



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

July 19, 2026 – Eighth 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 139:1-6, 13-15

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

Leader: O Lord, you have searched me and known me! You know when I sit down and when I rise up; you discern my thoughts from afar. You search out my path and my lying down and are acquainted with all my ways. You hem me in, behind and before, and lay your hand upon me. Such knowledge is too wonderful for me; it is high; I cannot attain it.

People: For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made.

Leader: Wonderful are your works; my soul knows it very well. My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth. Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them.

People: How precious to me are your thoughts, O God! Lead me in the way everlasting!

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.

Let Us Love and Sing and Wonder

Reading of the Law: Genesis 2:15-23

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.

15 The Lord God took the man and put him in the garden of Eden to work it and keep it. 16 And the Lord God commanded the man, saying, "You may surely eat of every tree of the garden, 17 but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die." 18 Then the Lord God said, "It is not good that the man should be alone; I will make him a helper fit for him." 19 Now out of the ground the Lord God had formed every beast of the field and every bird of the heavens and brought them to the man to see what he would call them... The man gave names to all livestock and to the birds of the heavens and to every beast of the field. But there was not found a helper fit for him. 21 So the Lord God caused a deep sleep to fall upon the man, and while he slept took one of his ribs and closed up its place with flesh. 22 And the rib that the Lord God had taken from the man he made into a woman and brought her to the man. 23 Then the man said, "This at last is bone of my bones and flesh of my flesh; she shall be called Woman, because she was taken out of Man."

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.

There is a Fountain

Assurance of Pardon: 2 Corinthians 12:7-10

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

7 So to keep me from becoming conceited... a thorn was given me in the flesh, a messenger of Satan to harass me, to keep me from becoming conceited. 8 Three times I pleaded with the Lord about this, that it should leave me. 9 But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. 10 For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.

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

Only a Holy God
Good and Gracious King

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.

Psalm 16:5-6, 103:13-16; Ecclesiastes 5:18-19; 8:8

Song of Response & Sending

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

I Will Wait for You (Psalm 130)

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.

16:5 The Lord is my chosen portion and my cup; you hold my lot. 6 The lines have fallen for me in pleasant places; indeed, I have a beautiful inheritance.

Psalm 16:5-6 (ESV)

103:13 As a father shows compassion to his children, so the Lord shows compassion to those who fear him. 14 For he knows our frame; he remembers that we are dust. 15 As for man, his days are like grass; he flourishes like a flower of the field; 16 for the wind passes over it, and it is gone, and its place knows it no more. 17 But the steadfast love of the Lord is from everlasting to everlasting on those who fear him.

Psalm 103:13-16 (ESV)

5:18 Behold, what I have seen to be good and fitting is to eat and drink and find enjoyment in all the toil with which one toils under the sun the few days of his life that God has given him, for this is his lot. 19 Everyone also to whom God has given wealth and possessions and power to enjoy them, and to accept his lot and rejoice in his toil—this is the gift of God.

Ecclesiastes 5:18-19 (ESV)

8:8 No man has power to retain the spirit, or power over the day of death. There is no discharge from war, nor will wickedness deliver those who are given to it. All this I observed while applying my heart to all that is done under the sun.

Ecclesiastes 8:8 (ESV)

Sermon Series: Wellness: Building for Resiliency

Sermon Title: Life Within the Limits

Date: July 19, 2026

Hook: *What does God expect from you?*

I. LIFE AS IT IS

"The great thing is to stop regarding all the unpleasant things as interruptions to one's "real" life, the interruptions are precisely one's real life- the life God is sending everyday." - C.S. Lewis

II. LIFE WITHIN THE LINES

"Life as a limited human being—in an era of infinite tasks and opportunities, facing an unknowable future alongside other humans— isn't a problem you've got to try to solve." - Oliver Burkeman

III. LIFE WITH THE LIMITLESS ONE

"Living becomes an awesome business when you realize you spend every moment of your life in the sight and company of an omniscient, omnipresent Creator" – J.I. Packer

Take-away: *Experiencing your limits should lead you to worship and joy as you live inside God's design.*

Discussion Questions

1. What does God expect from us according to His Word?
2. How can you live God-Confident rather than self-confident?
3. Why does living within our limits free us to have joy? (Ecclesiastes 5:19-20)
4. Where could the limits in your own life drive you to worship the God who is limitless? (Psalm 139, 2 Corinthians 12:7-11)

Resources

David Gibson, ***Living Life Backward***

Kelly Kopic, ***You Were Never Meant To Do It All***

Dave Harvey, ***Rescuing Ambition***

Oliver Burkemann, ***Meditations for Mortals***

Announcements

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

• **August 8, 9:30-11:30am** | Splash Bash at Lake Eva Aquatic Park

The Commons: This summer we've launched 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 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.

Membership Course: Redeemer's membership course is divided into five parts, corresponding to the parts of our theological vision – Gospel, City, Movement – our distinctives, and membership vows. The classes will be **Sundays after church from 11:45am- 1:00pm (Aug 16, Sep 20, Oct 18, Nov 15, Dec 20) in the Cypress Room**. Lunch will be provided, as well as childcare if needed. Contact the office for membership class booklets. redeemerwh.org/membership

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 | Mandate

Sending leaders for a Gospel Movement in the City

Our Values | Motives

Gospel centrality | *calling sinners and the "righteous" to repentance*

Gracious community | *making Redeemer a safe place for sinners*

Earnest spirituality | *grace is opposed to earning but not effort*

Institutional integrity | *building trust for formative belonging through excellence*

Side-by-side ministry | *equipping the saints for the works of ministry*

Sending capacity | *growing through multiplication*

MISSION
FUND

2026 GOAL: \$50,000

RECEIVED: \$8,947

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