

SEQUOIA NOTES

Today's Sequoia Message...

Talking to God

With Ryan Dawson - Lead Pastor
September 27, 2026



What do you do when you want to pray, but you don't know how or what to pray?

Matthew 6:5-8 (NLT) “When you pray, don’t be like the hypocrites who love to pray publicly on street corners and in the synagogues where everyone can see them. I tell you the truth, that is all the reward they will ever get. ⁶ But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you. When you pray, don’t babble on and on as the Gentiles do. They think their prayers are answered merely by repeating their words again and again. ⁸ Don’t be like them, for your Father knows exactly what you need even before you ask him!

- **Prayer is not a performance to prove our spirituality.**
- **Prayer is not about the words we say.**
- **Prayer is not a magic formula to manipulate God.**

Matthew 6:9-13 (NLT) Pray like this: Our Father in heaven, may your name be kept holy. ¹⁰ May your Kingdom come soon. May your will be done on earth, as it is in heaven. ¹¹ Give us today the food we need, ¹² and forgive us our sins, as we have forgiven those who sin against us. ¹³ And don’t let us yield to temptation, but rescue us from the evil one.”

- **Prayer is an intimate act of faith & love as we commune with our Heavenly Father.**

⁹ “Our Father in heaven...”

^{9b} “...may your name be kept holy.”

¹⁰ “May your Kingdom come soon. May your will be done on earth, as it is in heaven.”

¹¹ “Give us today the food we need...”

¹² “...and forgive us our sins, as we have forgiven those who sin against us.”

¹⁴ “If you forgive those who sin against you, your heavenly Father will forgive you. ¹⁵ But if you refuse to forgive others, your Father will not forgive your sins.”

¹³ “And don’t let us yield to temptation, but rescue us from the evil one.”

1 Corinthians 10:13-14 (NLT) “The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.”

Matthew 6:7-13 (MSG) “The world is full of so-called prayer warriors who are prayer-ignorant. They’re full of formulas and programs and advice, peddling techniques for getting what you want from God. Don’t fall for that nonsense. This is your Father you are dealing with, and he knows better than you what you need. With a God like this loving you, you can pray very simply. Like this: Our Father in heaven,

Reveal who you are.

Set the world right;

Do what’s best—as above, so below.

Keep us alive with three square meals.

Keep us forgiven with you and forgiving others.

Keep us safe from ourselves and the Devil.

You’re in charge!

You can do anything you want!

You’re ablaze in beauty! Yes. Yes. Yes.”

Big Idea: Prayer isn't about finding the right words; it's about learning to live in relationship with our Heavenly Father.

Application: Establish a daily prayer rhythm using written prayers to commune with God.

Challenge: The 5-Minute Lord's Prayer

(1 min) — Our Father... Become aware of God's presence.

(1 min) — Your Kingdom come... Pray for your family, workplace, neighbourhood & world.

(1 min) — Give us today...Bring your needs to God.

(1 min) — Forgive us... Confess sin and release someone who has hurt you.

(1 min) — Deliver us...Ask for protection and strength for the day

The Translation of the Bible Scriptures used today is the New Living Translation (NLT),
The Message Bible (MSG)



**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

Talking with God

#1 of 9 - September 27, 2026

- 1) What did you find interesting or helpful about this message on "Talking with God"?
- 2) What emotions does the word "prayer" elicit in your heart?
- 3) What challenges do you face in prayer? What invitation do you sense from God to go deeper in prayer?

4) Watch Session 1 - Talking to God (Practicing The Way - Prayer Course)
<https://launch.practicingtheway.org/resources/prayer>

- 5) What stuck out to you from that teaching?
- 6) Are pre-made prayers a part of your life with God, or not? What support do you need from this community as we go on this journey with God?

7) Create a daily prayer rhythm

Decide on a time and a place to pray, if possible, every day this week.
Don't overreach. Start where you are.

- 8) Pick out a pre-made prayer and talk to God.

Here are some recommendations.

The Lord's Prayer

The Psalms

Scripture — Find a passage that resonates with your heart and pray it back to God

Singing — Sing acapella, put on a worship album, or play an instrument

Liturgy — The Book of Common Prayer, The Divine Hours by Phyllis Tickle, or Every Moment Holy by Douglas Kaine McKelvey

Apps — Echo, Lectio 365 from 24-7 Prayer, Pray as You Go from the Jesuits

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



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