SEQUOIA NOTES

Today's Sequoia Message…

Being with God
Gerrit Nieuwoudt
October 25, 2026



2 Corinthians 3:17-18 (NIV)

"Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit."

1) What is contemplative prayer?

A. Looking

"We fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal." – 2 Corinthians 4:18

B. Yielding

Jesus prayed: "Not my will but yours be done!" – Luke 22:42

C. Resting

"It is finished" – John 19:30

2) Why does being with God matter?

3) Challenges with contemplative prayer.

A. Distraction

B. Hurry

C. Fear

BIG IDEA: Behold God in prayer, and the Holy Spirit will transform you to become more like Jesus.

The Translation of the Bible Scriptures used today is 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

Being with God
#5 of 9 - October 25, 2026

1) What did you find interesting or helpful about this message on “Being with God”?

2) Read 2 Corinthians 3:17-18. What are the promises in this passage? What are the conditions necessary to receive these promises?

3) Read 2 Corinthians 4:18. Why is it so important to fix our eyes on Christ? How can we do this practically?

4) **Watch Session 4 - Being with God (Practicing The Way - Prayer Course) take time to do so.**
https://launch.practicingtheway.org/resources/prayer

5) Have you ever practiced Contemplative Prayer? What was your experience like?

6) What aspects from this video teaching was most helpful? What questions does it raise for you?

7) Commit to practice Contemplative Prayer this week and share your experience with your group.

Download the Prayer Guide from Practicing The Way for more resources.

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

Being with God
#5 of 9 - October 25, 2026

1) What did you find interesting or helpful about this message on “Being with God”?

2) Read 2 Corinthians 3:17-18. What are the promises in this passage? What are the conditions necessary to receive these promises?

3) Read 2 Corinthians 4:18. Why is it so important to fix our eyes on Christ? How can we do this practically?

4) **Watch Session 4 - Being with God (Practicing The Way - Prayer Course) take time to do so.**
https://launch.practicingtheway.org/resources/prayer

5) Have you ever practiced Contemplative Prayer? What was your experience like?

6) What aspects from this video teaching was most helpful? What questions does it raise for you?

7) Commit to practice Contemplative Prayer this week and share your experience with your group.

Download the Prayer Guide from Practicing The Way for more resources.