

Summer By The Sea

Week 2: Still By the Sea

Objective: To challenge us to be still and walk in obedience when things are falling apart.

ICEBREAKER: When you're stuck waiting—for a doctor, a flight, a test result, or an answer—how do you typically respond?

- Patiently?
- Anxiously?
- By trying to take control?
- By distracting yourself?

Why do you think waiting is so difficult?

1. Waiting Is Hard

The sermon began by acknowledging that most of us are not naturally good at waiting.

- Why do you think waiting is so difficult?
- What situations tempt you to "just do something," even if you're unsure it's the right thing?
- How does our culture encourage immediate action rather than patient trust?

2. Panic at the Water's Edge

When Israel found themselves trapped between Pharaoh's army and the Red Sea, they immediately panicked and blamed Moses.

- Why do fear and blame often go together?
- What situations have made you feel trapped like the Israelites?
- How do you usually respond when life doesn't seem to offer a good solution?

3. "Be Still"

Moses tells the people:

"The Lord will fight for you; you need only to be still."

The sermon explained that the Hebrew idea is closer to "be silent" or "hold your peace."

- Why do you think God first called them to stop panicking before He acted?
- What "noise" (worry, blame, fear, endless planning) keeps you from trusting God?
- How can stillness create room to recognize God's work?

4. Psalm 46 in Context

The sermon pointed out that Psalm 46 isn't written during peaceful circumstances—it is a conflict psalm.

- How does that change your understanding of "Be still and know that I am God"?
- What "weapons" of control, worry, anger, or manipulation are hardest for you to lay down?
- Why is surrender often harder than striving?

5. What Stillness Is—and Isn't

One of the key clarifications in the sermon was:

- Being still is not passivity.
- Being still is repentant trust.
- Why is that distinction important?
- Have you ever mistaken waiting on God for doing nothing?
- Conversely, have you ever mistaken frantic activity for faith?

6. Faith Takes the Next Step

After telling Israel to "be still," God tells Moses:

"Tell the Israelites to move on."

- Why is obedience still necessary after trusting God?
- What is the difference between trusting God with the outcome and refusing to act responsibly?
- What "next faithful step" might God be asking you to take?

7. Fear Becomes Faith

The central idea of the sermon was:

Fear becomes faith when we wait long enough to see God move.

- Can you think of a time when looking back strengthened your faith because you eventually saw God at work?
- How has waiting shaped your relationship with God?
- What would change if you truly believed God was already working before you could see it?

8. Personal Application

- Where do you currently feel pressure to control the outcome?
- What would it look like to surrender control while remaining obedient?
- How can this group pray for you this week?

FINAL THOUGHT

Standing still isn't giving up.

It isn't pretending nothing is wrong.

It isn't refusing to act.

Biblical stillness is choosing to trust God enough to stop trying to control what only He can control while faithfully obeying the next step He places before you.

When we make room for God to work, our fear begins to give way to faith.

Fear becomes faith when we wait long enough to see God move.

THIS WEEK – PRACTICE STILLNESS

This week, intentionally practice biblical stillness.

PRAY

Before reacting to a stressful situation, pause and ask, "God, what is my next faithful step?"

RELEASE

Identify one area you've been trying to control and consciously surrender it to God.

OBEY

Take the next responsible step God has clearly placed before you—but leave the outcome in His hands.

REMEMBER

Each day remind yourself: **"Stillness is what faith looks like when fear is screaming for control."**