

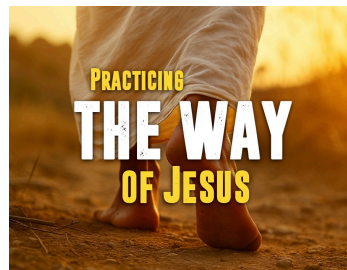
SEQUOIA NOTES

Today's Sequoia Message...

Who are you Following?

With Ryan Dawson - Lead Pastor

October 12, 2025



Who are you following and how is this forming you?

Mark 1:16-20 (NLT) One day as Jesus was walking along the shore of the Sea of Galilee, he saw Simon and his brother Andrew throwing a net into the water, for they fished for a living. ¹⁷ Jesus called out to them, "Come, follow me, and I will show you how to fish for people!" ¹⁸ And they left their nets at once and followed him. ¹⁹ A little farther up the shore Jesus saw Zebedee's sons, James and John, in a boat repairing their nets. ²⁰ He called them at once, and they also followed him, leaving their father, Zebedee, in the boat with the hired men.

- **To follow Jesus means to apprentice under Him.**
- **To follow Jesus means to organize your life around three principles...**

1) Be with Jesus. "Come follow me..." v. 17

"The first and primary goal of apprenticeship to Jesus is learning to live in a constant state of awareness of and connection to the Spirit." John Mark Comer

2) Become like Jesus. "...and I will show you..." v. 17

"Discipleship to Jesus is about being re-formed from the inside out — learning to think, feel, and respond as Jesus would if He were you." John Mark Comer

3) Do as Jesus did. "...fish for people!" v. 17

"The end goal of apprenticeship is not just to know about Jesus but to live as He lived — to participate in His kingdom work here and now." John Mark Comer

Big Idea: Follow Jesus to be formed in the way of Jesus.

Titus 2:11-14 (NLT) For the grace of God has been revealed, bringing salvation to all people. ¹² And we are instructed to turn from godless living and sinful pleasures. We should live in this evil world with wisdom, righteousness, and devotion to God, ¹³ while we look forward with hope to that wonderful day when the glory of our great God and Saviour, Jesus Christ, will be revealed. ¹⁴ He gave his life to free us from every kind of sin, to cleanse us, and to make us his very own people, totally committed to doing good deeds.

Action Steps for this week:

- **Develop a daily rhythm of meeting with God in silence, solitude, & prayer.**
- **Take the Spiritual Health Reflection Assessment.**
<https://launch.practicingtheway.org>
- **Commit to Practicing the Way in Community.**



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

Who are you Following?
#1 of 8 - October 12, 2025

Watch: Following Jesus - Session 1 of Practicing the Way
<https://app.rightnowmedia.org/en/content/details/867741>

- 1) What are you hoping Jesus will do in you through this Course?
- 2) As you look back on your life, who or what has had the greatest impact on your spiritual journey thus far?
- 3) What do you think is the driving aim of your life? Your top goals and priorities?
- 4) How can we as a community be praying for you?

Closing prayer: *End your time together by praying this liturgy:*

God of love, who seeks and pursues us, teach us how to seek and pursue you too, that in our learning anew how to pray, we may give you what you so deeply long for — all of us enjoying all of you, forever. Amen.

Complete the Spiritual Health Assessment www.practicingtheway.org/reflection

Developing a daily prayer rhythm

- 1) Find a quiet place that is distraction-free.** This could be a corner in your home or a nearby park. Find somewhere that you can focus and be at peace.
- 2) Find a quiet time.** For many people, first thing upon waking is the best possible time to do this; but for you, it may be before bed, or while your baby is napping mid-morning, or on a lunch break. The general rule is: Give God your best time of the day.
- 3) Come to quiet.** If at all possible (unless you're using an app such as Lectio 365 or Pray As You Go to guide your prayer time), put your phone away in another room. Start with a few deep breaths ... in and out of your nose, and let your mind and body calm down. This may take a few minutes. You're not in a hurry.
- 4) Open your heart to God in prayer.** Again, there's no "right" way to pray. But you don't have to start from scratch. For thousands of years, followers of Jesus have used the Psalms for daily prayer. The Psalms are a collection of poetic prayers found in the middle of the Bible, and they were designed to be *prayed*, not just read. You can pray one psalm or pray a few; it's up to you. You can start in Psalm 1 and keep going to pray a selection. If you want to pray one psalm, here are some we suggest you start with: Psalms 1, 23, 37, 40, 42-43, 63, 84, 86, 103, and 139.



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

Who are you Following?
#1 of 8 - October 12, 2025

Watch: Following Jesus - Session 1 of Practicing the Way
<https://app.rightnowmedia.org/en/content/details/867741>

- 1) What are you hoping Jesus will do in you through this Course?
- 2) As you look back on your life, who or what has had the greatest impact on your spiritual journey thus far?
- 3) What do you think is the driving aim of your life? Your top goals and priorities?
- 4) How can we as a community be praying for you?

Closing prayer: *End your time together by praying this liturgy:*

God of love, who seeks and pursues us, teach us how to seek and pursue you too, that in our learning anew how to pray, we may give you what you so deeply long for — all of us enjoying all of you, forever. Amen.

Complete the Spiritual Health Assessment www.practicingtheway.org/reflection

Developing a daily prayer rhythm

- 1) Find a quiet place that is distraction-free.** This could be a corner in your home or a nearby park. Find somewhere that you can focus and be at peace.
- 2) Find a quiet time.** For many people, first thing upon waking is the best possible time to do this; but for you, it may be before bed, or while your baby is napping mid-morning, or on a lunch break. The general rule is: Give God your best time of the day.
- 3) Come to quiet.** If at all possible (unless you're using an app such as Lectio 365 or Pray As You Go to guide your prayer time), put your phone away in another room. Start with a few deep breaths ... in and out of your nose, and let your mind and body calm down. This may take a few minutes. You're not in a hurry.
- 4) Open your heart to God in prayer.** Again, there's no "right" way to pray. But you don't have to start from scratch. For thousands of years, followers of Jesus have used the Psalms for daily prayer. The Psalms are a collection of poetic prayers found in the middle of the Bible, and they were designed to be *prayed*, not just read. You can pray one psalm or pray a few; it's up to you. You can start in Psalm 1 and keep going to pray a selection. If you want to pray one psalm, here are some we suggest you start with: Psalms 1, 23, 37, 40, 42-43, 63, 84, 86, 103, and 139.