November 1, 2026

West Hill Church of Christ

All In

Focus 2026

Control Yourself!

By Gary Woodall

We all struggle with self-control. We are better at some times than at others. We must work at having self-control at all times. Biblical self-control is more than just willpower; it is a fruit of the Spirit that protects us from living in sin and gives us the strength of purpose to live a Christ-centered life. Self-control defends us from the evil one. Self-control comes from our heeding God's teaching through the Holy Spirit in His word.

Proverbs tells us: "a man without self-control is like a city broken into and left without walls" (Proverbs 25:28, ESV). Walls were a city's primary defense against invading enemies and destruction. Just like a city's walls guard the city, self-control guards our minds, thoughts, emotions, and actions from the destructive pull of temporary temptations. Without self-control, we have no walls, we have weakened or even lost our defenses, leaving us vulnerable to the pitfalls of sin like greed, lust, anger, addiction, and reckless, foolish choices.

We must focus on having self-control; we must practice to build up the "muscles" of self-control. In his letter to the Galatians, the apostle Paul explicitly lists it as a fruit of the Holy Spirit (Galatians 5:22-23). So we learn and apply God's word in our hearts and minds to help us develop self-control. We are asked and expected to have it, so we know we can do it. Be disciplined and practice it until it characterizes you. Paul said: "I discipline my body and keep it under control" (1 Corinthians 9:27, ESV).

Developing self-control requires loving God more than self. It requires deciding ahead of time, before situations arise, what and how you will behave and respond. It requires setting boundaries that you will not cross. Prioritizing prayer and immersing yourself in the Word of God is critical.

The greatest commandments involve our supreme love of God and love for our fellow man. Focusing on these will naturally lead us to want to bring ourselves under control. Self-control will help us trade in a fleshly life for a spiritual, purposeful, peaceful life with ultimate victory in Christ.

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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Sharpening your Sword
The Sword Series

The Struggles of Life: _____
_____

Remember: My Struggle is not really with _____, it is with the _____

Ephesians 6:10-12
"Finally, be strong in the Lord and in the strength of His might. Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil. For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual *forces* of wickedness in the heavenly *places*."

The Devil is _____ (Gen 3:1). He is on the _____ (1 Pet 5:8). He _____ (Eph 6:11).

If I am Struggling, What do I have at my disposal? What can I use even if I am not struggling at the moment?

The Full _____ of God
_____
_____

We are so _____ (if we want to be)

The Sword of the Spirit
1. A Sword is only useful if you are _____ with how to use it
_____
_____
_____

2. Swords can become _____
From ____-use _____
_____

Even while ___ use _____
_____

These two points together = We must _____ with our Sword!

This requires: _____. _____. _____.

Afila tu Espada
La Serie de la Espada

Las luchas de la vida: _____
_____

Recuerda: Mi lucha no es realmente contra las _____, sino contra el _____.

Efesios 6:10-12
"Por lo demás, hermanos míos, fortaleceos en el Señor, y en el poder de su fuerza. **11** Vestíos de toda la armadura de Dios, para que podáis estar firmes contra las asechanzas del diablo. **12** Porque no tenemos lucha contra sangre y carne, sino contra principados, contra potestades, contra los gobernadores de las tinieblas de este siglo, contra huestes espirituales de maldad en las regiones celestes. "
El diablo es _____ (Gén. 3:1). Anda al _____ (1 Ped. 5:8). Tiene _____ (Ef. 6:11).

Si estoy enfrentando dificultades, ¿qué tengo a mi disposición? ¿Qué puedo utilizar incluso cuando no estoy pasando por dificultades?

Toda la _____ de Dios
_____
_____

¡Estamos muy bien _____ (si queremos estarlo)!

La Espada del Espíritu
1. Una espada solo es útil si _____ cómo usarla.
_____
_____
_____

2. Las espadas pueden perder su _____.
Por _____ de uso:
_____

Incluso mientras se _____:
_____

Estos dos puntos juntos = ¡Debemos entrenarnos en el uso de nuestra espada!

Esto requiere: _____. _____. _____.

Sharpen your Sword Challenge

Nov 1-30



Train with your Sword everyday!

Ephesians 6:17

Customizable Ideas:

- Read a Book this month
- Read a Chapter a day
- Read the Gospels this month (3 ch/day)
- Read the NT this month (9 ch/day)
- Read until you have learned something new about either: The Father, The Son, The Holy Spirit
- Read the Psalms this month (5 ch/day)
- Listen to a Biblical Podcast a day
- Listen to a Sermon a day
- Hand Copy a Chapter a day
- Memorize a Verse a day
- Memorize a Passage a week
- Deeply study one topic each week
- Write a Bible Class a week
- Write an article a week
- Write a Devotional/Sermon a week

Share, Practice, and Pray about what you have learned!



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
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Shepherds
Scott Barham - 903.641.0133
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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
Philipines Missions & Med. Evang.

Prayer Needs:

Baby Hank (Anthony's sister's baby): Has undergone a tracheotomy. Please pray for improvement and recovery.

Addie & Baby Nors: Recovering well following their procedure and expect to return home.

Becky Newman: Continuing to recover from knee replacement surgery.

Sandy Perryman: Scheduled for cancer surgery on Mon.

Sharon Mahoney: Scheduled for a second eye procedure on Mon. to treat glaucoma. Pressure complications in her first eye continue to require monitoring.

Jeanie Slaughter: Scheduled for shoulder surgery on Nov. 10.

Barbara Mounce (Whitney Watson's mom): Scheduled for hip replacement surgery on Nov. 18.

David Mahoney: Scheduled for a foot procedure on Dec. 4.

Continue to remember: Bronny & Ruth Watson, Dan & Rita Dominy, Eula Henry, Louie & Patty Williams, Nick Tooley, Bill & Beverly Abercrombie, Loyd Ander, Tiffany Smith, Cohen Drain, David Mahoney, Myrna Haufe, Aubrey Parrish, Faith Beamon, Larry Green, Steve Phillips, Sharon Mahoney, Joyce Miles, Don Ewing, & Nancy Sloan

Announcements:

Wed. Night Impact — Nov. 4 (Dinner @ 6pm)

Forever His Special Needs Day Camp — Nov. 7
Volunteers meeting tonight in Chapel after PM Service.

Clothing Exchange – Nov. 14
Join us Sat. Nov. 14, from 9 a.m. to noon to browse, exchange clothing, or drop off donations. Remaining items will be donated to the Eastside Church of Christ Clothing Closet to help those in need. Questions? Contact Sandy Zaayer (469-544-0351) or Judy N. Smith (903-641-7340).

W.O.W. Ladies' Retreat – Save the Date!
Jan. 29–30, 2027. Registration opens Nov. 15.

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

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

Staffed nursery available for babies up to 2 yr old.
Nursery Attendant this week: Carolyn Milton

Sun. Safety: Jeremiah Parrish & Thomas Helms
Wed. Safety: Ben Baumgartner & Mike Wylie

Weshtill, My aunt Joyce and our entire family want thank the congregation for kind words a fervent prayer. After rehab at Heritage Oaks she's back home and thriving. It's such a blessing to have people you love praying for people you love. Thank you!
- Bucky Murphy

Records for October 25, 2026
AM Worship.....191
Contribution $7,711

This Week's Birthdays
November 2 - Laura Haden
November 6 - Robyn Saunders

Visitor Form

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

Privileged to Serve

AM Song Leader	David Baumgartner
AM Opening Prayer	James Horn
Scripture Reading	Carson Barham
Communion Leader	Ronnie Giles
Communion Servers	
Luke Baumgartner	Jeremiah Parrish
Brent Stewart	James Olsen
James Horn	Levi Haden
Joseph Haden	Owen Warnes
Billy Roughton	Colton Gowan
AM Closing Prayer	James Olsen
PM Song Leader	Jeremiah Parrish
PM Opening Prayer	Matt Zaayer
PM Devo	David Baumgartner
PM Closing Prayer	Larry Rowden
Wed. Song Leader	Impact Night
Wed. Devo	Impact Night
Oct. Worship Coord.	C. Hendrix & M. Jones
Oct. Elder of Month	Rusty Owens