

SEQUOIA NOTES

Today's Sequoia Message...

Healing for the Journey

With Ryan Dawson - Lead Pastor

November 16, 2025



Mark 2:13-17 (NLT) Then Jesus went out to the lakeshore again and taught the crowds that were coming to him. ¹⁴ As he walked along, he saw Levi son of Alphaeus sitting at his tax collector's booth. "Follow me and be my disciple," Jesus said to him. So Levi got up and followed him. ¹⁵ Later, Levi invited Jesus and his disciples to his home as dinner guests, along with many tax collectors and other disreputable sinners. (There were many people of this kind among Jesus' followers.) ¹⁶ But when the teachers of religious law who were Pharisees saw him eating with tax collectors and other sinners, they asked his disciples, "Why does he eat with such scum?" ¹⁷ When Jesus heard this, he told them, "Healthy people don't need a doctor—sick people do. I have come to call not those who think they are righteous, but those who know they are sinners."

1) Jesus welcomes sinners.

2) Jesus heals the humble.

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"[Jesus] Who, being in very nature God, did not consider equality with God something to be used to his own advantage; ⁷ rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. ⁸ And being found in appearance as a man, he humbled himself by becoming obedient to death— even death on a cross!" Philippians 2:6-8 (NIV)

3) Confession is how we humble ourselves to receive healing & wholeness.

Psalms 32:1-5 (NLT) Oh, what joy for those whose disobedience is forgiven, whose sin is put out of sight! ² Yes, what joy for those whose record the Lord has cleared of guilt, whose lives are lived in complete honesty! ³ When I refused to confess my sin, my body wasted away, and I groaned all day long. ⁴ Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat. ⁵ Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, "I will confess my rebellion to the Lord." And you forgave me! All my guilt is gone.

1 John 1:9 (NIV) "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

James 5:16 (NLT) "Confess your sins to each other and pray for each other so that you may be healed."

"Sin demands to have a [person] by [themselves]...The more isolated a person is, the more destructive will be the power of sin over them." Dietrich Bonhoeffer – Life Together

Practice Confession.

- Find someone trustworthy who will point you to the grace of God.
- Meet in a safe, & private place.
- Name your sin, your shame, your secret.
- Receive God's grace & healing.

Big Idea: Come to Jesus with a humble heart to find healing & wholeness.



Sequoia Impact Communities are where we
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To get plugged in email:
impactcommunities@sequoiachurch.org

Healing for the Journey
#6 of 8 - November 16, 2025

Watch: Session 6 - Healing From Sin - of Practicing the Way

[https://app.rightnowmedia.org/en/player/video/867741?
session=867750&position=0](https://app.rightnowmedia.org/en/player/video/867741?session=867750&position=0)

- 1) Growing up, what was your understanding of sin and God's response to it?
- 2) When you sin, what do you normally do?
- 3) As you think about your sin patterns, what attachments or idols are you clinging to in your pursuit of happiness?
- 4) In light of this teaching, what steps may God be inviting you to take toward healing?

Practice Confession:

The practice is simple:

- Find someone you trust who will both love and accept you, and call you up to holiness. This could be a spiritual friend, community member, pastor, spiritual director, or therapist.
- Find a place to meet that is private enough for you to feel safe and at peace.
- Name your sin or shame or secret. Tell them the sin done by you, to you, or around you.
- Let them love you, be faithful to you, and speak Jesus' forgiveness over you.
- For those of you hearing a confession, your role is very important. Don't shame or lecture or scold, just welcome in love.
- Continue this practice on a regular basis, and keep the conversation going.



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