

# SEQUOIA NOTES

## Today's Sequoia Message...

### Talking with God

With Shannon Landriault

October 4, 2026



*Psalm 13 (NLT)*

*For the choir director: A psalm of David.*

<sup>1</sup> O Lord, how long will you forget me? Forever? How long will you look the other way?

<sup>2</sup> How long must I struggle with anguish in my soul, with sorrow in my heart every day? How long will my enemy have the upper hand?

<sup>3</sup> Turn and answer me, O Lord my God! Restore the sparkle to my eyes, or I will die.

<sup>4</sup> Don't let my enemies gloat, saying, "We have defeated him!" Don't let them rejoice at my downfall.

<sup>5</sup> But I trust in your unfailing love. I will rejoice because you have rescued me.

<sup>6</sup> I will sing to the Lord because he is good to me.

**Big Idea: The goal of prayer is not getting something from God but growing in relationship with God.**

### 1) Cry out to God in your pain.

<sup>1</sup> O Lord, how long will you forget me? Forever? How long will you look the other way?

<sup>2</sup> How long must I struggle with anguish in my soul, with sorrow in my heart every day? How long will my enemy have the upper hand?

**Posture – Lord, this is where I really am.**

### 2) Call out to God for help.

<sup>3</sup> Turn and answer me, O Lord my God! Restore the sparkle to my eyes, or I will die.

<sup>4</sup> Don't let my enemies gloat, saying, "We have defeated him!" Don't let them rejoice at my downfall.

**Posture: Lord, I need You.**

### 3) Consider God's faithfulness.

<sup>5</sup> But I trust in your unfailing love. I will rejoice because you have rescued me.

**Posture: Lord, I remember.**

### 4) Contend with difficult questions.

**Posture: Lord, help me understand.**

### 5) Allow God to Change your perspective.

**Posture: Lord, transform me.**

### 6) Cling to Him.

Cody Carnes – Firm Foundation

[https://youtu.be/x9ndiD0\\_qNk?si=TeBMQXiD6AQCpaQo](https://youtu.be/x9ndiD0_qNk?si=TeBMQXiD6AQCpaQo)

**Posture: Lord, I trust You.**

### 7) Celebrate God.

<sup>6</sup> I will sing to the Lord because he is good to me.

*Daniel 3: 17-18 If we are thrown into the blazing furnace, the God whom we serve is able to save us. He will rescue us from your power, Your Majesty. <sup>18</sup> But **even if** he doesn't, we want to make it clear to you, Your Majesty, that we will never serve your gods or worship the gold statue you have set up.*

**Posture: Lord, I praise You.**



**Sequoia Impact Communities are where we  
live out our identity as a  
Family of Servants on Mission.**  
To get plugged in email:  
**impactcommunities@sequoiachurch.org**

**Talking with God  
#1 of 9 - September 27, 2026**

- 1) Have you ever used the Psalms to pray before? If yes, which one(s)? If no, what are your thoughts after hearing the sermon?
- 2) Which of the Postures discussed are the most difficult for you? Why?
- 3) Listen to the song by Cody Carnes – Firm Foundation together. What comes up for you? [https://youtu.be/x9ndiD0\\_qNk?si=TeBMQXiD6AQCpaQo](https://youtu.be/x9ndiD0_qNk?si=TeBMQXiD6AQCpaQo)
- 4) Read the following Psalms. What jumps out at you?
  - Gratitude – Psalm 117
  - Petition – Psalm 70
- 5) Watch Session 2 Talking with God (Practicing the Way – Prayer Course) <https://launch.practictheway.org/resources/prayer>
- 6) What stuck out to you from the teaching?
- 7) Considering your own prayer life, where can you make adjustments to focus on talking with God this week? What is one change God is asking you to make this week? Share this with your Impact Community and invite their prayer for you.



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