

Trapped at the sea

Exodus 14:5-18

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this show me about God?

Moses says the Lord will fight for them and they only need to be still. What does that tell you about God?

2. What does it show me about people — and about me?

The people are so scared they want to go back to being slaves. Why is a bad thing you know sometimes less frightening than a new thing?

3. What will I obey this week?

What is one worry you will hand to God this week instead of carrying it around?

4. Who will I tell?

Who is panicking about something right now? What could you remind them?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

God, your people had water in front of them and an army behind them, and you were not worried at all. Help me be still and trust you when I am frightened.



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