

## This Week At FCC

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



### Church Picnic— July 26th

Join us for a church picnic on Sunday, July 26th, after service at 11:30am, in the Family Life Center (Gym) at First Christian Church. Hamburgers, hotdogs, and drinks will be provided. Please bring a side dish and/or dessert to share with everyone. Sign up at the Information Table in the main hallway.

### Elijah— A Wednesday night study

Join us for a 4 week dramatic and immersive dive into the life of Elijah found in 1 & 2 Kings. The prophet Elijah stood alone before kings, called down fire from heaven, battled despair in silence, and was taken up in chariots of flame. These video narrative-driven teaching will carry participants through the highs and lows of Elijah's life, calling today's church to courageous, resilient faith in hard places. **Starts Wednesday, August 5th in Ed Wing room 102 at 6pm.**

July 19, 2026

## OUR VISION AT FIRST CHRISTIAN CHURCH

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



### Current Sermon Series:

As followers of Jesus, we still live in a broken world. We struggle, we wait, and we long for the day when Christ makes all things new. This series will journey through Romans 8 as we learn to live faithfully while remembering this truth: We groan... but not without hope.

#### Church Office

Brad Windlan, Lead Minister

Josh Hale, Associate Minister

Jared Wilson, Director of Worship

Scott Francis, Administrative Minister

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

Social Links



Connect Card



Message Notes 7/19/2026  
GROANING FOR GLORY 03 – We Groan in the Battle  
Brad Windlan First Christian Church  
Learn more: [fcc-cookeville.org](http://fcc-cookeville.org)

**THREE WAYS** the Holy Spirit transforms our struggle into evidence of spiritual life.

**Way #1** The Spirit Creates New \_\_\_\_\_

**Romans 7:22 (NIV)** “For in my inner being I delight in God’s law.”

**Way #2** The Spirit Initiates the \_\_\_\_\_

**Galatians 5:16-17 (NIV)** “So I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want.”

**1 Peter 2:11 (NIV)** “Dear friends, I urge you, as foreigners and exiles, to abstain from sinful desires, which wage war against your soul.”

New Birth – New Desires – New \_\_\_\_\_ – New Power

**Philippians 1:6 (NIV)** “...he who began a good work in you will carry it on to completion until the day of Christ Jesus.”

**Way #3** The Spirit Confirms Our \_\_\_\_\_

**Romans 7:24-25a (NIV)** “What a wretched man I am! Who will rescue me from this body that is subject to death? 25 Thanks be to God, who delivers me through Jesus Christ our Lord!”

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

**TALK IT OVER**

1. How has following Christ changed your desires? Romans 7:22 says, "In my inner being I delight in God's law." Looking back, what new desires or attitudes has the Holy Spirit created in your life that weren't there before you came to Christ?
2. What does the ongoing battle between the flesh and the Spirit look like in your everyday life? Galatians 5:16–17 teaches that this conflict is a normal part of the Christian life. How have you experienced this struggle, and what practical habits help you "walk by the Spirit" rather than give in to the flesh?
3. How does Romans 8:1 encourage you when you fail? Paul moves from "What a wretched man I am!" to "There is now no condemnation for those who are in Christ Jesus." Why is it important to remember both the reality of the battle and the assurance of God's grace when you stumble?