

## This Week At FCC

<b>Sunday</b>	9:00 am	Sunday School
	10:00 am	Worship Service
<b>Tuesday</b>	8:30 am	Sonshiners Trip
<b>Wednesday</b>	6:00 pm	Bible Study
	6:00 pm	Practicing the Way: Prayer

### Youth Group Hangout– March 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 Trip– March 10th

Adults 50+ are invited to take a trip to Bell Buckle, the smallest town in Tennessee, to visit restored Victorian homes, shop at antique stores, and more. The bus will leave the church at 8:30 am. The cost is \$4.00 to ride the bus plus the cost of your own lunch at The Bell Buckle Cafe. Sign up at the Information Table by Sunday, March 8th.

### Good Friday Service– April 3rd

Our Good Friday service is Friday, April 3rd, at 6:00pm, and we are looking for a few people that would be interested in doing a scripture reading as part of the service. Talk with Josh Hale or let us know through the yellow connection card that you are interested.

## See the Information Table for

Upcoming Events  
& Sign-up Sheets

Volunteer Opportunities

March 08, 2026

## OUR VISION AT FIRST CHRISTIAN CHURCH

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



### Current Sermon Series:

We all have difficult people in our lives but what if God wants to use those relationships to shape something deeper in us? In this honest and practical series, we'll unpack how to deal with the overly needy, the constantly critical, the manipulative, and the hypocritical, learning how to respond in ways that reflect Christ instead of reacting in frustration.

#### Church Office

Brad Windlan, Lead Minister

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

Social Links



Connect Card



**Message Notes 03/08/2026**  
**THOSE PEOPLE 02 – Manipulative People**  
**Brad Windlan First Christian Church**  
**Learn more: fcc-cookeville.org**

**MANIPULATION IS NOT NEW:**

**Judges 16:15-16 (NIV)** “Then she said to him, ‘How can you say, ‘I love you,’ when you won’t confide in me? This is the third time you have made a fool of me and haven’t told me the secret of your great strength.’ With such nagging she prodded him day after day until he was sick to death of it.”

**Common Tactics of Manipulators**

1. \_\_\_\_\_

Flattery inflates your ego to control your actions.

2. \_\_\_\_\_

Threats create fear to force compliance.

3. \_\_\_\_\_

Guilt attacks your heart to override your judgment.

**3 PRAYERS TO HELP BREAK THE POWER OF MANIPULATION**

**Prayer #1 - God, help me \_\_\_\_\_ it.**

**Matthew 16:21-22 (NIV)** “From that time on Jesus began to explain to his disciples that he must go to Jerusalem and suffer many things at the hands of the elders, the chief priests and the teachers of the law, and that he must be killed and on the third day be raised to life. 22 Peter took him aside and began to rebuke him. ‘Never, Lord!’ he said. ‘This shall never happen to you!’”

**How do you know you’re being manipulated?**

You feel \_\_\_\_\_, not peace.

You feel \_\_\_\_\_ setting healthy limits.

You \_\_\_\_\_ conviction to maintain approval.

**Prayer #2 - God, empower me to \_\_\_\_\_.**

**Matthew 16:23 (NIV)** “Jesus turned and said to Peter, ‘Get behind me, Satan! You are a stumbling block to me; you do not have in mind the concerns of God, but merely human concerns.’”

Boundaries say: “I love you — but I won’t \_\_\_\_\_ God’s call on my life to please you.”

**Prayer 3 - God, expose \_\_\_\_\_ need to control.**

Generally speaking: manipulation is a desire for control rooted in insecurity.

**Isaiah 26:3-4 (NLT)** “You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you! Trust in the Lord always, for the Lord God is the eternal Rock.”

**THE TRUTH:**

You can’t be manipulated unless you are willing to trade \_\_\_\_\_ for approval. This is why Jesus couldn’t be manipulated. His peace was in His Father—and he wouldn’t trade that for anything.

**TALK IT OVER**

1. Where do you most often feel pressure instead of peace in relationships? How can you tell the difference between the Spirit’s leading and manipulation?
2. What is one boundary you may need to set — or strengthen — to stay faithful to God’s call on your life? What makes that boundary difficult?
3. In what situations are you tempted to control outcomes instead of trusting God? What would it look like to choose trust and surrender in that area this week?