

RULE #5

Stay calm and confident, and give God time to work.

Goal:

To lead participants to calm down and focus on God during their difficulties.

Introduction:

As you begin the meeting you may want to take a few minutes to remind attendees you're coming to the half-way point in the journey. Check on their progress: journaling, emotions, etc. Allow people the opportunity to share a few minutes regarding any breakthroughs they've experienced.

As transition into the next step, ask an opening question like:

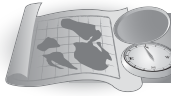
Do you know what obsessing is? For our purposes, I refer to it as focusing at the same time on everything and anything that is or could potentially go wrong in our lives. For example...

At this point you can recount the story on page 27 of the study guide or insert one of your own. The key is to begin with an example of someone "drowning in problems". Follow up the story with another question:

What type of emotional response may follow obsessing?

Allow a few moments for answers. Then interject:

*Yes. That's correct. Worry, fear, panic, even hyperventilating could occur. As we continue on our journey we address this very issue as we take the next step which is observing Rule #5: **Stay calm and confident, and give God time to work.***



PREVIEW THE JOURNEY

Have people turn to Exodus 14. Quickly retell the story.

Rule 5 is based on Exodus 14:13–14.

What three instructions did Moses give the people of God in Exodus 14:13?

Using your sanctified imagination describe what you think the Israelites were doing that prompted Moses' instructions?

In light of the situation, was their fearful reaction understandable? Why or why not?

Moses proclaimed phrases such as, See the salvation of the Lord, He will work for you today, and The Lord will fight for you. What was he trying to get the Israelites to comprehend?

The point you want to get across here is that at the Red Sea there was a lot going on and people were “obsessing” about all of it. This produced fear, panic, hysteria, etc. Moses was trying to get them to take a depth breath and calm down. God was not asleep or unaware of their circumstances. He was in control, so they needed to give Him the opportunity to work on their behalf.



PREPARE FOR THE JOURNEY

On page 52, Rob states how many times the phrases *fear not* and *do not be afraid* occur in the Bible: 107 in the New Testament and 42 in the Old Testament.

Why do you think God includes the phraseology so many times?

Many times attached to the emotion of fear is the tendency to fix a problem. Control it! Rob encourages us, however, to *give God time to work* based on phrases such as *see the salvation of the Lord, he will work for you, the Lord will fight for you, and be silent.*

According to Genesis 15:1–6 and 16:1–4, do you believe Abraham was trying to control a situation? Why or why not?

Make sure you're very familiar with this Genesis event, which can be summarized as follows:

God promised Abraham and his wife a son through whom He would bless the world. Sarah, his wife, didn't get pregnant during their timetable, so she encouraged Abraham to conceive a son with her maid Hagar.

The truth you want to emphasize is we tend to develop a scenario regarding how and when God should act. If he doesn't, we want to take charge. Another biblical example you may want to examine if time permits is Peter:

Do you believe Peter's action in John 18:4–11 was an attempt to fix a problem? Why or why not?

Rob likens *giving God time to work* to the biblical concept of *waiting on God*.

Read these verses and then in your own words explain the concept of *waiting on God*: Psalm 27:14; 33:20; 37:7–8; 38:15; 39:7.

How do we move from *controlling* to *waiting*?

Encourage people in this move from controlling to waiting. This is a moment by moment struggle that requires constant fellowship with God through the Word and prayer. It is an act of faith to wait on God.



You want to now apply this rule to the group:

With 1 being *fearful* and 10 being *standing firm*, where are you on the scale with your Red Sea?

With 1 being *trying to control the situation* and 10 being *waiting on God*, where are you on the scale with your Red Sea?

Are you willing, with God's help, to relinquish control of your situation, allowing God to work how and when he wants?



Remind participants of the importance of journaling. Exhort them when they feel fear and control rising up to instead record their thoughts. This habit of writing is a great way to release fear without acting on it.