

SEQUOIA NOTES

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

Never Stop Praying

With Ryan Dawson, Lead Pastor
January 12, 2020



- **Thankfulness changes us for the better.**

1 Thessalonians 5:16-18 (NLT) "Always be joyful. ¹⁷ Never stop praying. ¹⁸ Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus."

- **Thankfulness helps us pray continually.**

v. 17 "Never stop praying."

- **Thankfulness makes us aware of God's presence.**

v. 18 "Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus."

Psalms 22:3 (WEB) "But you are holy, you who inhabit the praises of Israel."

- **Thankfulness helps us grow through adversity.**

1 Thessalonians 5:18 (NLT) "Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus."

Ephesians 5:20 (NLT) "And give thanks for everything to God the Father in the name of our Lord Jesus Christ."

- **Thankfulness helps us savour Life.**

"I don't have to chase extraordinary moments to find happiness - it's right in front of me if I'm paying attention and practicing gratitude." Brene Brown

Psalms 34:8 (NLT) "Taste and see that the Lord is good. Oh, the joys of those who take refuge in him!"

John 1:1-5 (NIV) "In the beginning was the Word, and the Word was with God, and the Word was God. ² He was with God in the beginning. ³ Through him all things were made; without him nothing was made that has been made. ⁴ In him was life, and that life was the light of all mankind. ⁵ The light shines in the darkness, and the darkness has not overcome it."

Big Idea: Practice gratitude to flourish in life.

How do we practice gratitude?

- **Thank God throughout the day.**

- **End the day with thanksgiving.**

- **Practice Examen as a spiritual discipline.**

Prayer: "Lord, you have given so much to me, Give one thing more - a grateful heart."
George Hebert

The Translation of the Bible Scriptures used in today's 10:10 service is from the New Living Translation (NLT), The World English Bible (WEB), and the New International Version (NIV).



**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

Never Stop Praying

#2 of 6 - Jan. 12, 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) In what ways have you noticed that having a “thankful posture” helps you in life? Why do you think this is the case?

4) Read 1 Thessalonians 5:16-18. What instructions do we get from God in this passage? In what ways are joy, thankfulness, and prayer related? Why is this significant?

5) How does being thankful help us be more aware of God's presence? Why is this important as we live our life?

6) Reflect on v. 18 and Ephesians 5:20. Why does God command us to be thankful in “all circumstances” and to “give thanks for everything”? How do we reconcile this with the bad things that happen to us in life? What does Romans 8:28 tell us? How can you apply these truths to your own situation?

7) Read and reflect on Psalm 34:8 and John 1:1-5. What does this tell us about God and about Jesus? How does a relationship with Christ help us “savour life”. What are the implications for this in light of how we prioritize our relationship with Christ?

8) Pray through the action steps that God is asking you to take today to grow in gratitude.

- What steps will you take to thank God throughout the day?
- What steps will you take to end the day with thanksgiving?
- What steps will you take to practice Examen as a spiritual discipline?



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