesis	Lee Lantzer

Ladies' Class	T.V. Studio
Mama Bear Apologetics	Leah Shrader
	Katie Davidson

Men's Class	Room 214
Ezekiel	Chris Loftis

Precepts	OC - Maury Room
Study of 2 Kings	Randy Owens

FAMILIES WITH CHILDREN

Read Psalm 1 together.

Psalm 1 gives a comforting picture of how staying close to God helps us feel steady, even when life feels uncertain. Sometimes we might feel worried or anxious. We might feel nervous about school, friendships, schedules, or things we don't understand. It reminds us that when we stay close to God, He helps us stand strong—even when our feelings feel big.

Psalm 1 says that a person who loves God's Word is like **a tree planted by streams of water**. That tree doesn't run out of what it needs. Its roots are deep, so when the wind blows or the weather gets tough, it can stay standing.

When you feel anxious or worried, your heart can feel shaky. God helps you feel strong and calm, just like a tree with strong roots. If you feel nervous before school, a test, or a new activity, you can pray and remember that God is with you. Ask God to guide you. He will never let you down. As long as you're following Him, you're never alone!

Psalm 1 also reminds us to be careful about what we listen to. When we listen to fearful thoughts or only focus on "what if" worries, our anxiety can grow bigger. God wants us to listen to His truth instead. God's Word tells us the truth—that He loves us and watches over us.

The psalm ends by saying that **the Lord watches over the way of the righteous**. God sees us when we are anxious. He knows our worries and promises to walk with us through them.

1. What kinds of things make you feel anxious or worried?
2. How does the picture of a tree by water help you think about God?
3. What is one way we can turn to God when we feel anxious?
4. How can our family help each other when someone feels worried?

Following God does not mean you will have an easy, perfect life. It means that God will be with you, to guide you, comfort you, protect you, and do anything else you need when you need it. He's always there, 24 hours a day, 7 days a week. You can talk to Him anytime. He's ready and waiting to listen.

Close in prayer together:

Dear God,

Thank You for watching over us. If we feel worried, help us remember that You are close. Help us stay rooted in Your Word and trust You each day. In Jesus name, Amen.

The Psalms



ADULTS

These monthly Home Devotionals provide an opportunity for you have a moment of spiritual reflection either alone, with a spouse or another adult. This year, each month will feature a psalm that counters or answers an emotion common to each of us. Think of the psalms as deeply personal conversations between the human heart and Almighty God. They hold nothing back — joy, sorrow, fear, doubt, and faith are all included.

To begin, read Psalm 1; it is very brief - only six verses.

For anyone battling anxiety, this first psalm paints a vivid picture of stability, nourishment, and even flourishing for the one rooted and grounded in the law of the LORD. Verse 6 says, "The LORD knows the way of the righteous." Psalm 16:8 says, "I have set the LORD always before me; because he is at my right hand, I shall not be shaken." The psalms convey a consistent message of God's divine security for His followers.

However, the Bible never promises that we will be exempt from storms or difficult, trying days. Psalm 46:1-3 says, "God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, though its waters roar and foam, though the mountains tremble at its swelling."

Read Psalm 1 again and contemplate these questions.

- What are the "blessed" like and not like?
- What is the significance of the progression from walking - to standing - to sitting?
- What is the point of the tree comparison?
- What are the "wicked" like and why?
- What was "the law of the Lord" in David's day?
- What is the "law of the Lord" for you?
- How would you make time to meditate as this blessed man does?

Close in prayer.

FAMILIES WITH TEENS

This year, we are excited to dig into the Psalms together with an emphasis on our emotions. We are living in a society with a strong movement towards emotion = truth and letting our emotions control us. Emotions are God given and can be beautiful and helpful feelings but are meant to be controlled (Gal. 5:22-24). Take some time today to stop, read, and reflect on Psalm 1 as we discuss the emotion of anxiety.

Read Psalm 1.

If you look back over Psalm 1, you won't find the word anxiety mentioned. But you will find a godly solution to this emotion that too often runs rampant in our minds. The solution is a godly foundation; rooted in God. There are so many questions and worries we are faced with daily. It sometimes feels impossible not to feel anxious, but the key is to remember our foundation and identity. Our roots are in Jesus Christ, and nothing can take us from Him (John 10:28-20). It is also important to note that God is not condemning clinical anxiety. God desires us to let go of every day worries of life that take hold of our thoughts and our actions. Take some time to discuss these questions as a family:

- What often causes you the most anxiety? How can remembering your foundation, identity, and roots help your anxiousness?
- **Read Matthew 6:25-34.** Why does Jesus say not to be anxious? What brings you comfort from the words of Jesus?
- **Read Philipians 4:6.** According to this verse, what is the antidote to worry? How often do you pray about things you are anxious about? Is prayer your first option when faced with anxiety or is it a last resort?
- How can controlling anxiety's impact on your life make you more like Jesus and a better living sacrifice to God?

Close with a prayer thanking God for our steadfast foundation in Jesus! Take some time to also bring individual anxieties to Him either collectively or individually.