

SEQUOIA NOTES

Today's Sequoia Message...

Count Your Blessings

With Ryan Dawson - Lead Pastor
January 4, 2026



Do we do a better job counting our troubles or counting our blessings?

1) Begin with praise.

Psalm 103:1-2 (NLT) opens this way: "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."

2) Remember God's goodness.

- **God forgives me.** "He forgives all my sins." (Ps. 103:3)

"The LORD is compassionate and merciful, slow to get angry and filled with unfailing love." (Ps. 103:8)

- **God heals me.** "He heals all my diseases." (Ps. 103:3)

- **God redeems me.** "He redeems me from death." (Ps. 103:4)

- **God crowns me.** "He crowns me with love and tender mercies." (Ps. 103:4)

"The Lord is like a father to his children, tender and compassionate." (Ps. 103:13)

- **God satisfies me.** "He fills my life with good things." (Ps. 103:5)

3) Practice gratitude.

"Let all that I am praise the LORD."

Prayer of Thanksgiving

*Gracious Heavenly Father,
We pause now to praise You with all that we are.
Thank You for Your goodness, even in hard seasons.
Thank You that You forgive all our sins,
that You heal, redeem, crown, and satisfy our lives with good things.
Help us not to forget Your benefits,
but to live with grateful hearts and attentive eyes,
counting Your blessings day by day.
As we move forward, strengthen our faith through remembrance
and fill our lives with praise.
Let all that we are praise the Lord.
In Jesus' name, Amen.*



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

Count Your Blessings
#1 of 1 - January 4, 2026

Context

- 1) Why do you think painful experiences tend to lodge more deeply in our hearts than moments of gratitude?
- 2) Psalm 103 was written after one of the darkest seasons of David's life. How does knowing his moral failure, loss, and broken relationships shape the way you hear his call to "praise the Lord"?

Observation

- 3) In Psalm 103:1–2, what words or phrases stand out to you about how David describes praise (e.g., "all that I am," "with my whole heart," "may I never forget")?
- 4) As David names God's benefits—forgiving, healing, redeeming, crowning, satisfying—which of these do you notice he emphasizes most personally, and why do you think that is?

Meaning

- 5) The message says that worship "puts life back into perspective." Why does praising God help us remember who God is—and who we are not?
- 6) Psalm 103:8 describes God as compassionate, merciful, slow to anger, and filled with unfailing love. How do these truths challenge common ways people view God, especially after failure or suffering?

Application

- 7) What might it look like for you to intentionally "count your blessings" this week or at the close of the year? What practices could help you remember God's goodness more consistently?
- 8) "Gratitude for the past strengthens our faith for the future." How could remembering where God has forgiven, healed, redeemed, or satisfied you shape how you face the next season of life?



Count Your Blessings
#1 of 1 - January 4, 2026

Context

- 1) Why do you think painful experiences tend to lodge more deeply in our hearts than moments of gratitude?
- 2) Psalm 103 was written after one of the darkest seasons of David's life. How does knowing his moral failure, loss, and broken relationships shape the way you hear his call to "praise the Lord"?

Observation

- 3) In Psalm 103:1–2, what words or phrases stand out to you about how David describes praise (e.g., "all that I am," "with my whole heart," "may I never forget")?
- 4) As David names God's benefits—forgiving, healing, redeeming, crowning, satisfying—which of these do you notice he emphasizes most personally, and why do you think that is?

Meaning

- 5) The message says that worship "puts life back into perspective." Why does praising God help us remember who God is—and who we are not?
- 6) Psalm 103:8 describes God as compassionate, merciful, slow to anger, and filled with unfailing love. How do these truths challenge common ways people view God, especially after failure or suffering?

Application

- 7) What might it look like for you to intentionally "count your blessings" this week or at the close of the year? What practices could help you remember God's goodness more consistently?
- 8) "Gratitude for the past strengthens our faith for the future." How could remembering where God has forgiven, healed, redeemed, or satisfied you shape how you face the next season of life?