

June 7, 2026

West Hill

Church of Christ

All In

Spiritual Growth: Add Self-Control

By David Sproule

Focus 2026

Once we know what is right, the next challenge is doing it consistently. That is why Peter says to “add...to knowledge self-control” (2 Pet. 1:6). Self-control is the ability to govern oneself—to master desires, impulses and appetites rather than be mastered by them. The Greek word carries the idea of “holding oneself in,” having power over one’s passions. It is strength that is directed inward.

This quality is essential because knowledge alone is not enough. It is possible to know what is right and still fail to do it. Without self-control, knowledge becomes little more than unused information—which is useless. Self-control is what enables us to put knowledge into practice.

Jesus made self-denial a requirement for being His disciple: “If anyone desires to come after Me, let him deny himself” (Luke 9:23). Paul recognized the same necessity, when he compared the Christian life to an athlete who disciplines his body in order to win (1 Cor. 9:24-27). Without self-control, spiritual failure is inevitable.

The struggle for self-control is real. Scripture describes the conflict between the flesh and the spirit (Gal. 5:16-17). Even Paul spoke of the internal battle between knowing what is right and struggling to do it (Rom. 7:15-19). Left to ourselves, we are often overpowered by our own desires.

But there is hope. Self-control begins with a transformed life in Christ. In baptism, we are set free from the dominion of sin and raised to walk a new life (Rom. 6:3-6, 12-14). While temptation remains, sin no longer has to rule over us.

From there, self-control grows as we are guided by the Word of God. When we fill our minds with Scripture and walk according to its truth, we are able to resist the desires of the flesh (Gal. 5:16; Psa. 119:11). God’s Word reshapes our thinking and strengthens our resolve. It also grows as we rely on God’s strength. We are not left to fight alone—God works in us and strengthens us (Phil. 2:12-13; 4:13). Through prayer and dependence on Him, we gain the strength to overcome. We cannot do it without HIM!

Self-control is demonstrated in everyday decisions—controlling the body, the tongue and even the ego. It is choosing holiness over indulgence, humility over pride, and service over selfishness. It also involves proper balance. True self-control is not based on human rules or outward restrictions that appear spiritual but lack real power (Col. 2:20-23). It is a heart-driven discipline that is rooted in God’s truth.

If we are to grow as Christians, we must learn to master ourselves. Faith begins the process. Knowledge directs it. But self-control makes it real in daily life.

Sunday: Worship 10:30am & Class 5:00pm

Tuesday: Benevolence 9:00-10:00am & Young at Heart Class 10:30am

Wednesday: Class 6:30pm

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ALL INside out
Sadness
Sadness over Jerusalem

The _____ with Sadness

The _____ of Sadness

The _____ through Sadness

Sadness over Jerusalem from 3 Different Men

1. Sadness from _____

Why Sadness?

His Actions:

2. Sadness from _____

Why Sadness?

His Actions:

3. Sadness from _____

Why Sadness?

His Actions:

Todo al revés
Tristeza
Tristeza por Jerusalén

El _____ de la tristeza

La _____ de la tristeza

La _____ en medio de la tristeza

Tristeza por Jerusalén desde la perspectiva de tres hombres diferentes

1. La tristeza según _____

¿Por qué la tristeza?

Sus acciones:

2. La tristeza según _____

¿Por qué la tristeza?

Sus acciones:

3. La tristeza según _____

¿Por qué la tristeza?

Sus acciones:

PROMOTION Sunday

ALL KIDS WILL BE
MOVING UP TO THE NEXT GRADE!



I can do all things through Christ
who strengthens me.

PHILIPPIANS 4:13

JUNE 7, 2026

Deacons

David Baumgartner - 903.654.4057
Zach Drain - 903.521.6055
Joshua Haden - 903.602.9645
Casey Hendrix - 817.307.2127
Michael Jones - 430.236.2244
Matt Newman - 972.935.5789
Greg Olsen - 903.654.1406
Billy Roughton - 903.654.4032
David Shastid - 903.257.6464
Jose Sosa - 903.872.0535
Brent Stewart - 903.641.9052
Mike Wylie - 214.837.3848
Justin Williams - 903.875.8288

Shepherds

Scott Barham - 903.641.0133
Percell Milton - 214.803.2644
Rusty Owens - 903.229.3650
Paul Stewart - 903.872.3464

Ministers

Anthony Warnes - 430.775.0196 (Pulpit)
Brandon Watson - 903.771.6359 (Family)

Staff

Jay Mahoney - 903.467.9093 (Office)

Community Outreach

Addiction [Recovery](#) Counseling
Benevolence Program

Food for Fitness
Forever His

Local Missions

Bear Valley - Wayne Jones
Cherokee Children's Home
Disaster Relief
The Jenkins Institute
Knoxville School of Preaching
Memphis School of Preaching
WVBS school.wvbs.org

U.S. Mission Points

Tilton, NH & Mesa, AZ

Foreign Missions

Cameroon Preacher Training
India Preacher Training

Prayer Needs:

Paul Slaughter has a mild case of pneumonia.

Faith Beamon's baclofen pump replacement procedure is scheduled for June 10.

Shirley Bowen is awaiting the results of her recent tongue biopsy.

Cohen Drain is recovering well following his corrective eye procedure.

Nancy Sloan is recovering after recent health complications that required an ER visit.

Continue to pray for baby **Hank** as he remains in the NICU, and for **Anna Hooper's** ongoing recovery.

Continue to remember: Bronny & Ruth Watson, Dan & Rita Dominy, Eula Henry, Louie & Patty Williams, Nick Tooley, Bill & Beverly Abercrombie, Judi Olsen, Myrna Haufe, Royce Smith, Loyd Ander, Teresa Shastid, Larry Rowden, Tiffany Smith, Cooper Olsen, & Levi Haden

Westhill ARC (Addiction Recovery Counseling) meets weekly - contact Jay Mahoney

Staffed nursery available for babies up to 2 yr old. **Nursery Attendant** this week: **Diane Stewart**

Records for May 31, 2026

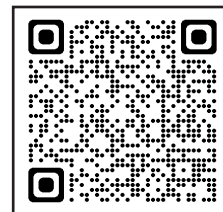
AM Worship.....180
Contribution\$7,873

This Week's Birthdays

June 7 - Casey Hendrix & Mayra Reynosa
June 9 - Owen Warnes & Matt Zaayer

Visitor Form

Thank you for joining us for worship! We would love to follow-up with you...



Announcements:

We are filled with joy as **Cason Hendrix** and **Kate Burnett** have obeyed the gospel and put on Christ in baptism!

Congratulations to **Zackrey Lewis & Kim Martinez** on their recent marriage! May God bless them with a faithful & successful life together.

Promotion Sunday — Today all school-age classes will advance to their next grade level.

New Sun. PM Adult Classes:

Chapel: "Rooted" (Scott Barham & Paul Stewart)
Family Room: "Bible Themes" (Anthony Warnes)
College & Young Prof.: "CROSSwords" (Matt Newman)

Wednesday Night Summer Series — Wed Nights all adults, Jr. High, and High School students will meet in the auditorium. Classes will be provided for 5th grade and under.

High School Bible Study — June 11 • 7:00–8:00pm
Hosted at the Watsons' home

Vacation Bible School (VBS) — June 15–17

Cherokee Children's Home Mission Trip —
June 24–27

Young at Heart Classes — Tues. morning @ 10:30am

Privileged to Serve

AM Song Leader	Jay Mahoney
AM Opening Prayer	Paul Wells
Scripture Reading	Rick Newman
Communion Leader	Percell Milton
Communion Servers	
David Shastid	Ben Baumgartner
Andy Parrish	Luke Baumgartner
Jeremiah Parrish	Jose Sosa
Billy Roughton	Robby Thomas
Carson Barham	Colton Gowan
AM Closing Prayer	Rusty Owens
PM Song Leader	Jeremiah Parrish
PM Opening Prayer	Marcus Dancer
PM Devo	Brent Stewart
PM Closing Prayer	Scott Barham
Wed. Song Leader	Marcus Dancer
Wed. Invitation	Evan Butler
Jun. Worship Coord.	Greg Olsen & Rusty Smith
Jun. Elder of Month	Percell Milton