

SUNDAY, JULY 27, 2025

REDEMPTION HILL CHURCH



This Week: Clint Shamblin will be preaching on 2 Timothy 1:7



Rejoice Up, Out, and In

A PATTERN FOR EVERYDAY PRAISE

By Stephen Witmer



What's Going On

07/27

Sunday Worship; Jen Kisangi (née Brubaker) visiting; picnic @ 12pm

08/03

Sunday Worship @ 10am (Isaiah 41:10)

Tue. 08/05

Food Distribution @ 12:20pm

Wed. 08/06

Youth Discipleship: In 'N' Out & Scandia trip @ 5pm

Thur. 08/07

Prayer Gathering @ 7pm

10/03-10/05

Man Camp

I will bless the Lord at all times;
his praise shall continually be in my mouth.
My soul makes its boast in the Lord;
let the humble hear and be glad.
Oh, magnify the Lord with me,
and let us exalt his name together! (Psalm 34:1-3)

Some Bible passages are helpful not just because of what they tell us but because of how they help us understand what the rest of the Bible tells us. Psalm 34:1-3 does just that. These three short verses provide a framework for understanding how human praise of God works best. It's a paradigm both mind-blowingly big and heart-stirringly small, as vast as God's plan for humanity yet compact enough to fit in your pocket, grand enough to chart the entire sweep of redemptive history (from Eden to the new creation) and granular enough to shape everyday realities like marriage, parenting, and work.

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Three Directions of Praise

Notice the three directions of praise in Psalm 34:1–3. Praise goes up, goes out, and draws in. The first direction is very personal. David says, “I will bless the Lord at all times; his praise shall continually be in my mouth” (verse 1). This is what we say morning by morning as we seek to get our hearts happy in God, pressing the gospel afresh into every corner of our lives, confessing sin and finding forgiveness, asking our Father for what we need.

But true praise doesn't remain purely vertical — it bends out horizontally because it wants to be overheard: “My soul makes its boast in the Lord; let the humble hear and be glad” (verse 2). As our praise goes out to others, it increases both our gladness and theirs. C.S. Lewis famously said that the expression of our praise consummates our enjoyment. Praising a good meal, a great book, a memorable film, or a beloved friend or spouse heightens our joy. Simultaneously, the spillover gladdens the humble who recognize their own need for God.

And Godward praise has a further goal still: “Oh, magnify the Lord with me, and let us exalt his name together!” (verse 3). True praise yearns to draw others into its own experience and expression of joy in God. It's not a diva craving solo performances; it's a choral conductor whose greatest thrill is leading the singing of a mass choir.

Praise goes up, goes out, draws in.

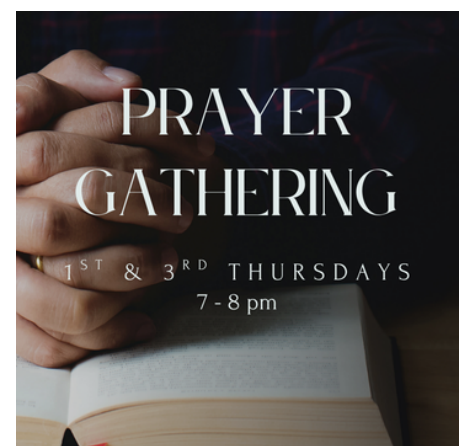
Paradigm for Life

The psalm's multidirectional paradigm illumines and ennoble the everyday activities of Jesus's followers. For example, consider parenting, which begins with a mom and dad praising God morning by morning, moment by moment. Their delight bubbles over into full view of a child, who sees it in good times and bad, through lean and plenty. Godly parents long for that seeing to become singing because they're after far more than polite, successful children. They're forming fellow worshipers to sing praise with them.

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Pray:

- Julia Basch: Experiencing flare-up of postural tachycardia syndrome.
- Mike Basch: Broken wrist.
- Kim Bratton: Recovering from gallbladder removal surgery on 07/02.
- Noel Dachauer: Wisdom on and healing for long-standing health issues.
- Phil Glassey: Recovering from leg infection.
- Devon & Ashley Litchfield: Married on 6/21.
- Linda Saunder's son: Recurrence of benign tumor.
- Jenn Welch: Recovering from major surgery on 03/27 to remove all cancerous areas.
- Jeff Marshall: Healing and endurance for him and Renee.



We gather as a church to pray every 1st and 3rd Thursday of the month, from 7-8pm. Everyone welcome!



Points for Prayer:

- For John's theological seminary graduates, for wisdom and strength as they begin this new chapter of life and service.
- For much fruit from the summer youth camps.
- For our health and physical strength, and for wisdom, especially in our counseling ministry.
- For protection in our travels.



Join us for picnic after today's service!

Hot dogs and chips provided.
Everyone welcome!

Two Suggestions

As we consider how to live out Psalm 34:1–3, two suggestions will help us maximize our delight.

First, follow the order of verses 1–3. The joyful work of spreading praise (verse 3) is necessarily sourced by deep personal communion with God and honest relationships with other believers (verses 1–2). That's a satisfying and sustainable pattern. Like a chocolate fountain at a party, praise is meant to bubble up from the center, then spill and spread.

Skipping straight to the spreading work of verse 3 may be tempting because that's where ministry happens, where churches collaborate, where organizations grow, where preachers use their gifts. No one gets thanked for private praise, while we may be highly admired for public ministry. But without the nourishing, sustaining realities of verses 1–2, the work of verse 3 will become shallow, feeble, self-centered, or even hypocritical and destructive. The chocolate fountain will either run dry or break down altogether, spewing a huge mess all over the carpet.

Second, and wonderfully, so long as there's a strong and constant current from verse 1 to verse 3, be prepared to enjoy the blessing that almost inevitably sloshes back in the other direction. As others join us in praising God, our own praise will be strengthened. The familiar progression from gospel to community to mission will also run in reverse, from mission to community to gospel. Our invitations to others will deepen our own experience of God. Like an anti-gravity chocolate fountain, the blessing will flow back toward the source, sweetening our personal communion with Christ.

So, how about carrying Psalm 34:1–3 with you into the rest of your day and week? Take it into playtime with your toddler, coffee with a friend, an important business meeting, an interaction with your neighbor, those menial household chores. In fact, why not write it over your entire life? You're made for this: to praise God and to be overhead by others who will join you forever. "Oh, magnify the Lord with me, and let us exalt his name together!"

Witmer, Stephen. "Rejoice up, out, and in: A Pattern for Everyday Praise | Desiring God." Desiring God, 29 June 2025,
www.desiringgod.org/articles/rejoice-up-out-and-in.

SUNDAY, JULY 27, 2025



Calling all students in Grades 6-12! On Wednesday August 6, we're heading to In 'N' Out and Scandia for an evening of fun. Cost: \$10 + dinner. Contact Kellen (707-479-1182 / kellen@RedemptionHillSR.org) for more info.



Through our partnership with Redwood Empire Food Bank, we regularly feed dozens of local families in need. If you'd like to learn more about how you can be a part of this ministry, get in touch with Dan Hughes (707-483-7670 / dmhughes@sbcglobal.net)



Points for Prayer:

- That we would stay on mission to help people begin and continue following Jesus
- That we would be a church of convictional kindness
- That God would send us a new Kids Director

NEW TO REDEMPTION?

Hi there!

Whatever your background or situation, we're glad you've decided to join us this morning. You might find it helpful to know that:

- There are bathrooms available in the lobby and in the courtyard.
- Nursery services are available for infants. We also dismiss children for age-appropriate learning (toddlers through 5th Grade) during the main teaching time (except on the 5th Sunday of the month).
- A nursing room and changing facilities are available in the Sanctuary building.

Refreshments are available after the service - please stick around and say hi!

We look forward to getting to know you!

FIND COMMUNITY

Hungry for deeper, authentic relationships? We've got Men's, Women's, and Youth Discipleship Groups to help us grow together in grace. We meet weekly to discuss Scripture and pray. Contact the Church Office to find out more.

Men's Groups

Mon. Evenings - Santa Rosa
Tues. Evenings - Rohnert Park
Weds. Evenings - RHC Campus

Women's Groups

Weds. Mornings - RHC Campus
Weds. Evenings - Rohnert Park
Thurs. Evenings - RHC Campus

Youth (6th-12th Grade):

Now on a summer schedule. Contact Kellen for more info:
kellen@RedemptionHillSR.org



Get In Touch

Mailing address: P.O. Box 571,
Santa Rosa, CA 95402
office@RedemptionHillSR.org
Tel. 707-576-0130
Office hours: Tues 9 am - 5 pm

Ministry Team

Elders:

Tim Swanson - Pastor/Elder
Kelly Hubley - Elder

Staff:

Wendy Cunningham - Worship Ministry
Director
Kellen Eddy - Youth Ministry Director
John Hansen - Children's Ministry
Director
Sarah Mee - Church Administrative
Assistant / Tech Team Administrator
Alisa Swanson - Hospitality & Facilities
Administrator

First Aid

An AED and a Life-Vac anti-choking device are located in the Foyer. A box of other first aid supplies is in the Fireside Room, above the refrigerator.

LET'S CONNECT!

We'd love to get to know you better and welcome you into our family. If you're ready to get connected, please fill out a few details and leave this in the offering box on the back wall of the Sanctuary. Or, better still, scan this code and fill it out online. Someone will be in touch soon.

First name:

Last name:

Email:

Phone:





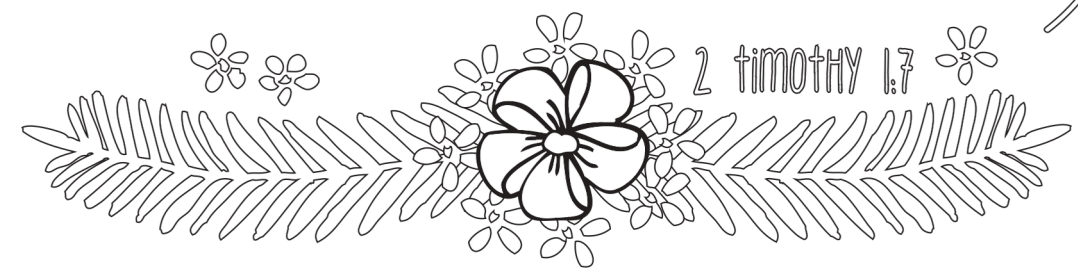
FOR God
a spirit Gave us

not OF Fear

but of POWER

I love

I SELF-CONTROL



2 timothy 1:7