

# SEQUOIA NOTES

## Today's Sequoia Message...

### Remain: The Way to a Flourishing Life

With Ryan Dawson - Lead Pastor

November 23, 2025



### Do you feel soul tired, distracted, anxious, & even a bit withered?

John 15:1-8 (NLT) "I am the true grapevine, and my Father is the gardener. <sup>2</sup> He cuts off every branch of mine that doesn't produce fruit, and he prunes the branches that do bear fruit so they will produce even more. <sup>3</sup> You have already been pruned and purified by the message I have given you. <sup>4</sup> Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me. <sup>5</sup> "Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing. <sup>6</sup> Anyone who does not remain in me is thrown away like a useless branch and withers. Such branches are gathered into a pile to be burned. <sup>7</sup> But if you remain in me and my words remain in you, you may ask for anything you want, and it will be granted! <sup>8</sup> When you produce much fruit, you are my true disciples. This brings great glory to my Father.

### • The key to the flourishing life is to: remain in Christ.

#### 1) When we remain in Christ, we are pruned & purified.

Jesus says: "He [God the Father] cuts off every branch... and He prunes the branches that do bear fruit so they will produce even more." (v. 2-3)

Hebrews 4:12 (NIV) "For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart."

#### 2) When we remain in Christ, we produce much fruit.

Jesus says: "Those who remain in me... will produce much fruit." (v. 5)

Galatians 5:22-23 (NLT) "But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup> gentleness, and self-control. There is no law against these things!"

Matthew 28:18-20 (NLT) "Therefore go and make disciples of all nations..."

John 13:34 (NLT) "Love each other. Just as I have loved you."

"...for apart from Me [that is, cut off from vital union with Me] you can do nothing." (v. 5 AMP)

#### 3) When we remain in Christ, we see God answer prayer.

Jesus says: "If you remain in me and My words remain in you, ask for anything... and it will be granted." (v. 7)

"If you are vitally united with Me... ask whatever you wish and it will be done." (v. 7)

#### 4) When we remain in Christ, we glorify God as true disciples.

Jesus says: "When you produce much fruit, you are my true disciples. This brings great glory to my Father." (v. 8)

### • Jesus makes "remaining in Him" possible.

Hebrews 10:10 (NLT) "For God's will was for us to be made holy by the sacrifice of the body of Jesus Christ, once for all time."

James 4:7-10 (MSG) – "Say a quiet yes to God... Purify your inner life... Get serious... Get down on your knees before the Master; it's the only way you'll get on your feet."

**Big Idea: Remain in Christ to live a flourishing life.**

### • A Rule of Life is a schedule & a set of practices & relational rhythms that create space for us to be with Jesus, become like him, & do as he did.

### • A Rule of Life includes rhythms that are: **Daily, Weekly, & Monthly / Seasonally**

### • Build a Rule of Life – see examples at <https://launch.practicingtheway.org/rule-of-life>

Jesus says... John 15:4-5 (MSG) "Live in me. Make your home in me just as I do in you... I am the Vine, you are the branches. When you're joined with me and I with you, the relation intimate and organic, the harvest is sure to be abundant."

The Translation of the Bible Scriptures used today is the NewLiving Translation (NLT), The Amplified Bible (AMP) and The Message (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](mailto:impactcommunities@sequoiachurch.org)

**Remain: The Way to a Flourishing Life**  
**#7 of 8 - November 23, 2025**

**Watch: Session 7 “Crafting a Rule of Life” in Practicing the Way**

[https://app.rightnowmedia.org/en/player/video/867741?  
session=867751&position=1511](https://app.rightnowmedia.org/en/player/video/867741?session=867751&position=1511)

- 1) What makes up your current Rule of Life?
- 2) As you think about designing a Rule of Life, how would you describe the spiritual needs of your personality and stage of life?
- 3) What practices do you want to include in your Rule of Life?
- 4) Who would be important to incorporate in the process of building your Rule of Life?

#### **Crafting a Rule of Life**

There’s no “right way” to craft a Rule of Life, and there’s no one-size-fits-all approach to spiritual formation. The goal is to write a Rule that is customized for your unique personality, situation, and community. To that end, we’ve created a digital tool called the **Rule of Life Builder**. Go to [practictheway.org](https://practictheway.org) and log in.

**Click on the Rule of Life Builder** and follow its prompts. It will guide you through daily, weekly, monthly, and seasonal practices in a number of categories. You can utilize the suggestions, write yours completely from scratch, or do a mix of both.

**Remember:** start small. Your Rule can begin with just a few small practices and rhythms.

#### **In this Course, we’ve covered three basic rhythms:**

- A daily **prayer** rhythm that includes the reading of **Scripture** in the quiet of **solitude**.
- A weekly **Sabbath**.
- And next session, we’ll invite you to a weekly touchpoint in **community**.

You can continue these practices and add, subtract, and edit as you sense the Spirit’s direction.

A Rule of Life isn’t static, but dynamic. It changes with the seasons of our lives and stages of our discipleship. This digital template is easy to return to and modify. As time goes on, revisit your Rule and take the next step in your spiritual journey.



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