

This Week At FCC

Sunday	9:00 am	Sunday School
	10:00 am	Worship Service
Wednesday	6:00 pm	Bible Study (Tom Frisbie)
	6:00 pm	Community Practice

Practicing The Way: Community Practice— August

Despite the unprecedented connectivity of the modern era, genuine community is vanishing. Isolation, transience, and superficiality can sabotage our formation into people of mature love. But through Jesus, we enter a new kind of family that offers intimacy, joy, healing, and commitment. Join us for a 4 week study on the practice of community starting **Wed. August 6th at 6pm.**

If you plan to attend, please scan the QR code and sign up by joining the community group.



August Prayer Emphasis: Cookeville Pregnancy Clinic

The Cookeville Pregnancy Clinic, a mission we support, is a Christ-centered ministry offering free medical services, counseling, and support to women facing unplanned pregnancies. Their mission is to share the love of Jesus by empowering women to choose life and providing healing for those impacted by abortion. Through education, material support, and compassionate care, they serve as a beacon of hope in our community. This month, we invite you to join us in prayer over this mission as we lift up the staff, the mothers they serve, and the lives they work so faithfully to protect.

See the Information Table for

Upcoming Events
& Sign-up Sheets

Volunteer Opportunities

August 03, 2025

OUR VISION AT FIRST CHRISTIAN CHURCH

Making Disciples in Cookeville, Putnam County, and to the ends of the earth.



Current Sermon Series:

What if the greatest threats to your well-being aren't loud or obvious—but quiet and hidden? In this four-part series, we'll uncover the subtle poisons of toxic thoughts, influence, relationships, and religion—and learn how to recognize and remove them before they take root.

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TO LEARN MORE ABOUT US AND WHAT WE BELIEVE VISIT US AT

Social Links



Connect Card



Message Notes 8/3/2025

TOXIC 01: TOXIC THOUGHTS

Brad Windlan First Christian Church

Learn more: fcc-cookeville.org

Challenge #1: _____ & Reject Toxic Thoughts

Proverbs 4:23 (CEV) “Carefully guard your thoughts because they are the source of true life.”

2 Corinthians 10:4-5 (NIV) “The weapons we fight with are not the weapons of the world... they have divine power to demolish strongholds. We demolish arguments... and take captive every thought to make it obedient to Christ.”

Jeremiah 12:3a (NIV) “You know me, O Lord; you see me and test my thoughts about you...”

Challenge #2: _____ Toxic Thoughts With God’s Truth

Philippians 4:8 (NIV) “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”

Romans 12:2 (NIV) “Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”

TALK IT OVER

1. What are some toxic thoughts you've struggled with, and how can recognizing them in light of Proverbs 4:23 help you begin to reject them? How do you think guarding your thoughts can lead to "true life"?

2. 2 Corinthians 10:4-5 talks about taking thoughts captive and making them obedient to Christ—what does that practically look like in your daily life? How can we support each other in identifying strongholds and replacing them with truth?

3. Philippians 4:8 challenges us to think on what is true, noble, and pure—what specific truths from God’s Word can you use to replace negative or destructive thinking patterns? How has renewing your mind (Romans 12:2) changed your perspective or decision-making?