

SEQUOIA NOTES

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

Count Your Blessings

With Ryan Dawson, Lead Pastor
December 30, 2018



Psalm 103:1-22

God is worthy of all my worship.

Psalm 103: 1-2 Let all that I am praise the Lord;
with my whole heart, I will praise his holy name.

² Let all that I am praise the Lord;
may I never forget the good things he does for me.

God's blessings flow from His character. What are these blessings?

- God forgives me.

Psalm 103:3a "He forgives all my sins..."

Psalm 103: 8-12

- God heals me.

Psalm 103:3b "...and heals all my diseases."

- God redeems me.

Psalm 103:4a "He redeems me from death."

- God crowns me.

Psalm 103:4b "...and crowns me with love and tender mercies."

Psalm 103:13-17

- God satisfies me.

Psalm 103:5a "He fills my life with good things. My youth is renewed like the eagle's!"

Isaiah 40:28-31

Have you never heard?

Have you never understood?

The Lord is the everlasting God,
the Creator of all the earth.

He never grows weak or weary.

No one can measure the depths of his understanding.

²⁹ He gives power to the weak
and strength to the powerless.

³⁰ Even youths will become weak and tired,
and young men will fall in exhaustion.

³¹ But those who trust in the Lord will find new strength.
They will soar high on wings like eagles.

They will run and not grow weary.

They will walk and not faint.

Big Idea: Remember & receive the blessings found in Christ.

Action Step: Count your blessings.

What do you need to remember and receive from God today?

Psalm 103:19-22

*The Translation of the Bible Scriptures used in today's 10:10 service
are from the New Living Translation (NLT).*



IMPACT COMMUNITIES
real life. real impact.

**Sequoia Impact Communities are a place to
experience real life & real impact.**

To get plugged in email:

impactcommunities@sequoiachurch.org

**Count Your Blessings
#1 of 1 — Dec. 30, 2018**

1) Take some time to discuss how your IC has been and will live out the Kingdom of Jesus together.

- In what ways have we been living like family recently? How will we live out our family identity in the coming week?
- How have we lived as servants to one another or to our world this past week? What needs or opportunities to serve is God asking us to lean into?
- How have we lived on mission where we live, work, play, or went this past week? Who do we know that needs to hear the good news of Jesus?

2) How did the message resonate with you? What questions or comments did it raise for you? What was your most significant takeaway?

3) When you hear the expression “Count Your Blessings” what does it make you think about and why? Do find it easier to count your blessings or to count your troubles?

4) Read Psalm 103. What resonates with you from this Psalm?

5) Focusing on the first 5 verses, what blessing mentioned in the message is most significant for you and why?

6) Which blessing do you struggle to believe and accept as true for you? Why is this the case? How does Jesus’ cross and resurrection help you believe this is true for you?

6) Read Isaiah 40:28-31. How does the image of a soaring eagle speak to renewal and satisfaction? What is God saying to you from this?

7) In a Journal make a list of the blessings you have experienced in 2018. Some of them may be disguised as a difficulties but be sure to highlight what good you saw come from these challenges as well.

8) Read Romans 8:28 and pray through your list thanking God for His goodness.



IMPACT COMMUNITIES
real life. real impact.

**Sequoia Impact Communities are a place to
experience real life & real impact.**

To get plugged in email:

impactcommunities@sequoiachurch.org

**Count Your Blessings
#1 of 1 — Dec.30, 2018**

1) Take some time to discuss how your IC has been and will live out the Kingdom of Jesus together.

- In what ways have we been living like family recently? How will we live out our family identity in the coming week?
- How have we lived as servants to one another or to our world this past week? What needs or opportunities to serve is God asking us to lean into?
- How have we lived on mission where we live, work, play, or went this past week? Who do we know that needs to hear the good news of Jesus?

2) How did the message resonate with you? What questions or comments did it raise for you? What was your most significant takeaway?

3) When you hear the expression “Count Your Blessings” what does it make you think about and why? Do find it easier to count your blessings or to count your troubles?

4) Read Psalm 103. What resonates with you from this Psalm?

5) Focusing on the first 5 verses, what blessing mentioned in the message is most significant for you and why?

6) Which blessing do you struggle to believe and accept as true for you? Why is this the case? How does Jesus’ cross and resurrection help you believe this is true for you?

6) Read Isaiah 40:28-31. How does the image of a soaring eagle speak to renewal and satisfaction? What is God saying to you from this?

7) In a Journal make a list of the blessings you have experienced in 2018. Some of them may be disguised as a difficulties but be sure to highlight what good you saw come from these challenges as well.

8) Read Romans 8:28 and pray through your list thanking God for His goodness.