

SEQUOIA NOTES

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

A Prayer of Preparation

With Ryan Dawson, Lead Pastor
January 17, 2021



If we are going to find our way through this season we need a spiritual road map.

Psalm 143:1-4 (NLT) ¹ Hear my prayer, O Lord; listen to my plea! Answer me because you are faithful and righteous. ² Don't put your servant on trial, for no one is innocent before you. ³ My enemy has chased me. He has knocked me to the ground and forces me to live in darkness like those in the grave. ⁴ I am losing all hope; I am paralyzed with fear.

• **Take time for reflection and meditation.**

Psalm 143:5-6 (NLT) ⁵ I remember the days of old. I ponder all your great works and think about what you have done. ⁶ I lift my hands to you in prayer. I thirst for you as parched land thirsts for rain. *Interlude*

AMP Bible translates Interlude (Selah) as "Pause and calmly think of that!"

• **Pray for connection.**

Psalm 143:7-8 Come quickly, Lord, and answer me, for my depression deepens. Don't turn away from me, or I will die. ⁸ Let me hear of your unfailing love each morning, for I am trusting you.

• **Pray for direction.**

Psalm 143:8b Show me where to walk, for I give myself to you.

• **Pray for protection.**

Psalm 143:9 Rescue me from my enemies, Lord; I run to you to hide me.

• **Pray for correction.**

Psalm 143:10-12 Teach me to do your will, for you are my God. May your gracious Spirit lead me forward on a firm footing.

Philippians 2:13 "For God is working in you, giving you the desire and the power to do what pleases him."

Psalm 143:11-12 For the glory of your name, O Lord, preserve my life. Because of your faithfulness, bring me out of this distress. ¹² In your unfailing love, silence all my enemies and destroy all my foes, for I am your servant.

"Herein is wonder of wonders: He came below to raise me above, was born like me that I might become like Him." Valley of Vision

Big Idea: To flourish in seasons of fear & uncertainty fuel your faith through worship & prayer.

How do we apply this?

• **When fear and uncertainty rises practice "Selah" moments of worship & prayer.**

• **Missional Challenge:** City on our Knees prayer focus - Jan. 17-23.

Benediction Prayer: Psalm 143:10-12 Teach us to do your will, for you are our God. May your gracious Spirit lead us forward on a firm footing. ¹¹ For the glory of your name, O Lord, preserve our lives. Because of your faithfulness, bring us out of this distress. ¹² In your unfailing love, silence all our enemies and destroy all our foes, for we are your servants.



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

**A Prayer of Preparation
 #1 of 3 - January 17, 2020**

1. What stood out to you in this message and what questions did it raise?
2. Read and reflect on Psalm 143. What do we learn about God through this Psalm? In what ways do you resonate with David's situation and prayer? What next step is God asking you to take today?
3. Take some time to pray through the City on our Knees Prayer Points.
<https://cityonourknees.ca/prayer-points/>

Together, we lift our voices to God for our health care workers. 1 John 3:18

- That governments will ensure there are sufficient hospital and other health care workers to meet the needs of people in our city.
- For health care workers to reflect Christ's compassion as they look after the sick.
- For protection against illness for front-line medical workers dealing with patients during the pandemic.

Together, we lift our voices to God for our workplaces. Colossians 3:23

- That believers will share the love of Christ in their workplaces in word and deed.
- For protection against the spread of COVID-19 in the workplace.
- For those who have lost jobs or faced with possible shutdowns.

Together, we lift our voices to God for families. Colossians 3:14

- That God would strengthen families, deepen bonds of love, in this stressful time.
- For worried and grieving families with elderly loved-ones.
- For mental and emotional stability in households. For strong marriages.

Together, we lift our voices to God for social justice. Mark 12:30-31

- That people would live in right relationship with God and others and love all people as image-bearers of God, without prejudice or bias.
- That all people in our city – including the disadvantaged – are consulted and included in decisions affecting them.
- That justice and mercy would be impartially rendered.

Together, we lift our voices to God for public authorities. Ephesians 6

- For all city leaders, those who respond to emergencies, and those who uphold our political, legal and medical systems.

Together, we lift our voices to God for our schools. Proverbs 4:10-13

- For wisdom and endurance for administrators and teachers, to provide the school year and grades that students need while accommodating Covid-19 requirements.
- That every student's needs in the education system will be met.

Together, we lift our voices to God for our churches. Colossians 1:18

- For believers to seek God with all their heart.
- For the Church to follow him prayerfully, trusting in his faithfulness and obeying him.
- For pastors and all clergy to be greatly strengthened in the Lord.
- For unity in Christ among local churches.



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