

Red Sea Rule #5

1A. PRACTICES – Specific actions that will enable us to move from fear to faith when encountering difficult times.

1B. OUR PRAYER: “Pray!” (Rule #4)

2B. OUR PATIENCE: “Stay calm and confident, and give God time to work. (Rule #5)

2A. FOUNDATIONAL SCRIPTURE: Exodus 14:13-14 (CSB)

¹³ But Moses said to the people, “Don’t be afraid. Stand firm and see the LORD’s salvation that He will accomplish for you today; for the Egyptians you see today, you will never see again. ¹⁴ The LORD will fight for you, and you must be quiet.”

3A. THREE ADMONITIONS IN RULE #5

1B. Stay calm – mastering your emotions

2B. Stay confident – trusting in God

3B. Stay quiet – waiting on God to act

4A. STAY CALM: Mastering Your Emotions

1B. Emotions are God-given feelings of pleasantness or unpleasantness.

1C. They are reactions to internal or external stimuli.

2C. They are an essential part of your personality.

3C. They are erratic and fluctuate with the circumstances, which may worsen when we give our emotions free rein.

2B. God wants His children’s emotions under control. (p. 58)

3B. The many “fear not” or “don’t be afraid” commands in Scripture suggest that fear “must be either a common condition among humans or a great priority with God.” (p. 58)

Examples – Isa. 41:10; Haggai 2:5; Matt. 10:28-31; Mark 6:49-51

- 4B. Maturity can be defined as the ability to keep one's emotions or passions under control. (p. 59)

- 5B. **For Discussion: What are some steps we can take to overcome our fears and/or master our emotions in general?**

- 5A. STAY CONFIDENT: Trusting in God
 - 1B. We are to walk by faith, not feelings. Often we must choose an attitude that's contrary to the way we feel. (p. 59)

 - 2B. The children of Israel had every reason to feel utter terror—
 - 1C. They were not facing reenslavement, but the impending slaughter of their families.
 - 2C. There was no human way of escape. (p. 59)

 - 3B. Although there may be good reasons to be afraid, there are always better reasons for remaining confident.
 - 1C. They had an Ally alongside them who had performed wonders in Egypt and who billowed up as a pillar of cloud and fire. (p. 59)
 - 2C. Through Moses, that Ally was sending them reassuring words that He was going to fight this battle for them too.
 - 3C. As you grow in Christ, you learn to rely on the Holy Spirit to enable you to control your emotions.
 - 4C. **"In our distresses in life when trapped by the Red Sea, we must trust God with the impossible and leave room for Him to work, for the Lord has promised to fight for us."** (p. 60)
 - 5C. Examples of God's promise to defend us:
 - 1C. Deut. 1:29-30
 - 2C. Deut. 3:22
 - 3C. 1 Sam. 17:47
 - 4C. Rom. 8:31, 37

6A. STAY QUIET: Waiting on God to act

- 1B. Waiting on the Lord is about “committing our Red Sea situations to Him in prayer, trusting Him, and waiting for Him to work.” (p. 57)
 - 1C. When we wait on God, we leave room for God to act. (p. 57)
 - 2C. Illustration: Romans 12:19
 - 3C. Waiting in this way runs counter to our proactive and assertive selves (p. 57).

- 2B. We do not have the answer to every dilemma that faces us, but we can learn to leave room for God, who has the knowledge and the power to intervene in ways that we may never imagine. He delights in doing the impossible.