

This Week At FCC

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

Practicing The Way: Sabbath— January

Sabbath is a 24-hour time period set aside to stop, rest, delight, and worship. In our era of chronic exhaustion, emotional unhealth, and spiritual stagnation, few things are more necessary than the recovery of this ancient practice. Join us Wednesday evenings in January at 6pm in the Worship Center for this study on Sabbath. The first class will be on January 7th.

Women's Brunch— January 10th

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

Youth Group Hangout— January 11th & 25th

Starting January 11th the youth group (grades 5-12) will meet every second and fourth Sunday of the month from 6pm-8pm. This month we will meet in the Teen Room (Family Life Center- Gym). Invite your friends to join us.

January 11th - Games and snacks

January 25th - Movie Night: Wild Robot - Popcorn and drinks provided.

NEXT Steps: Plugged-In Class (two part class)

On **January 18th & 25th, at 9:00 am**, Pastor Brad will offer the Plugged-In class. In this class you will learn all about First Christian Church; where we come from, our mission, vision, core beliefs, and how you can plug in and grow as part of this church family. If you would like to attend please let us know in the "Leave a message for the staff" section of the yellow connection card or through the YouVersion online connection card.

See the Information Table for

Upcoming Events
& Sign-up Sheets

Volunteer Opportunities

January 04, 2026

OUR VISION AT FIRST CHRISTIAN CHURCH

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



Today's Sermon:

Our world pushes change through pressure and performance. Scripture invites us into something better. In this series, we'll explore how God restores the soul, renews the mind, and forms us through the peace of Christ—leading to true, lasting health from the inside out. Join us as we learn to slow down, be still, and trust the transforming work of God.

Church Office

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

Social Links



Connect Card



Message Notes 01/04/2026
RESTORED FROM THE INSIDE OUT 01
“BE STILL: Salvation Begins with Safety”
Brad Windlan First Christian Church
Learn more: fcc-cookeville.org

Psalm 46:10a (NIV) “Be still, and know that I am God.”

1. The _____ We Feel
2. The _____ God Leads Us Into

Psalm 23:2a (NIV) “He makes me lie down in green pastures.”

Psalm 23:3a (NKJV) “He restores my soul.”

3. The Kind of Year _____ Invites Us Into

Matthew 11:28 (NIV) “Come to me, all you who are weary and burdened, and I will give you rest.”

Matthew 11:29 (NIV) “Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.”

TALK IT OVER

1. Where do you personally feel the most pressure right now—spiritually, emotionally, or practically—and how might that pressure be affecting your ability to be still with God?
2. Psalm 23 says God “makes us lie down” so He can restore our souls. What does resting with God actually look like for you in this season—and what tends to keep you from it?
3. Jesus invites the weary to come to Him for rest, not just forgiveness. As you step into this new year, what would it look like for you to receive peace and purpose as a gift rather than something you have to earn?