



West Seventh Church of Christ

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

October 5, 2025

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



Meet at various times today.

To join a group, contact Jon Bennett or Max Morrison.

Staff

Barry England	Marriage/Family
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 by your time with us.

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

Small Group Bible Studies meet at various times. See Jon Bennett or Max Morrison to join a group. Anyone is welcome to join the group meeting in the Chapel at 5:00 today.

Tuesday, October 7

Ladies' Bible Class will not meet.

Wednesday, October 8

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

Evening Bible classes will not meet due to many traveling for fall break.

Saturday, October 11

The Tech Ministry will have their next class/workshop from 10 a.m. - 12 p.m. in the OC - Maury Room. The topic will be Google Suites Collaboration, taught by Eric Bryant. Everyone is welcome. Contact Delonia Lawrence (615-496-8864) to register.

Welcome

Amber Thomas
518 Crutcher Court
Spring Hill, TN 37147



New Address

C.T. Johnson has moved. His new address is:
The Bridge
851 W. James Campbell Blvd., Room 211
Columbia, TN 38401

Prayer Request

Please be in prayer for those traveling to Nicaragua for a mission trip during fall break.

Food Pantry

The Food Pantry is in need of sweet peas, canned fruit, especially peaches (15 oz. cans), tuna (5-6oz cans) and Nutty Buddy bars.

W7 100 Year Celebration

Anyone who has information or items that would be beneficial for the upcoming 100 year celebration, please contact Bill Alsop (931-505-2282).

GriefShare

GriefShare meets each Sunday night from 5-7 in the OC - Columbia Room for a duration of 13 weeks.

There is a follow-up grief support group that meets on the second and fourth Sunday nights from 5-7 in the OC - Maury Room. These meetings are ongoing. This group is ideal for people who have completed GriefShare, but that is not required. Call the church office (931-388-6514) to register for either group.

DivorceCare

A new session of DivorceCare has begun. The group meets each Wednesday night from 5:30-7:30 in the OC - Columbia Room for a duration of 13 weeks. Call the church office (931-388-6514) for more information or to register.

Young Professionals

Andrew Tomlin is leading a study with the Christian 20s each Sunday through November 9, entitled "Singing with Understanding." Each study will include a selection of various psalms, hymns and spiritual songs to reflect upon, and then sing to the Lord! They meet at the Graymere Lodge at 6:30 p.m. If you have any questions or would like additional details, please contact Jim Robinson.

Attendance Pads

There is an attendance pad on each end of the pew. Please sign in (guests at the top, members at the bottom) and pass your sheet to the inside aisle. During the shepherd's blessing, young men will collect the sheets.

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.

Wednesday Evening Bible Classes Update

Bible classes will not meet
Wednesday, October 8, due to
many traveling for fall break.

Pray without ceasing

Reported sick this week:

Mike and Glenda Kesler are now home recovering.

Lottie Umstead is at NHC-Maury, room 1307B recovering from surgery for a broken femur.

Carnice White is recovering from back surgery.

Continue to Pray...

Recovering | Extended Illness | Homebound

Wayne Alderson	Conor Harris	Margaret Parsons
Harold Allen	Jane Hawkins	Bob & Kerma Parrett
Faye Bell	David & Nancy Heffington	Beverly Richardson
Xiomara Berland	Olivia Howell	Kathy Robinson
Diane Campbell	Lenora Hunter	Sammy Salters
Jim & Betty Carrigan	Ken & Faye Jackson	Glen Stone
Ramona Cherry	Janice Jernigan	Richard Taylor
Ruby Dunn	Sue Jones	Melinda Watts
Carroll Duvall	Glenda Kennedy	Molly Watts
George & Shirley Freeland	Jim Knight	
Jan Glover	Winnie Love	

Friends and Family

Anna Ault's father -	Bobby Bishop
Kathleen Cox's friend -	Trina Sottek
AJ DeJarnette's mother -	Deborah Grimes
Lyndell Fox's sister -	Connie Howell
Sue Fox's friend -	Gina Robinson
Jenny Johnson's father -	Tom Childers
Rob Johnson's friend -	Tammy Bradley
Shelby Johnson's mother -	Barbara Massey
Delonia Lawrence's father -	Roy Hackley
Lexington, VA Church preacher -	Page Barnes
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
Skylar Ratliff's mother -	Joyce Kennedy
Amy Sanchez's grandfather -	Harold Long
Andrea Stevens' brother -	Derek Orban
Glen & Shirley Stone's daughter -	Tracy Bolton
Glen & Shirley Stone's granddaughter -	Kaylynn Freeman
Shirley Stone's friend -	Max Hill
The Tribbles' friend -	Phyllis Neely
Suzanne Turner's brother -	David West
Kelly Williams' brother-in-law -	Bill Ford

Preparing to Marry

Jaden Hamm & Amelia Carnahan
Dylan Bennett & Cailynn Clayton
Todd Beasley & Megan Easterday

Expectant Parents

Pearson & Hannah McClendon



Suzi Parrett
615-693-9427

Tweens Pumpkins and Pancakes

October 19 | Family Center
11:15 a.m. – 1:15 p.m.

We will make pancakes and play games.
Bring your favorite toppings and your friends!

W7 SM
West 7th Student Ministry

Jacob Love	931-797-1399
Jacob Hunnicutt	615-517-4761
Eric Nash	615-351-8384
Ben Jones	931-698-1206

October 12 Areawide at Sandy Hook
5:00 p.m.

October 15 Grade Groups & Plus One
6:00 p.m.

October 29 Grade Groups & Plus One
6:00 p.m.

Communication Update:
We are using the REMIND app to communicate events and information.
To download the app: **text @w7yg to 81010.**

Church Record

Sunday a.m. Worship	455
Auditorium	421
Spanish Speaking	23
The Bridge	11
Wednesday Classes	199
Contribution	\$18,077

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)



TEXT: Philippians 4:10-20

*I have learned the secret of being content in any and every situation,
whether well fed or hungry, whether living in plenty or in want.
Philippians 4:12 NIV⁸⁴*

Introduction:

Contentment _____

Contentment _____

Lesson # 1 _____

Lesson # 2 _____

Lesson # 3 _____

Lesson # 4 _____

*And my God will meet all your needs according to his glorious riches in Christ Jesus.
Philippians 4:19 NIV⁸⁴*

Order of Worship

Song Leader.....Marty DeJarnette

Let Every Heart Rejoice and Sing - 388

Scripture ReadingTim Raines

Romans 8:38-39

Jesus, Hold My Hand - 350

Take Time to Be Holy - 619

Be With Me, Lord - 40

Prayer.....Eric Bryant

Flee As a Bird - 151

Peace, Perfect, Peace - 530

Communion.....Rob Johnson

Offering

The Sands of Time - 650

O Listen to our Wondrous Story - 482

Message.....Randy Owens

Burdens are Lifted at Calvary - 95

Announcements and

Shepherd's Blessing.....Jeff White

Nursery - Stephanie Cofer & Kelly Williams

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
Romans Chapel

Adults Tom Anderson
God is Light Auditorium

Adults Bill Alsup
Galatians Room 214
Ephesians

Spanish Speaking Elyar Sanchez
Room 212

Wednesday Adult Classes

Adult Class Chapel
Genesis Lee Lantzer

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

Men's Class Room 214
God Has A Name Zach Pharr
(A study of the background of God's name and what it should mean to us)

Precepts OC - Maury Room
Study of 1 Kings Randy Owens



Open

- When are you most likely to overindulge or push the limit for more? Special food? Binge-watching? Shopping? Sports? Other?
- Who is a contented person you know? How have you observed this about him or her?

Scripture, Discussion and Application

To begin, deep down we realize that contentment comes from within. Yet, there seems to be a constant temptation to look outward for something to satisfy. It may be status, possessions, or even relationships.

- Why do we fall for this?

Contentment cannot be given, inherited, earned or purchased. Paul explained that contentment is learned. He said, "I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want" (Philippians 4:11-12).

- Discuss how contentment is learned.

There are some lessons to learn in our quest for contentment.

Lesson # 1: Rejoice in the Lord.

Is "rejoicing in the Lord" something that sounds right in a church setting but doesn't hold water in real life? Are we expected to be joyful when life

is falling apart? Note what Paul stated about rejoicing and being in need. "I rejoice greatly in the Lord that at last you have renewed your concern for me. Indeed, you have been concerned, but you had no opportunity to show it. I am not saying this because I am in need, for I have learned to be content whatever the circumstances" (Philippians 4:10-11).

- Yet, consider the circumstances Paul was experiencing when he wrote this letter. He could have made the case for being in need, right? How?

Lesson # 2: Resist comparing to other people.

Have you ever noticed that the trap of comparing is always comparing up? Scripture repeatedly warns of the danger of comparing. "Pay careful attention to your own work, for then you will get the satisfaction of a job well done, and you won't need to compare yourself to anyone else" (Galatians 6:4 NLT). Paul revealed that he had experience on both ends of the spectrum. "I know what it is to be in need, and I know what it is to have plenty" (Philippians 4:12).

- Susan Fiske coined the phrase "envy up, scorn down." Discuss how you have experienced or witnessed that to be true.

Lesson # 3: Recognize what doesn't bring contentment.

- We often thank God for our material blessings. Yet, are there times when these material things are not blessings at all?

Lesson # 4: Jesus is all you really need.

- "I can do everything through him who gives me strength" (Philippians 4:13). Discuss the context of this statement and how we often hear this passage misused.

CLOSE: Discuss Paul's bold claim, "And my God will meet all your needs according to his glorious riches in Christ Jesus" (Philippians 4:19). End your time together boldly praying with this truth in mind.