



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

August 9, 2026 – Eleventh 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 118:24

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

Leader: This is the day the Lord has made!

People: I will rejoice and be glad in Him!

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.

Come Away from Rush and Hurry

Reading of the Law: Matthew 6:25-24

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.

6:25 "Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? 26 Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? 27 And which of you by being anxious can add a single hour to his span of life? 28 And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, 29 yet I tell you, even Solomon in all his glory was not arrayed like one of these. 30 But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? 31 Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. 33 But seek first the kingdom of God and his righteousness, and all these things will be added to you.

34 "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

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

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.

I Shall Not Want

Assurance of Pardon: Isaiah 43:1-5, 18-19, 25

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

43:1 But now thus says the Lord, he who created you, O Jacob, he who formed you, O Israel: "Fear not, for I have redeemed you; I have called you by name, you are mine. 2 When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. 3 For I am the Lord your God, the Holy One of Israel, your Savior. I give Egypt as your ransom, Cush and Seba in exchange for you. 4 Because you are precious in my eyes, and honored, and I love you, I give men in return for you, peoples in exchange for your life. 5 Fear not, for I am with you; I will bring your offspring from the east, and from the west I will gather you.

18 "Remember not the former things, nor consider the things of old. 19 Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert... 25 "I, I am he who blots out your transgressions for my own sake, and I will not remember your sins.

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

It Was Finished Upon That Cross
Ancient of Days

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.

Ecclesiastes 3:1-15; 7:10-14; 12:1-8

Song of Response & Sending

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

Jesus I My Cross Have Taken

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.

Sermon Series: Wellness: Building for Resiliency

Sermon Title: Presence

Date: August 9, 2026

Hook: *Do you ever find it hard to just be in the moment? Why?*

I. TODAY!

"For everything there is a season" (Ecclesiastes 3:1).

II. TIME-TRAVEL

"Say not, 'Why were the former days better than these.'" For it is not from wisdom that you ask this." (Ecclesiastes 7:10)... *"Remember your Creator in the days of your youth, before the evil days come" (Ecclesiastes 12:1)*

III. TRUST

"Whatever God does endures forever; nothing can be added to it, nor anything taken away from it. God has done it, so that people fear before him" (Ecclesiastes 3:14).

Takeaway: *Live now in light of then.*

Proclamation of God's Word

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

3:1 For everything there is a season, and a time for every matter under heaven: 2 a time to be born, and a time to die; a time to plant, and a time to pluck up what is planted; 3 a time to kill, and a time to heal; a time to break down, and a time to build up; 4 a time to weep, and a time to laugh; a time to mourn, and a time to dance; 5 a time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing; 6 a time to seek, and a time to lose; a time to keep, and a time to cast away; 7 a time to tear, and a time to sew; a time to keep silence, and a time to speak; 8 a time to love, and a time to hate; a time for war, and a time for peace. 9 What gain has the worker from his toil? 10 I have seen the business that God has given to the children of man to be busy with. 11 He has made everything beautiful in its time. Also, he has put eternity into man's heart, yet so that he cannot find out what God has done from the beginning to the end. 12 I perceived that there is nothing better for them than to be joyful and to do good as long as they live; 13 also that everyone should eat and drink and take pleasure in all his toil—this is God's gift to man. 14 I perceived that whatever God does endures forever; nothing can be added to it, nor anything taken from it. God has done it, so that people fear before him. 15 That which is, already has been; that which is to be, already has been; and God seeks what has been driven away.

Ecclesiastes 3:1-15 (ESV)

7:10 Say not, "Why were the former days better than these?" For it is not from wisdom that you ask this. 11 Wisdom is good with an inheritance, an advantage to those who see the sun. 12 For the protection of wisdom is like the protection of money, and the advantage of knowledge is that wisdom preserves the life of him who has it. 13 Consider the work of God: who can make straight what he has made crooked? 14 In the day of prosperity be joyful, and in the day of adversity consider: God has made the one as well as the other, so that man may not find out anything that will be after him.

Ecclesiastes 7:10-14 (ESV)

12:1 Remember also your Creator in the days of your youth, before the evil days come and the years draw near of which you will say, "I have no pleasure in them"; 2 before the sun and the light and the moon and the stars are darkened and the clouds return after the rain, 3 in the day when the keepers of the house tremble, and the strong men are bent, and the grinders cease because they are few, and those who look through the windows are dimmed, 4 and the doors on the street are shut—when the sound of the grinding is low, and one rises up at the sound of a bird, and all the daughters of song are brought low— 5 they are afraid also of what is high, and terrors are in the way; the almond tree blossoms, the grasshopper drags itself along, and desire fails, because man is going to his eternal home, and the mourners go about the streets— 6 before the silver cord is snapped, or the golden bowl is broken, or the pitcher is shattered at the fountain, or the wheel broken at the cistern, 7 and the dust returns to the earth as it was, and the spirit returns to God who gave it. 8 Vanity of vanities, says the Preacher; all is vanity.

Ecclesiastes 12:1-8 (ESV)

Discussion Questions

1. What tends to pull you away from the present—anxiety about the future, regret or nostalgia about the past, distraction, busyness, desire for control?
2. Read Ecclesiastes 3:1-8. What season do you feel like you are in right now? What would it look like to receive this season from God rather than resist it or rush through it?
3. Where are you tempted to “time-travel” into the past through nostalgia, regret, or comparison? How might that keep you from faithfulness and gratitude today?
4. What does it mean to “remember your Creator” in ordinary daily life—not just in crisis or at the end of life? How might remembering God reshape the way you inhabit your time?
5. How does trusting God’s enduring work free us from anxiety, control, or striving? How does this connect with Jesus’ words in Matthew 6:25-34 about not being anxious for tomorrow?

Resources

Oliver Burkeman, ***Meditations for Mortals***

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

Douglas McKelvey, ***Every Moment Holy***

James K.A. Smith, ***How To Inhabit Time***

Announcements

BUILD: BUILD is a time to gather as a church family, share a meal, and get trained in our gospel tools. **We will meet on Wednesday nights August 19 through September 9.** Dinner begins at 5:30pm, classes begin at 6:30pm.

- 0-3 yrs | Childcare
- Infants-PreK | Catechism
- K-5th Grade | Catechism
- Youth | Youth Group
- Adults | Redeemer's Gospel Tools

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: \$9,571

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