



REDEEMER

WINTER HAVEN

*"Be still, and know that I am God.
I will be exalted among the nations,
I will be exalted in the earth!"*

Psalm 46:10 (ESV)

WELLNESS

BUILDING FOR RESILIENCY

June 28, 2026 – Fifth Sunday after Pentecost

Season of the Cross: Green for Ordinary Time

Ordinary Time is the long season that takes up three quarters of the church year. This portion of Ordinary Time runs between Pentecost and Advent. Ordinary Time has traditionally been devoted to seeking our Lord in the simple, ordinary day-in and day-out rhythms of life. It is a time in which we are all invited to order our lives around Christ's life and teaching.

Call to Worship: Psalm 86:9-10

We read God's Word, the Bible, together. It reminds us of who God is and what He expects from us.

Leader: All the nations you have made shall come and worship before you, O Lord, and shall glorify your name.

People: For you are great and do wondrous things; you alone are God.

Song of Ascent

The first song we sing together guides us as we "go up" or approach the presence of God to worship Him. This song is meant to rouse us to worship and awaken our hearts.

Psalm 150 (Praise the Lord)

Reading of the Law: Jeremiah 17:5-10

While the law cannot justify us or make us righteous; it is a teacher given to lead us to Christ, the fulfiller of the law.

5 Thus says the Lord: "Cursed is the man who trusts in man and makes flesh his strength, whose heart turns away from the Lord. 6 He is like a shrub in the desert, and shall not see any good come. He shall dwell in the parched places of the wilderness, in an uninhabited salt land. 7 "Blessed is the man who trusts in the Lord, whose trust is the Lord. 8 He is like a tree planted by water, that sends out its roots by the stream, and does not fear when heat comes, for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit." 9 The heart is deceitful above all things, and desperately sick; who can understand it? 10 "I the Lord search the heart and test the mind, to give every man according to his ways, according to the fruit of his deeds."

Prayer of Adoration and Confession

We pray together, praising God for who He really is (Adoration) and admitting our inability to live up to what He expects of us (Confession).

Song of Repentance

In this song of repentance we acknowledge our sin and our need of a Savior.

Come to Me

Assurance of Pardon: Titus 2:11-14

We read God's Word together and are reminded that grace and mercy are freely given to all who have faith in Jesus Christ.

11 For the grace of God has appeared, bringing salvation for all people, 12 training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age...

... 13 waiting for our blessed hope, the appearing of the glory of our great God and Savior Jesus Christ, 14 who gave himself for us to redeem us from all lawlessness and to purify for himself a people for his own possession who are zealous for good works.

Greeting

In Jesus, we have not only been reconciled to God, we have also been reconciled to one another. Therefore, we greet one another as brothers and sisters.

Songs of Praise and Celebration

Our response to God's free grace is celebratory worship. We express our praise to God for who He is and what He has done to save us

From the Depths of Woe (Psalm 130)
Living Hope

Receiving New Members

As was the case for believers in the Old and New Testaments, we are called to publicly confess our faith in the grace of God, to participate in the rituals of entrance into the people of God (circumcision in the Old and baptism in the New), and to acknowledge our membership with His people.

Bob & Delores Cunningham
Virgil & Judith Enger
Richard & Marianne Heintze
Ralph & Kaelynn Mahalak
Mara, Remi, & Royce Mahalak (*non-communing*)
JR & Cynthia Rollins

Worship Through Giving: Give Online at redeemerwh.org/give

We respond to the good news of God's mercy and grace for us in Jesus by giving generously to the work of this church and the kingdom of God.

Kids' Worship Dismissal

Children **through fifth grade** are dismissed for kids' worship.

Prayer of Thanksgiving & Intercession

We again express in prayer our gratitude to God for what he has done and ask him to continue to act for our good and the good of others in our community and the world.

The Lord's Prayer

Jesus taught this prayer to guide His people in how to pray (Gospel of Matthew 6:9–13). When we pray it together, we address God as our Father, ask for His kingdom to come, depend on Him for daily provision, seek forgiveness, and look to Him for strength to walk in faithfulness.

Proclamation of God's Word

A small portion of God's Word is explained to us and applied to our own lives.

Proverbs 16:32; 25:28; Galatians 5:16-25

Song of Response & Sending

We respond to the good news of God's mercy and grace by singing again of His goodness and greatness.

Behold Our God

Benediction

Because the hand of God's wrath was raised against Jesus, we now receive the hand of God's blessing as we are sent out to live our lives to the glory of God.

May the LORD bless you and keep you;
May the LORD make His face to shine upon you and be gracious to you;
May the LORD turn His face toward you and give you His peace,
Both now and forevermore

There is a prayer team available following the worship service for anyone in need of prayer.

Proclamation of God's Word

A small portion of God's Word is explained to us and applied to our own lives.

16:32 Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.

Proverbs 16:32 (ESV)

25:28 A man without self-control is like a city broken into and left without walls.

Proverbs 25:28 (ESV)

5: 16 But I say, walk by the Spirit, and you will not gratify the desires of the flesh. 17 For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. 18 But if you are led by the Spirit, you are not under the law. 19 Now the works of the flesh are evident: sexual immorality, impurity, sensuality, 20 idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, 21 envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. 22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self-control; against such things there is no law. 24 And those who belong to Christ Jesus have crucified the flesh with its passions and desires.

Galatians 5:16-24 (ESV)

Sermon Series: Wellness: Building for Resiliency

Sermon Title: Self-Control

Date: June 28, 2026

Hook: *I wish I had better control over my _____.*

I. THE PRINCIPLE OF SELF-CONTROL

"Self-control is the ability to consistently recognize and choose the important thing over the urgent thing." – Tim Keller

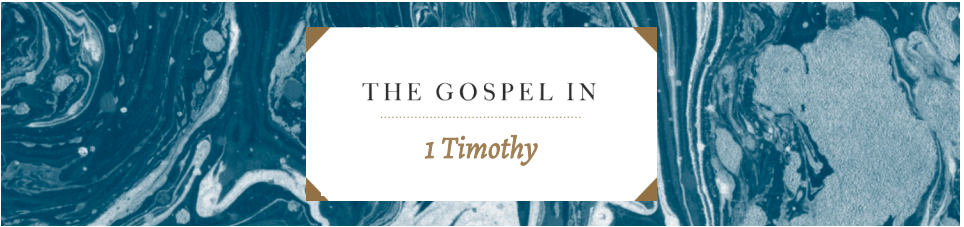
II. THE PROBLEM WITH SELF-CONTROL

"This sanctification is throughout in the whole man, yet imperfect in this life; there abideth still some remnants of corruption in every part: whence there arises a continual and irreconcilable war—the flesh warring against the Spirit, and the Spirit against the flesh." – Westminster Confession of Faith 13.2

III. THE POWER FOR SELF-CONTROL

"Even the strongest resolve is not enough to dislodge an affection by leaving a void... The heart is not so constituted; and the only way to dispossess it of an old affection, is by the expulsive power of a new one." – Thomas Chalmers

Take-away: *Set Your Affection on Jesus*



THE GOSPEL IN

1 Timothy

Godliness and the Gospel

The thrust of 1 Timothy is that godliness is central to the Christian's continuing in the gospel and the church's proclamation of the gospel. Words relating to "godliness" occur ten times in this short book, and throughout the letter Paul grounds godly behavior in Christ's gospel. Sadly, those whose behavior is contrary to the gospel of Christ deny the reality of their faith. Indeed, personal godliness (Christ-infused godliness) is not only indispensable to perseverance in faithfulness, but absolutely essential to the proclamation of the gospel to the lost world. In a nutshell, the theme of 1 Timothy is Christ-centered godliness for the sake of the gospel.

This gospel theme is explicit in 1 Tim. 2:1–7, where Paul urges that prayers be made for all people so that believers may lead godly lives. He comments, "This is good, and it is pleasing in the sight of God our Savior, who desires all people to be saved and to come to the knowledge of the truth". Paul follows this declaration of God's gospel heart with consecutive detailed directives for godliness to three groups: women, overseers, and deacons. These instructions are followed by what are the universally acknowledged key verses of the letter, calling the church to conduct that is radically Christ-centered and Christ-generated—which is to say, gospel-centered godliness.

Chapter 4 begins with a warning against pursuing godliness through man-centered asceticism, which Paul terms the "teaching of demons". This is followed by the famous non-ascetic command to Timothy to "train yourself for godliness" and its accompanying array of applications and benefits. Chapter 5 flows into chapter 6 with directives regarding how the treatment of various groups in the church must be shaped by godliness: older men and women, younger men and women, widows, elders, and masters. In chapter 6 Paul warns against those who teach a different doctrine that "does not agree with the sound words of our Lord Jesus Christ and the teaching that accords with godliness". Godliness and greed are juxtaposed. Paul closes by exhorting Timothy, "Pursue righteousness, godliness, faith, love, steadfastness, gentleness." And, in this Christlike spirit, "Fight the good fight of the faith".

So we see that 1 Timothy is not simply a moralistic manual for church conduct. It is rather a call to Christ-centered, gospel-centered godliness for the sake of the church—and a lost world.

Announcements

Summer Children's Ministry: During the summer our children's ministry is hosting monthly events for children and their parents.

- **July 11, 12:30-2pm** | Bowling at Incredibowl
- **August 8, 9:30-11:30am** | Splash Bash at Lake Eva Aquatic Park

The Commons: This summer we're launching a new ministry for young singles in our church community. If you'd like more information about the group, reach out to **Dale (863.508.9807) or Misty McCracken (863.289.0735)**.

- **July 5** | Bowling & Dessert | Incredibowl & McCracken's Home
- **July 31** | Movie & Dinner | The Joinery in Lakeland

Men's Night: Join us for a "top golf" experience and complimentary dinner on **July 24, 6-8pm, at Southern Dunes**. Friendly competition with a few prizes. No program, just fun fellowship.

Summer Women's Bible Study: Ladies, we're excited to offer a Women's Bible Study this summer. We'll meet **Thursday mornings from 9:30-11am (through August 13) in the Lakes Room**. The study is based on *"Esther: The Hidden Hand of God"* by Lydia Brownback.

Hearing Assistance: If you are in need of hearing assistance during the service, please join our "Redeemer Guest" Wifi and download the Listen Wifi App at redeemerwh.org/listen.

Get Connected: The best way to stay up-to-date with what's happening at Redeemer is through our online newsletter (redeemerwh.org/newsletter) and our mobile app (redeemerwh.org/app).

Worship Playlists: Follow our weekly set list on Spotify and Apple Music so that you can become familiar with the songs that we'll be singing on Sundays. You can find the playlist on the "RedeemerWH" app (above) or at: (redeemerwh.org/worship).

Our Mission

Our mission is to make Jesus' invisible kingdom visible in Winter Haven, Polk County, and the world.

Church Planting

One of the ways we hope to accomplish our mission is by planting new churches throughout Polk County. We proudly partner with Renew Polk (renewpolk.org) and the Florida Church Planting Network (flchurchplanting.org).

MISSION
FUND

2026 GOAL: \$50,000
RECEIVED: \$8,150

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