



Part 2: The Lord Will Fight For You

One of our responses to fear is to freeze. Our fear has a way of distorting our perspective so that we can't see the way forward, but often the next step we need to take is a step of faith.

Discussion Questions

1. Share a moment when you've hit the "*panic button*" in life — a moment when fear caused you to freeze instead of move forward. What made that situation feel overwhelming? When fear shows up in your life, which reaction do you tend to default to most: fight, flight, or freeze?
2. In your own words, summarize the scene at the Red Sea. What were the Israelites facing, and why would fear have been a natural response?
3. Read Exodus 14:13-14. What does Moses tell the people to *do*? What does Moses tell the people to *not* do? What is God promising to do? Why do you think Moses emphasizes stillness / silence in this moment? What would silence and trust look like *instead* of panic?
4. The Israelites believed there was **no way forward**, but God made a way *through* the sea. What does this teach us about God's timing? What does it teach us about how God works when we can't see options?
5. Read Psalm 77:11-15. Why is *remembering what God has done* so important when we're afraid? What part of God's character or past work in your life is important to remember right now?

Moving Forward

In what area(s) of your life does fear tend show up regularly? Where in your life right now do you feel stuck, boxed in, or unable to see a way forward (like Israel at the sea)? What would it look like to take one small step of faith this week — even if you can't see the whole plan or outcome yet?