

SEQUOIA NOTES

Today's Sequoia Message...

David's Prayer of Thanksgiving

With Jeremy Vasic
Multiply & Mobilize Catalyst
July 31, 2022



Psalm 30:1-12 I will exalt you, Lord, for you rescued me. You refused to let my enemies triumph over me. ² O Lord my God, I cried to you for help, and you restored my health. ³ You brought me up from the grave, O Lord. You kept me from falling into the pit of death. ⁴ Sing to the Lord, all you godly ones! Praise his holy name. ⁵ For his anger lasts only a moment, but his favour lasts a lifetime! Weeping may last through the night, but joy comes with the morning. ⁶ When I was prosperous, I said, "Nothing can stop me now!" ⁷ Your favor, O Lord, made me as secure as a mountain. Then you turned away from me, and I was shattered. ⁸ I cried out to you, O Lord. I begged the Lord for mercy, saying, ⁹ "What will you gain if I die, if I sink into the grave? Can my dust praise you? Can it tell of your faithfulness?" ¹⁰ Hear me, Lord, and have mercy on me. Help me, O Lord." ¹¹ You have turned my mourning into joyful dancing. You

have taken away my clothes of mourning and clothed me with joy, ¹² that I might sing praises to you and not be silent. O Lord my God, I will give you thanks forever!

What can we learn from David?

We learn how to:

• **Depend on God for what we need.**

• **Give God the credit for our blessings.**

• **Be aware of pride.**

• **Look to the grave.**

Big Idea: Boldly depend on God's power while giving thanks for what Jesus has already done.

• **David teaches us to bring our praise to the people.**

How can you make thanks and praise a habit?



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

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July 31, 2022

- 1) Last week we looked at Hannah's prayer of Praise. What has God been impressing on your heart as it relates to growing in your relationship with Him and your prayer life? How did it go with your action step? Where have you seen God working?
- 2) Take time to have one person explain and the practice the 3 Circles Gospel Presentation or share their testimony.
- 3) Read Psalm 30:1-12. What is the **Context** for this passage? Where is this taking place in the book as a whole (what comes before or after)? Who is the writer / speaker and who are the recipients? Where does it fit in the Bible? What's the theme of this chapter, or passage? What's the historical and cultural context?
- 4) **Observation:** What "jumps out" in these passages? What interesting details do you observe? What questions come up about this passage?
- 5) **Meaning:** What was the meaning for the original recipients? What meaning is inferred in these passages for us and what does this tell us about experiencing life in Jesus? What are the implications for those who want to follow Jesus?
- 6) **Application:** How is God speaking to you through these verses and through this message? What does it look like for you to live a life of thanks and praise and bring it to others?
- 7) How do these verses call on you to change the way you live? What step will you take today? What principles do you need to pass on to others this week?



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