SEQUOIA NOTES

Today's Sequoia Message…

Meditating on Scripture
"Stay with Us"
Matt Friesen - Trustee
November 8, 2026



Luke 24:13–35 (NLT) That same day two of Jesus' followers were walking to the village of Emmaus, seven miles[a] from Jerusalem. 14 As they walked along they were talking about everything that had happened. 15 As they talked and discussed these things, Jesus himself suddenly came and began walking with them. 16 But God kept them from recognizing him.17 He asked them, "What are you discussing so intently as you walk along?" They stopped short, sadness written across their faces. 18 Then one of them, Cleopas, replied, "You must be the only person in Jerusalem who hasn't heard about all the things that have happened there the last few days." 19 "What things?" Jesus asked. "The things that happened to Jesus, the man from Nazareth," they said. "He was a prophet who did powerful miracles, and he was a mighty teacher in the eyes of God and all the people. 20 But our leading priests and other religious leaders handed him over to be condemned to death, and they crucified him. 21 We had hoped he was the Messiah who had come to rescue Israel. This all happened three days ago. 22 "Then some women from our group of his followers were at his tomb early this morning, and they came back with an amazing report. 23 They said his body was missing, and they had seen angels who told them Jesus is alive! 24 Some of our men ran out to see, and sure enough, his body was gone, just as the women had said."

25 Then Jesus said to them, "You foolish people! You find it so hard to believe all that the prophets wrote in the Scriptures. 26 Wasn't it clearly predicted that the Messiah would have to suffer all these things before entering his glory?" 27 Then Jesus took them through the writings of Moses and all the prophets, explaining from all the Scriptures the things concerning himself.

28 By this time they were nearing Emmaus and the end of their journey. Jesus acted as if he were going on, 29 but they begged him, "Stay the night with us, since it is getting late." So he went home with them. 30 As they sat down to eat, he took the bread and blessed it. Then he broke it and gave it to them. 31 Suddenly, their eyes were opened, and they recognized him. And at that moment he disappeared! 32 They said to each other, "Didn't our hearts burn within us as he talked with us on the road and explained the Scriptures to us?" 33 And within the hour they were on their way back to Jerusalem. There they found the eleven disciples and the others who had gathered with them, 34 who said, "The Lord has really risen! He appeared to Peter." 35 Then the two from Emmaus told their story of how Jesus had appeared to them as they were walking along the road, and how they had recognized him as he was breaking the bread.

Big Idea: Jesus walks beside us even when we don't recognize Him, & He won't force His way in. When we ask Him to stay, He opens our eyes & sends us back changed.

1) Jesus walks beside us, & we don't recognize Him. (vv. 13–27)

- **You can know the Bible & still miss the Person it's about.**

2) Jesus waits to be invited in. (vv. 28–29)

Revelation 3:20 (NLT) "Look! I stand at the door and knock. If you hear my voice and open the door, I will come in, and we will share a meal together as friends."

3) Jesus knocks; He never kicks the door in. Every room, including the locked ones, is opened by invitation.

- **When our eyes are opened, we go back changed. (vv. 30–35)**

Ezekiel 36:26 (NLT) "And I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart."

- **Recognition is God's gift, & it always sends us back to tell our story.**

Respond:
- **What room have you kept locked from God?**
- **Ask Jesus to stay.**
- **P.R.A.Y. (Pause, Reflect, Ask, Yield).**
- **Tell one person this week.**

The Translation of the Bible Scriptures used today is the New Living Translation (NLT).

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

Meditating on Scripture "Stay with Us"
#7 of 9 - November 8, 2026

1) What did you find interesting or helpful about this message?

2) Read Luke 24:13-35. What stands out to you about this encounter with Jesus? In what ways can we fail to recognize Jesus?

3) How is God asking you Respond today? What room have you kept locked from God? Ask Jesus to stay. Tell one person this week.

4) How is meditating on Scripture really an encounter with Jesus? Practice P.R.A.Y. (Pause, Reflect, Ask, Yield) as you meditate on Scripture.

5) **Watch Session 2 - Meditating on Scripture (Practicing The Way - Scripture Course).**
https://launch.practicingtheway.org/experiences/scripture

6) Where did you feel challenged or invited as you listened?

7) How is a meditative reading similar or different from the way you currently read Scripture?

8) What are your habits for consuming information (such as news, social media, or podcasts)? How could those habits be influencing the way you approach reading Scripture?

9) What might God's invitation be to you as you embark on this journey?

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

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