

FROM SLAVERY TO PRESENCE

THE MOMENT OF DELIVERANCE

EXODUS 14:13-14



NOTICE



LISTEN



RESPOND

JOURNEY GUIDE

COVENANT CHURCH

NOTICE

Notice how fear narrows vision—and how God steadies His people.



REFLECT

Israel has been delivered from Egypt, yet fear still overwhelms them. The sea is in front of them. Pharaoh's army is behind them. In this moment, fear begins to shape what they see and say. They can see the danger, but they cannot yet see the path God is about to open. Moses' words begin by addressing the heart before the circumstances change.



NOTICE

Read Exodus 14:10–14 slowly.

As you read, pay attention to what the Israelites see, what fear causes them to say, and how Moses redirects their attention.

- What details in the passage reveal the intensity of the people's fear?
- What does their complaint suggest about how fear can distort memory and perspective?
- What does Moses want the people to notice about God in this moment?
- How does this passage show the difference between reacting in panic and responding in faith?



PERSONAL REFLECTION

Write: Where is fear narrowing my vision right now? What am I seeing clearly—and what might I be forgetting about God?



IN COMMUNITY

Discuss together:

- Why do you think Israel's past experience of God's faithfulness did not automatically remove their fear in this moment? (*Analyze*)
- How does remembering God's past faithfulness change the way we interpret present danger? (*Evaluate*)
- In what ways can fear cause a person or a church to move backward instead of forward? (*Analyze*)
- What practices might help us notice God's presence when anxiety is narrowing our vision? (*Create*)

LISTEN

Listen for God's invitation in Moses' four instructions.



READ SLOWLY

Exodus 14:13–14

“Do not be afraid, stand firm, and see the deliverance that the Lord will accomplish for you today... The Lord will fight for you, and you have only to keep still.”

—Exodus 14:13–14

Moses speaks these words before the sea opens. The danger is still real. The path forward is not yet visible. Yet before God changes their circumstances, He begins to steady their hearts. These four instructions teach Israel how to trust before they can see the outcome.



LISTEN

Read Moses' four instructions slowly, paying attention to what each one reveals about faith in a moment of fear.

- What does 'Do not be afraid' reveal about courage?
- What does 'Stand firm' reveal about stability and trust?
- What does 'See the deliverance of the Lord' reveal about watching for God's work?
- What does 'Keep still' reveal about surrender and peace?



PERSONAL REFLECTION

Write: Which of Moses' four instructions feels most like God's invitation to me today—and why?



IN COMMUNITY

Discuss together:

- How would you explain the difference between reacting in panic and responding in faith? (*Understand*)
- Why do you think Moses addresses the heart before giving the people any movement or strategy? (*Analyze*)
- Which of the four instructions do you think is most important for believers in anxious times, and why? (*Evaluate*)
- What practices could help a person or church become more attentive, steady, and still before God this week? (*Create*)

RESPOND

Respond with steady trust before the way is visible.

The Lord's promise is not that His people will never face frightening moments. It is that they do not face them alone. Because the Lord fights for His people, they can respond not with panic, but with trust. Faith receives God's presence, watches for His work, and takes the next faithful step.



PRACTICE

Choose one faithful response for this week.

- ☐ Pray Exodus 14:13–14 slowly when fear begins to rise.
- ☐ Name one place where you are tempted to retreat, and ask God to help you stand firm.
- ☐ Watch each day for one sign of God's grace, provision, or guidance.
- ☐ Take one quiet minute before an important conversation or decision to let fear settle before God.



BREATH PRAYER

The Lord will fight for me.
I will be still and trust.



MY NEXT FAITHFUL STEP

Because God is with me, this week I will:



IN COMMUNITY

Discuss together:

- Which response practice do you most need right now, and why? (*Apply*)
- How can stillness become a testimony to others in anxious times? (*Analyze*)
- What would it look like for a church to respond to pressure with faith instead of panic? (*Evaluate*)
- What one concrete step could help you watch for God's work this week? (*Create*)



CLOSING PRAYER

Lord, when fear rises and the way ahead is unclear, keep me from retreating into panic. Teach me to stand firm, watch for Your deliverance, and grow still before You. Fight for me where I cannot fight for myself, and lead me forward in trust. Amen.