

## This Week At FCC

<b>Sunday</b>	9:00 am	Sunday School
	10:00 am	Worship Service
<b>Tuesday</b>	9:00 am	Sonshiners Trip
<b>Wednesday</b>	6:00 pm	Bible Study (Tom Frisbie)

### Sonshiners Trip– September 9th

Adults 50+ are invited to take a trip to the Muddy Pond Mennonite Community in Monterey, TN on Tuesday, September 8th. You can shop in their general stores and take in a sorghum making demonstration. The bus will leave the church at 9:00 am. The cost is \$4.00 per person to ride the bus plus the cost of your own lunch at The Country Porch. For more information and to sign up, visit the Information Table in the main hallway.

### Women's Brunch– September 13th

The Sister 2 Sister Ministry is hosting a women's brunch on Saturday, September 13th, at 10:00 am, at Golden Corral. Sign up at the Information Table. For more information, contact Cindy Rush (847-489-8924)

### Sonshiners Trip– September 25th

Adults 50+ are invited to take a trip to Rowell's Apple House & Rocking Horse Antique gallery in Crossville, TN on Thursday, September 25th. The bus will leave the church at 9:00 am. The cost is \$4.00 per person to ride the bus plus the cost of your own lunch at Forte's. For more information and to sign up, visit the Information Table in the main hallway.

### Sign up for Trunk or Treat!

Are you interested in being a part of Trunk-or-Treat this year on Friday, October 31st? In order to put this event on this year we need at least 13 vehicles committed by Sunday, September 28th. If you are interested in participating please sign-up at the Information Table. The theme for this year's Trunk-or-Treat is TV Shows.



### Cookeville Rescue Mission Donation Drive

We are currently collecting donations for the Cookeville Rescue Mission, a mission we support, to provide various items for the men, women, and children staying at the shelter. A full list of items is listed on the Information Board and there are postcards available to take the list with you. All donations are due by Sunday, September 28th and can be brought to EDW 101 or dropped in the bin under the Information Table. If you have any questions please speak to Steve Owens (931-319-7784)

September 7, 2025

## OUR VISION AT FIRST CHRISTIAN CHURCH

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



### Today's Sermon:

Everyone wrestles with occasional worry and stress, but in recent years anxiety has taken hold of our society in epidemic proportions. Thankfully, God's Word is filled with wisdom and insight on this topic that is both relevant and timely for us today. This series will equip and encourage you to trust in God like never before!

Church Office

(931) 526-4241

[office@fcc-cookeville.org](mailto:office@fcc-cookeville.org)

Brad Windlan, Lead Minister

[brad@fcc-cookeville.org](mailto:brad@fcc-cookeville.org)

Josh Hale, Associate Minister

[josh@fcc-cookeville.org](mailto:josh@fcc-cookeville.org)

Jared Wilson, Director of Worship

[jared@fcc-cookeville.org](mailto:jared@fcc-cookeville.org)

Scott Francis, Administrative Minister

[scott@fcc-cookeville.org](mailto:scott@fcc-cookeville.org)

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

Social Links



Connect Card



**ANXIOUS FOR NOTHING 01 When You've Had Enough**

**Brad Windlan First Christian Church**

**Learn more: [fcc-cookeville.org](http://fcc-cookeville.org)**

**Philippians 4:4-7 (NIV)** “Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

**1 Kings 19:1–2 (NIV)** “Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. So Jezebel sent a messenger to Elijah to say, ‘May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them.’”

**1 Kings 19:3-4 (NIV)** “Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, while he himself went a day’s journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. ‘I have had enough, Lord,’ he said. ‘Take my life; I am no better than my ancestors.’”

**Four Anxiety Related Mistakes:**

1. We \_\_\_\_\_ into the ground.
2. We shut \_\_\_\_\_ out.
3. We focus on the \_\_\_\_\_.
4. We forget \_\_\_\_\_.

**1 Kings 19:11-12 (NIV)** “The Lord said, ‘Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by.’ Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper.”

**TALK IT OVER**

1. Of the four anxiety-causing mistakes—running ourselves into the ground, shutting people out, focusing on the negative, and forgetting God—which mistake do you struggle with most?
2. How can you encourage yourself to trust that God will carry you through every difficulty you face?
3. How can you reassure someone else of God’s presence who may be feeling brokenhearted or overwhelmed?