

SEQUOIA NOTES

Today's Sequoia Message...

The Joy of God's Peace

With Ryan Dawson - Lead Pastor
July 12, 2026



What if peace isn't found when our circumstances change...but when our centre changes?

Philippians 4:4-9 (NLT) Always be full of joy in the Lord. I say it again—rejoice! ⁵ Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. ⁶ Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.⁷ Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. ⁸ And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honourable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. ⁹ Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

Big Idea: God's peace grows when Jesus is at the centre.

How do we experience God's peace in an anxious world?

1) Find your Joy.

⁴ "Always be full of joy in the Lord. I say it again—rejoice!"

⁴ "Rejoice in the Lord...again I say rejoice" (NIV).

⁵ "Remember, the Lord is coming soon." "The Lord is near" (NIV)

Psalms 16:11(ESV) "You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore."

2) Extend God's Grace.

⁵ AMP "Let everyone see that you are considerate in all you do."

⁵ AMP "Let your gentle spirit [your graciousness, unselfishness, mercy, tolerance, and patience] be known to all people."

3) Release your Worries.

⁶ "Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷ "Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."

• Prayer is transferring the weight... Prayer is turning our worries into worship.

4) Renew your Mind.

⁸ "And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honourable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. ⁹ Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you."

- Today we are being disciplined by our algorithms.
- Who has your attention more this week— Jesus, or your feed?

⁷AMP "And the peace of God [that peace which reassures the heart, that peace] which transcends all understanding, [that peace which] stands guard over your hearts and your minds in Christ Jesus [is yours]... ⁹and the God [who is the source] of peace and well-being will be with you."

Big Idea: God's peace grows when Jesus is at the centre.

- Give your first attention to Jesus.
- Because whatever has your attention... eventually has your heart.

The Translation of the Bible Scriptures used today is the New Living Translation (NLT). The Amplified Bible (AMP) and the English Standard Version (ESV).



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

The Joy of God's Peace
#13 of 15 - July 12, 2026

Context

1. Paul wrote Philippians while imprisoned, facing uncertainty and hardship. How does knowing his circumstances change the way you hear his commands to "rejoice," "don't worry," and "pray about everything"?
2. The Philippian church was experiencing persecution, relational tension, and pressure from competing worldviews. In what ways do you think our culture today creates similar challenges to experiencing God's peace?

Observation

3. Read Philippians 4:4–9 together. What repeated themes or commands stand out to you? What do you notice about where Paul continually directs our attention?
4. What do you notice about the progression Paul uses in v.8-9 - "think", "practice", "experience". Why is this significant?

Meaning

5. The sermon said, "*Worry is rehearsing the future without God*," while prayer is "*transferring the weight to God*." What does this teach us about the relationship between worry, trust, and prayer?
6. Paul promises not only **the peace of God** (v.7) but also **the God of peace** (v.9). Why is that distinction significant? How does knowing God's presence is with us deepen our understanding of biblical peace?

Application

7. The sermon challenged us to give Jesus our **first attention** before notifications, emails, news, or social media. What is one practical change you could make this week to intentionally put Jesus at the centre of your day?
8. Which of the four pathways to peace is the Holy Spirit inviting you to practice this week? Rejoicing in Christ's grace. Extending grace in a relationship. Releasing a specific worry through prayer and thanksgiving. Renewing your mind by dwelling on what is true and excellent. Be specific, and if you're comfortable, share how the group can pray for you.
9. **Closing Prayer:** Spend time praying Philippians 4:6–7 over one another. Invite each person to name one burden they want to release to Jesus this week, and ask God to guard their hearts and minds with His peace as they keep Christ at the centre.



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