

SEQUOIA NOTES

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

Centred in God's Presence

With Ryan Dawson, Lead Pastor
January 19, 2020



Which picture do you resonate with the most and why?



- **In life we can feel frantic, frayed, and fragmented.**
- **But God is inviting us to be still, silent, and centred in His presence.**

Isaiah 30:15-18 (NLT) This is what the Sovereign Lord, the Holy One of Israel, says: "Only in returning to me and resting in me will you be saved. In quietness and confidence [trust AMP] is your strength. But you would have none of it. ¹⁶You said, 'No, we will get our help from Egypt. They will give us swift horses for riding into battle. But the only swiftness you are going to see is the swiftness of your enemies chasing you! ¹⁷One of them will chase a thousand of you. Five of them will make all of you flee. You will be left like a lonely flagpole on a hill or a tattered banner on a distant mountaintop." ¹⁸So the Lord must wait for you to come to him so he can show you his love and compassion. For the Lord is a faithful God. Blessed are those who wait for his help.

Psalm 46:10 (NLT) "Be still, and know that I am God!"

- **It takes stillness and quiet attentiveness to experience God fully.**

Psalm 62:1-2,5 "I wait quietly before God, for my victory comes from him. ²He alone is my rock and my salvation, my fortress where I will never be shaken...⁵ Let all that I am wait quietly before God, for my hope is in him."

v. 15 "Only in returning to me and resting in me will you be saved. In quietness and confidence [in trust] is your strength. But you would have none of it."

v. 18 "So the Lord must wait for you to come to him so he can show you his love and compassion. For the Lord is a faithful God. Blessed are those who wait for his help."

Isaiah 30:19-21 O people of Zion, who live in Jerusalem, you will weep no more. He will be gracious if you ask for help. He will surely respond to the sound of your cries. ²⁰Though the Lord gave you adversity for food and suffering for drink, *he will still be with you to teach you. You will see your teacher with your own eyes.* ²¹Your own ears will hear him. Right behind you a voice will say, "This is the way you should go," whether to the right or to the left.

Matthew 11:28-30 (NLT) Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. ²⁹Take my yoke upon you. *Let me teach you,* because I am humble and gentle at heart, and you will find rest for your souls.³⁰ For my yoke is easy to bear, and the burden I give you is light."

Big Idea: Practice Centering Prayer to experience your True Life in Christ's presence.



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



**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

**Centred in God's Presence
#3 of 7 - Jan. 19, 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) Look at the images of the various people in the notes. Which picture do you resonate with the most and why?

4) In what ways does your life feel frantic, frayed, and fragmented? How do you cope with this reality? In what ways do you see this in our culture?

5) Read Isaiah 30:15-21. How is God challenging His people in this passage? In what ways are they taking matters into their own hands and seeking to find life in places other than God? How does this reflect our attitude and approach at times?

6) Read Psalm 46:10 and Psalm 62:1-5. What does this tell us about seeking God? Why does it take stillness and quiet attentiveness to experience God fully? Why is this so hard for us?

7) Read and reflect on Matthew 11:28-30. What is Jesus inviting us into? How will you respond to this invitation? What action steps will you take in this regard?

8) Take time to practice Centering Prayer (download the Centering Prayer App) and share about your experience with your Impact Community.

9) How would embracing a posture of being "centred in God's presence" be a witness to our friends and neighbours who don't yet know Jesus? How do we work this out in tangible ways as a faith community?



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