



Healthy Groups Keep A Balance In What They Do: Spend equal amounts of time connecting with each other (Fellowship), prayer and sharing how God is working in your life (Worship), growing in your faith through study and discussion (Discipleship), serving others both inside and outside your group (Ministry), and reaching out to those around with the message of Jesus Christ (Evangelism).

PREPARE:

- ⊙ How are you doing? Catch us up on your life. What has been a high and a low in your life since this group last met? How have you seen God work in your life since this group last met?
- ⊙ When in your life have you felt the most out of control? What was going on that caused these feelings?

GROW:

- ⊙ The Israelites are finally free from Egyptian bondage but they still have to cross the Red Sea! However Pharaoh has decided that he wants them to come back so his army is in hot pursuit...
- ⊙ Read Exodus 14: 10-12
- ⊙ When faced with a situation that terrified the Israelites they turned to their leader, Moses, and accused him of bringing them to the desert to die. In fact they told Moses that it would be better for them to serve the Egyptians in bondage than to 'die in the desert.'
 - ⇒ Why would the Israelites want to return to the bondage they had been trying to escape for hundreds of years?
 - ⇒ The choice the Israelites had to make was choosing to trust God or going back into bondage. Is trusting God so difficult that sometimes it is easier to go back into bondage? Why?
 - ⇒ What are some of the ways today we choose to go back into bondage rather than trusting God? Why do we do this? (*Does this mean we are more similar to the Israelites than we would like to admit?!*)
- ⊙ Read Exodus 14:13-14
- ⊙ The Egyptians are pursuing the Israelites to bring them back into captivity but Moses tells the people to trust and be still. Moses instruction goes against every human instinct!
 - ⇒ If you were one of the Israelites who was facing certain death or enslavement how do you think you would have reacted when Moses told you to trust and be still? Why?
 - ⇒ Does God really 'fight' for us if we will simply trust and be still?





- ⇒ What exactly does 'being still' mean? How do we do that today?
- ⇒ In your life do you resist God's request for you to trust and be still so that he can 'fight' for you? Why?

⊙ Read Exodus 14: 30-31

- ⇒ God proved himself to the Israelites? Are you willing to trust and let God prove himself to you today?
- ⇒ What do you need to do to more fully put your trust in God?
- ⇒ What do you need to do so that you can be still and let God 'fight' for you?
- ⇒ How might 'being still' look in your life today?

PRAYER:

- ⊙ Have your group's prayer coordinator close your group time in the throne room of God.
- ⊙ Consider praying in one the following ways:
 - ⇒ Go around the circle and have each person pray what is on their heart.
 - ⇒ Break into small groups and spend time letting each group share deeper and then close with prayer.
 - ⇒ Go around the circle and lift the person on your left up in prayer.
 - ⇒ Place someone in the middle of the circle who has special prayer needs. Have everyone place their hands upon them and lift that person up in prayer.
 - ⇒ If your group has children let the adults pray together and then bring the children into the group so that the adults can circle around them and pray.
 - ⇒ Everyone get down on their knees and earnestly lift your requests to God.
 - ⇒ Sing a song of prayer to God.
 - ⇒ Let the women of the group pray for the men and then let the men of the group pray for the women.
 - ⇒ Spend an extended amount of time at the beginning of your group time after you have shared with each other how things are going in your life.