

This Week At FCC

Sunday	9:00 am	Sunday School
	10:00 am	Worship Service
Wednesday	6:00 pm	Bible Study
	6:00 pm	Practicing the Way: Sabbath

Elder Renewal Vote

A congregational vote to renew Steve Owens as Elder for an additional three-year term will take place **Sunday, February 1st**. If you have any questions, please speak to the Elders (Ray Crowe, Ashley Farley, and Steve Owens).

Youth Group Hangout– January 25th

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

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 18, 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 1/18/2026

RESTORED FROM THE INSIDE OUT 03

“RENEWED WITHIN: Sanctification Is an Inside Job”

Brad Windlan First Christian Church

Learn more fcc-cookeville.org

1. Our Understanding of _____

Romans 12:2a (NIV) “Do not conform to the pattern of this world, but be transformed...”

2. Our Mind—The Way We _____

Romans 12:2b (NIV) “...by the renewing of your mind.”

2 Corinthians 4:16 (NIV) “Though outwardly we are wasting away, yet inwardly we are being renewed day by day.”

Jesus describes this process simply:

John 15:5 (NIV) “I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.”

TALK IT OVER

1. Where have you felt the tension between trying to “change yourself” and allowing God to transform you from the inside out? How has striving affected your peace, joy, or relationship with God?
2. What does “renewing your mind” look like in your real, everyday life right now? Are there fears, lies, or habits of thinking that God may be gently replacing with truth and trust?
3. Jesus says fruit comes from remaining in Him, not striving harder. What helps you stay connected to Christ—and what tends to pull you into self-effort or burnout instead?