



## ANNOUNCEMENTS

**February 4—Rose Day Rally**—Each year, hundreds gather at the Capitol at the beginning of the new legislative session to promote and support the lives of unborn babies by meeting with their state senators and representatives and presenting them red roses, which represent the sanctity of the unborn. Sign up in the foyer if you are interested in going.

**February 5—Bunco Party for Women**—Ladies join us from 6-8 for a Bunco arty. There will be finger foods and prizes. Please, no children.

**February 7—Pickleball Drill from 9:00 -11:00**—There will be a pickleball clinic for all those wanting to learn how to play. All ages and experience levels welcome. Please bring your own beverage. Players will be served pizza after clinic. Please sign up by January 31 online or in the foyer

**Digital Sign Fundraiser** - We have raised \$17,823.30 toward our digital sign!

**Bible Study every Sunday @ 5 pm and Volleyball @ 6 pm**

**Food Bank Donations** - Food Bank Donations needed Donation boxes are in the gym. Matthew 25:40 "The King will reply, 'I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me.'"

### OUR STAFF

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### CONNECT WITH US



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JANUARY 28, 2026

TAME YOUR THOUGHTS SERIES - PART 4

# UPROOT & REPLANT

JOHN 8:32



PASTOR DANNY FRAZEE

TAME YOUR THOUGHTS SERIES  
UPROOT AND REPLANT—JOHN 8:32

I. Rumination 101 — *Romans 8:5–6*

A. Cows ruminate on cud.

B. We ruminate on thoughts.

II. The Mind of Christ — *1 Corinthians 2:16*

A. Your potential — *Ephesians 4:23–24*

B. Your access to the mind of Christ

III. Uproot — *Matthew 3:17*

A. Alternatives

B. God's Word — *Hebrews 4:12*

IV. Replant — *James 1:21*

A. A haunted house — *Matthew 12:43*

B. A defeated devil — *Colossians 3:15*

V. Three Big Ideas

1. Practice Picky Thinking (*thought prevention*)

2. Identify UFO's (*thought progression*)

3. Uproot and Replant (*thought extraction*)