

SEQUOIA NOTES

Today's Sequoia @10:10 Message...

Praying for Peace

With Ryan Dawson, Lead Pastor
January 5, 2020 - Happy New Year!



How do we deal with our worry and our anxious thoughts?

Philippians 4:2-9 (NLT) Now I appeal to Euodia and Syntyche. Please, because you belong to the Lord, settle your disagreement. ³ And I ask you, my true partner, to help these two women, for they worked hard with me in telling others the Good News. They worked along with Clement and the rest of my co-workers, whose names are written in the Book of Life. ⁴ Always be full of joy in the Lord. I say it again—rejoice! ⁵ Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. ⁶ Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷ Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. ⁸ And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honourable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. ⁹ Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

- **The promise of peace is ours in Christ.**

Romans 5:1 "Therefore, since we have been made right in God's sight by faith, we have peace with God because of what Jesus Christ our Lord has done for us."

Philippians 4:6-7

John 14:27 (NLT) "I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid."

How can we conquer worry & experience the peace promised to us?

- **Pray: "Pray about everything."**

Philippians 4:6 (AMP) "Do not be anxious or worried about anything, but in everything [every circumstance and situation] by prayer and petition with thanksgiving, continue to make your [specific] requests known to God."

- **Ponder: "Fix your thoughts..."**

Philippians 4:8

Isaiah 26:3 (NLT) "You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!"

Psalms 119:165 (NLT) "Those who love your instructions have great peace and do not stumble."

- **Practice: "Keep putting into practice..."**

Philippians 4:9

- **Peace is found in the presence of Jesus.**

v. 9 "Then the God of peace will be with you."

Isaiah 9:6 (NIV) "For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Peace."

Big Idea: Trade worry for peace through prayer, ponder, and practice.

The Translation of the Bible Scriptures used in today's 10:10 service is from the New Living Translation (NLT), The Amplified Bible (AMP) and the New International Version (NIV).



**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

**Praying for Peace
#1 of 6 - Jan. 5, 2020**

1) Take some time to discuss how your IC has been and will live out the Kingdom of Jesus together.

- In what ways have we been living like family recently? How will we live out our family identity in the coming week?
- How have we lived as servants to one another or to our world this past week? What needs or opportunities to serve is God asking us to lean into?
- How have we lived on mission where we live, work, play, or went this past week? Who do we know that needs to hear the good news of Jesus?

2) How did the message resonate with you? What questions or comments did it raise for you?

3) What do you think of when you think of peace? Would you describe yourself as a person who experiences peace? Why or why not?

4) Read Philippians 4:2-9. How does this passage surprise you in light of the fact that Paul is writing from prison? What does this tell us about joy and peace?

5) How does praying to God help us deal with our worry? Why is it significant that we come to prayer with a heart of worship and thanksgiving as we share our needs with God?

6) Read and reflect on 4:8. Describe in your own words the things Paul tells us to "fix our thoughts on". Evaluate the things that you allow into your mind through multi media. How do these line up with this list in v. 8? What is God saying to you in his regard?

7) How are these virtues in v. 8 related to the Bible and the person of Jesus and why is this significant? Read Isaiah 9:6 and John 14:27. How does the presence of Jesus bring peace into our lives?

8) What aspects of your faith is God asking you to "put into practice" as you enter 2020? How will you apply the principles outlined in this passage?

9) In what specific situation do you need to Pray, Ponder, and Practice so you can experience the peace promised to you? Take time to pray and meet with God in this regard.



**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

**Praying for Peace
#1 of 6 - Jan. 5, 2020**

1) Take some time to discuss how your IC has been and will live out the Kingdom of Jesus together.

- In what ways have we been living like family recently? How will we live out our family identity in the coming week?
- How have we lived as servants to one another or to our world this past week? What needs or opportunities to serve is God asking us to lean into?
- How have we lived on mission where we live, work, play, or went this past week? Who do we know that needs to hear the good news of Jesus?

2) How did the message resonate with you? What questions or comments did it raise for you?

3) What do you think of when you think of peace? Would you describe yourself as a person who experiences peace? Why or why not?

4) Read Philippians 4:2-9. How does this passage surprise you in light of the fact that Paul is writing from prison? What does this tell us about joy and peace?

5) How does praying to God help us deal with our worry? Why is it significant that we come to prayer with a heart of worship and thanksgiving as we share our needs with God?

6) Read and reflect on 4:8. Describe in your own words the things Paul tells us to "fix our thoughts on". Evaluate the things that you allow into your mind through multi media. How do these line up with this list in v. 8? What is God saying to you in his regard?

7) How are these virtues in v. 8 related to the Bible and the person of Jesus and why is this significant? Read Isaiah 9:6 and John 14:27. How does the presence of Jesus bring peace into our lives?

8) What aspects of your faith is God asking you to "put into practice" as you enter 2020? How will you apply the principles outlined in this passage?

9) In what specific situation do you need to Pray, Ponder, and Practice so you can experience the peace promised to you? Take time to pray and meet with God in this regard.