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| A picture containing text, sign  Description automatically generated | PARENT devotion**moses | LESSON 4**  |

#### **you need only to be still**

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#### *“Moses answered the people, ‘Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today. The Egyptians you see today you will never see again. The Lord will fight for you; you need only to be still.’” Exodus 14:13-14 (NIV)*

#### moses and the red sea

READ EXODUS 13-14

#### It can be incredibly scary looking into the face of our situations not knowing what we’re supposed to do or how we’ll come out of them. Sometimes it’s us who get ourselves into these hard situations, or we find ourselves there because of the actions of others. Either way, feeling trapped and stuck can easily lead us into being controlled by our fear and skepticism.

#### Often our first response is anger – we cry out to God in frustration and ask why He let us be in these circumstances or we become paralyzed by how deep and heavy our situation might be. These trying times typically lead us into being anxious, sad, depressed, angry, or even closed off and unavailable. It’s okay to feel these things, but God does not want us to be controlled by those feelings. In Exodus 13-14 the Israelites were confused as to why God had brought them to the Red Sea only to be trapped by the Egyptians. God had saved them from slavery, but they found themselves facing Pharaoh and his army head-on in front of the Red Sea, completely stuck.

#### Even though our situations may look completely different than how it did for the Israelites, we would probably be just as scared and can relate to how the Israelites felt during this time. How are we supposed to be brave and courageous in the face of what seems like an impossible situation? How are we supposed to trust God there’s just no logical way this could all turn out for our good? We may feel like there’s no way out, but God always has a plan.

#### God’s ways are higher than our own ways, and His thoughts are higher than our thoughts (see Isaiah 55:8-9). He knows exactly what He’s doing and how He’s going to bring you out of your situation and use it for good. God is on our side and is always working for our good (see Romans 8:28). Just like God came through and made a way for the Israelites, He’s going to make a way for us, too, in his own *perfect* way.

#### QUESTIONS TO THINK ABOUT

1. Where do you normally go to seek help when you're in trouble or a tough situation?
2. What does it look like for you to be brave in your current situation?
3. What are you trying to figure out and solve that you need to let go and let God work?