

This Week At FCC

Sunday	9:00 am	Sunday School
	10:00 am	Worship Service
	6:00 pm	Youth Group
Wednesday	6:00 pm	Bible Study (Tom Frisbie)
	6:00 pm	Practicing the Way: Sabbath

Youth Group Hangout– January 11th & 25th

Starting tonight, 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.

Sunday school classes meet at 9:00 am in the following locations

Adult Classes

Bible Studies for Life	(Steve Owens)	EDW 101
Letters to the Churches	(Ashley Farley)	EDW 102
Explore the Bible	(Ray Crowe)	EDW 103
Truth Seekers	(Wayne Kirkland)	EDW 105

Children & Youth Classes

Preschool	(Kelly Windlan)	Preschool room
K-3th Grade	(Josh Hale)	K-3 room
4-6th Grade	(Kim Snyder)	4-6 room
7-12 Grade	(Daniel Snyder)	Teen room

January 11, 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 1/11/2026

RESTORED FROM THE INSIDE OUT 02

GUARDED BY PEACE: The Gospel for Anxious Hearts and Minds

Brad Windlan First Christian Church

Learn more: fcc-cookeville.org

Three Ways God Gives Us Peace.

1. In the midst of the _____ We've Learned to Live With

Philippians 4:6a (NIV) "Do not be anxious about anything..."

2. By Actively _____ Our Hearts and Minds.

Philippians 4:6-7 (NIV) "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

3. Through His _____ That Produces Peace

Philippians 4:5b (NIV) "The Lord is near."

Isaiah 26:3 (NIV) "You will keep in perfect peace those whose minds are steadfast, because they trust in you."

Romans 8:1 (NIV) "Therefore, there is now no condemnation for those who are in Christ Jesus."

TALK IT OVER

1. Where do you notice anxiety has become "normal" in your life—even though it's quietly draining you? How does it feel to hear that God does not shame anxious hearts, but wants to meet us there?
2. Philippians 4 says God's peace "guards" our hearts and minds. What do you think it looks like, practically, to release control to God so His peace can take its post?
3. Peace is produced by God's nearness, not our performance. What can help you stay aware that "the Lord is near" during stressful or uncertain moments this week?