

## SEQUOIA NOTES

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

#### Praying our Fear

With Jeremy Vasic,  
Multiplication and Mobilization Catalyst  
February 16, 2020



#### How do you react to uncomfortable emotions?

Psalm 3 A psalm of David, regarding the time David fled from his son Absalom.  
1 O Lord, I have so many enemies; so many are against me. 2 So many are saying, "God will never rescue him!" 3 But you, O Lord, are a shield around me; you are my glory, the one who holds my head high. 4 I cried out to the Lord, and he answered me from his holy mountain. 5 I lay down and slept, yet I woke up in safety, for the Lord was watching over me. 6 I am not afraid of ten thousand enemies who surround me on every side. 7 Arise, O Lord! Rescue me, my God! Slap all my enemies in the face! Shatter the teeth of the wicked! 8 Victory comes from you, O Lord. May you bless your people.

#### Instead of denying or venting our emotions, we pray our emotions.

**Big Idea: Pray your fears into faith, and experience security and glory.**

Psalm 3:1 O Lord, I have so many enemies; so many are against me.

Psalm 3:2 So many are saying, "God will never rescue him!"

#### Follow your thread.

Psalm 3:3a But you, O Lord, are a shield around me;

#### Relocate your Glory.

Psalm 3:3b You are my glory, the one who holds my head high.

#### See the Substitute.

Psalm 3:4 I cried out to the Lord, and he answered me from his holy mountain.

Genesis 15:1 Some time later, the Lord spoke to Abram in a vision and said to him, "Do not be afraid, Abram, for I will protect you, and your reward will be great."

Genesis 15:8 But Abram replied, "O Sovereign Lord, how can I be sure that I will actually possess it?"

Psalm 3:7-8 Arise, O Lord! Rescue me, my God! Slap all my enemies in the face! Shatter the teeth of the wicked! 8 Victory comes from you, O Lord. May you bless your people.

#### Remember the people

*The Translation of the Bible Scriptures used in today's 10:10 service are from the New Living Translation (NLT).*



**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 our Fear  
#7 of 8 - Feb. 16, 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) Read Psalm 3. What is typically your reaction to uncomfortable emotions? How easy is it for you to process your emotions with God through prayer? What does the emotion expressed in Psalm 3 show us about our conversations with God?

4) Read Psalm 3:1-2. What is the difference between the two levels of fear that David is expressing? How can you relate to these two levels of fear? What is usually your reaction to experiencing fear & anxiety?

5) Read Psalm 3:3a. How can you relate to God being a shield around you? What does this mean for us when we experience fear & anxiety?

6) Read Psalm 3:3b. What does it mean for God to be your glory, and the one who holds your head high? What is it that makes you significant? How does placing our identity in something other than God lead us to fear & anxiety?

7) How does 'seeing the substitute' give us confidence that we have a way through our fears, regardless of our circumstances? How is Jesus the answer to our every fear?

8) Why is it important that we remember other people in our fears? How does community help us with our fears, and how does overcoming our fears help our community?

9) How can you pray your fears this week, so that you too, can experience God's security and glory? Reflect on the 4 ways out of fear (Follow your thread, Relocate your glory, See the substitute, Remember the people), and identify one of the ways you would like to grow this week.



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