

## This Week At FCC

Sunday	9:00 am	Sunday School
	10:00 am	Worship Service
Wednesday	6:00 pm	Bible Study

### Elder Renewal Vote- Today

Ballots for the vote to renew Steve Owens as Elder for an additional three-year term are available on the Information Table in the Main Hallway. There is a blue mailbox to the right of the Information Table to place your ballots in after you have voted. If you have any questions, please speak to the Elders (Ray Crowe, Ashley Farley, and Steve Owens).

### Right to Life Meeting- February 7th

A Putnam County chapter of Right to Life will be using our facility to hold meetings on the first Saturday of each month at 6:00 pm in EDW 105. The first meeting will be this Saturday, February 7. All are welcome to attend.

### Youth Group Hangout- February 8th & 22nd

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.

### Sonshiners Valentine's Day Brunch- February 14th

Adults 50+ are invited to the Sonshiners Valentine's Day Brunch on Saturday, February 14th, at 10:00 am, in the Family Life Center (Gym). Please bring a brunch food dish to share (i.e. donuts, breakfast casserole, fruit, orange juice, etc.) and a wrapped baked good for bingo prizes. Please sign up at the Information Table.

**See the Information Table for**

Upcoming Events  
& Sign-up Sheets

Volunteer Opportunities

February 01, 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.

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

Social Links



Connect Card



Message Notes 02/01/2026

RESTORED FROM THE INSIDE OUT 04

“FORMED IN PEACE: Christlikeness Without Striving”

Brad Windlan First Christian Church

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

### THREE THOUGHTS:

**THOUGHT #1:** The \_\_\_\_\_ Behind the Process

**Romans 8:29 (NIV)** “For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters.”

**THOUGHT #2:** The Peace That Is Meant to \_\_\_\_\_

**Colossians 3:15 (NIV)** “Let the peace of Christ rule in your hearts.”

### Remember the process:

Safety... Abiding Peace... Surrendered Trust =

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**THOUGHT #3:** The Rest That \_\_\_\_\_

**Hebrews 4:9–10 (NIV)** “There remains, then, a Sabbath-rest for the people of God; 10 for anyone who enters God’s rest also rests from their works, just as God did from his.”

### TALK IT OVER

1. Romans 8:29 reminds us that God’s goal is Christlikeness, not performance. Where do you feel most tempted to *strive* spiritually instead of trusting God’s forming work—and what might it look like to cooperate with the process rather than control it?
2. Colossians 3:15 says the peace of Christ is meant to “rule” our hearts. What signs help you recognize when Christ’s peace is ruling in your life—and what usually disrupts that peace for you?
3. Hebrews 4 speaks of a rest that remains for God’s people. In this season of your life, what would it look like to truly “rest from your works” and live from surrendered trust instead of constant effort?