

SEQUOIA NOTES

Today's Sequoia Message...

Meeting God in Our Pain

With Gerrit Nieuwoudt

November 9, 2025



Matthew 26:36–39 (NIV) “Then Jesus went with his disciples to a place called Gethsemane, and he said to them, ‘Sit here while I go over there and pray.’ ³⁷ He took Peter and the two sons of Zebedee along with him, and they began to be sorrowful and troubled. ³⁸ Then he said to them, ‘My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.’ ³⁹ Going a little farther, he fell with his face to the ground and prayed, ‘My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.’”

1) The Problem: Sin and False Perceptions of Pain.

2) The Wrong Way to Deal with Pain.

- We Numb It.
- We Deny It.
- We Despair.

3) The Right Way: Following Jesus' Way in Suffering.

“You can't be healed of what you won't acknowledge. God can only meet you in reality — not in who you pretend to be, but in who you really are.” – John Mark Comer

“Even though Jesus was God's son, he learned obedience from the things he suffered.” Hebrews 5:8 (NIV)

Big Idea: Follow Jesus's example – not by avoiding your pain, but by surrendering to Him through it.

How do we apply this in our life?

- Practice Presence.
- Practice Honesty.
- Practice Surrender.



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

Meeting God in Our Pain
#5 of 8 - November 9, 2025

Watch: Session 5 - “Meeting God in Pain & Suffering” Practicing the Way
[https://app.rightnowmedia.org/en/player/video/867741?
session=867749&position=0](https://app.rightnowmedia.org/en/player/video/867741?session=867749&position=0)

Here are some questions for discussion:

- 1) Can you tell one story of a painful experience you’ve been through that has been used for good in your formation?
- 2) How have you experienced God in times of pain and suffering?
- 3) Which of the three responses to emotional pain are you most inclined toward: deny, detach, or drug? What has that looked like in your life?
- 4) What could it look like for you to reorient yourself to the pain in your life as an opportunity to be formed by God?

This session’s spiritual exercise is a simple template for prayer designed to notice and name your feelings and offer them to God in prayer.

Find a quiet, distraction-free place and time. Put away your phone or any devices, and settle into a comfortable but alert position. Take a few minutes to breathe and center your awareness in God’s presence. And then do the following:

Notice: Now that you are centered in your body and in God, begin to let yourself feel. Let whatever is in you come up. Just notice it. Don’t fight it or run away from it or feel guilty about it or judge it — just notice it. Let the feeling be.

Name: Then name the emotion and be as specific as possible. You may want to use the list of emotions from the Practicing The Way course guide. Put language to what you’re experiencing in your body.

Feel: Just sit in those feelings. Sink into them. Normally, we turn away from them and run in the opposite direction. Instead, turn and face them, like you would an ocean wave, and let it wash over you and then pass you by.

Offer it to God: Remember and follow Jesus’ Gethsemane Prayer. Give God your feelings — Tell him what you are feeling, with no filter. Give God your desires — Tell him what you really want, good or bad. Give God your trust — Surrender your heart again to him. Stop grasping for control and yield yourself to God and his will for your life. You may want to pray Jesus’ own prayer, “Not my will, but yours be done.”



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