

## This Week At FCC

<b>Sunday</b>	9:00 am	Sunday School
	10:00 am	Worship Service
<b>Wednesday</b>	6:00 pm	Bible Study

### Mothers Day Cards


For Mothers Day this year we would like to show our appreciation for moms in all stages of life through prayers and memories of all they have done for us. There are cards on the Information Table for you to write a note or prayer on before putting it in the collection basket. All cards will be added to a Mother's Day display on Sunday, May 10th.

### Sonshiners Trip– Thursday, May 7th

Adults 50+ are invited to take a trip to Nashville, TN to visit Andrew Jackson's Hermitage. The cost is \$30 for your ticket (\$27 for seniors) plus the cost of your own lunch and \$8 per person to ride the bus. The bus will leave the church at 8:30 am. Sign up at the Information Table.

### Women's Brunch– May 9th

The Sister 2 Sister Ministry is hosting a women's brunch on Saturday, May 9th, at 10:00 am, at Golden Corral. Sign up at the Information Table. For more information, contact Cindy Rush (847-489-8924).



## Volunteer at VBS

### July 12-15, 2026

Are you ready for the brightest week of the summer? At Illumination Station YOU can help shine a light on who Jesus really is to children ages preschool through 6th grade! While many people claim to know about Jesus, many are in the dark about who He really is. During VBS this year YOU can help children explore all the ways light brightens, illuminates, reflects, and reveals who Jesus really is; helping them build a relationship with the true Light of Life.

**If you are interested in volunteering at VBS this year, fill out a connection card and leave a note for the staff, and Josh Hale will get in touch.**

**Volunteer Areas:**  
Teaching, Worship, Craft, Snack, Games, Group Leader, Decorations, Registration/Welcome Team

April 26, 2026

## OUR VISION AT FIRST CHRISTIAN CHURCH

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



### Current Sermon Series:

When our self-worth is measured in hearts, likes, and comments, we'll never be enough. We're living to be liked, but longing to be loved. In this three-week series, we'll learn to find our meaning beyond the #Struggles of our selfie-centered world.

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

Social Links



Connect Card



**Message Notes 4/26/2026**  
**#STRUGGLES 03 Learning To Rest**  
**Brad Windlan First Christian Church**  
**Learn more: [fcc-cookeville.org](http://fcc-cookeville.org)**

**Carey Nieuwhof:** “Like money, social media is a great servant but a terrible master.”

**1 Corinthians 6:12 (NIV)** “‘I have the right to do anything,’ you say—but not everything is beneficial. ‘I have the right to do anything’—but I will not be mastered by anything.”

**There’s a word for our attachment to devices:**  
\_\_\_\_\_—fear of being disconnected.

**Hebrews 4:9-11a (NLT)** “So there is a special rest (abiding with Christ -- at peace with God) still waiting for the people of God. 10 For all who have entered into God’s rest (abiding relationship with God thru faith in Christ) have rested from their labors, just as God did after creating the world. 11 So let us do our best to enter that rest.”

**Matthew 11:28-29 (NIV)** “Come to me, all you who are weary and burdened, and I will give you rest. 29 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.”

**Augustine:** “Our hearts are restless until they find rest in You.”

**How Do We Find That Rest? Two Simple Steps:**

**Step 1:** \_\_\_\_\_

**John 3:16 (NIV)** “For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.”

**Step 2:** \_\_\_\_\_

**John 15:5 (NKJV)** “I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing.”

**TALK IT OVER**

- 1.** Where do you tend to look for rest when you feel overwhelmed or tired? How does Jesus’ invitation in *Matthew 11:28–29* challenge or change the way we usually try to find relief?
- 2.** The message talked about things that can “master” us (1 Corinthians 6:12), including technology or constant busyness. What are some things in your life that make it harder for you to slow down and experience God’s rest?
- 3.** The sermon described two steps: surrender and abide. What might it look like practically this week for you to surrender something to Christ or spend time abiding in Him?