



The Power to Change
Part #2 – The Power to Move Forward

Small Group Discussion Guide on Exodus 14:16-21

Woodland Heights Christian Church Core Value Connection

This sermon aligns with the core value of **Prayer** at Woodland Heights Christian Church. We believe that a healthy church must teach, preach, equip for, and practice fervent prayer as a way of life, not just a moment in crisis.

This sermon reminds believers that prayer is not a substitute for obedience but the catalyst that moves us from fear to faith, from paralysis to forward motion, as we trust in the Lord. Prayer is the lifeline that reorients the people of God when fear rises, the enemy presses in, and the way ahead seems impossible. In Exodus 14 the people cried out to the Lord, but God then called them to move forward, showing that true, fervent prayer must lead to faithful action as we trust His direction and provision. This study guide is designed to help every member of the body of Christ grow as a man or woman of prayer—learning to seek the Lord daily, listen for His leading, and walk forward in obedient faith when He says, “Go.”

Section #1 – ENOUNTER

“Observing God’s Word”

Imagine standing on a shoreline with nowhere to go—water in front of you, cliffs and wilderness around you, and the dust of an enraged army rising behind you as the sound of chariots grows louder with every heartbeat. That is the scene in Exodus 14 as the people of Israel discover that God often brings His people to the end of themselves so that they might see His glory, depend on His presence, and learn the power of moving forward by faith.

Take time to anchor this study in Scripture. Read Exodus 14:10-18 as a group, family, or individual, letting God’s Word sink into your heart and mind. Picture the scene: the people crying out in fear, Moses calling them to stand firm, and the Lord commanding them to go forward as He promises to fight for them and display His glory before the nations.

Core Questions

- What do you notice about the words and reactions of the people, Moses, and the Lord in Exodus 14:10-18? Why is this relevant for followers of Christ today?
- What key words, phrases, or themes stand out to you in this passage (for example: “feared greatly,” “fear not,” “stand firm,” “see the salvation of the Lord,” “go forward,” “the Lord will fight for you”)?

- How does this scene shape your understanding of who God is, how He works in times of crisis, and what it means to trust His direction when you feel trapped between a rock and a hard place?

Section #2 – EXPLORE

“Understanding the Passage and Sermon”

As we dig into Exodus 14:10-18, we encounter a people whose backs are against the wall, a leader calling them to faith, and a God who uses an impossible situation as the stage for His glory. The sermon traces three key points of focus for moving forward: redirecting our focus from fear to God, standing still long enough to see His hand at work, and stepping forward in obedient faith when He says “Go.”

Truth 1 – Fix Your Focus on God, Not Your Fear (Exodus 14:10-12)

When Pharaoh drew near and the people saw the Egyptians marching after them, they “feared greatly,” crying out to the Lord while simultaneously accusing Moses and longing to go back to Egypt. The sermon notes that fear zooms in on the threats of this world, blinds us to God’s presence and power, and even distorts our memories, tempting us to call captivity “comfort” and slavery “stability.”

- How have you seen fear in your own life make today’s challenges seem bigger than God, or even make past difficulties look better than they really were?
- The sermon reminds us that “there is only one kind of healthy fear,” the fear of the Lord that is the beginning of wisdom, while worldly fear blinds us to His work (Proverbs 9:10). **How does a proper fear of the Lord help you refocus when anxiety, bad news, or looming obstacles start to dominate your thoughts?**

Truth 2 – Stand Still Long Enough to See God’s Hand at Work (Exodus 14:13-14)

Moses responds with four God-centered commands: “Fear not,” “stand firm,” “see the salvation of the Lord,” and “be silent,” reminding the people that the Lord Himself will fight for them. The sermon highlights that this stillness is not laziness but trust—a quieted heart that refuses to run in panic and instead anchors itself in the promises and presence of God. (Psalm 46:10)

- Which of the four commands in verses 13-14 do you find most challenging right now—fearing not, standing firm, seeing God’s salvation, or being still? Why?
- The message points to three promises: God will work for you today, God will grant complete victory over your enemy, and the Lord will fight for you. **How do these promises speak to a current situation where you are tempted to strive in your own strength or give up in despair?**
- In what practical ways can you “stand firm” on Christ and His Word instead of the shifting sands of circumstance this week? Ephesians 6:13

Truth 3 – When God Says “Go,” Step Forward in Faith (Exodus 14:15-16)

After the people cry out, God speaks a surprising word: “Why do you cry to me? Tell the people of Israel to go forward,” instructing Moses to lift his staff so that the sea will part and the people can walk through on dry ground. The sermon explains that while prayer is critical, there comes

a moment when continued delay becomes disobedience, and God calls His people to step out, trusting that His direction always comes with His provision and for His glory.

- How does the Lord's question, "Why do you cry to me?" challenge a view of prayer that talks to God but never acts on what He has already revealed?
- Where might God be saying to you, "Enough stalling—move forward," in your family, finances, ministry, relationships, or spiritual growth?
- The sermon reminds us that God planned this Red Sea moment "for His glory" and so that "the Egyptians shall know that I am the LORD." **How might your present obstacle be a platform where God displays His faithfulness to you and to a watching world?**

Section #3 – EMBRACE

"Applying God's Word"

Go deeper into the Word of God by applying what you have learned to your life today. Reflect on these action steps and discuss how you can live out the truths from Exodus 14:10-18 in a lifestyle of prayerful, forward-moving faith

Identify Your Red Sea Moment

Think of an area in your life where you feel boxed in—past pain behind you, overwhelming obstacles before you, and fear pressing in on all sides. Write down one specific situation that feels like a "Red Sea moment" and honestly describe how fear, distorted memories, or longing for the "good old days" might be holding you back from trusting God's direction. Exodus 14:10-12

- What practical step can you take this week to lift your eyes from the enemy to the Lord—through Scripture, counsel, or worship—in that specific area?

Practice Prayerful Stillness

In light of God's commands to fear not, stand firm, see His salvation, and be silent, set aside intentional time each day this week to be still before the Lord. Use that time not only to present your requests but also to listen—to quiet your mind, surrender your fears, and ask God to show you where He is already at work.

- Start a "Red Sea journal" for this week. Each day, write one fear you are facing, one promise of God you are claiming, and one way you see His hand at work, even if the waters have not yet parted.

Step Forward in Obedient Faith

Remember that the waters did not open until the people stepped forward and Moses lifted his staff in obedience. Identify one area where you have been praying but not moving—perhaps a conversation you need to have, a ministry you need to join, a sin you need to address, or a step of generosity or service God has placed on your heart.

- Commit to one clear, concrete action step of obedience this week, trusting that God's direction comes with His provision.

Live as a Person of Prayer

Since this sermon connects deeply with the core value of Prayer, ask the Lord to transform your life into a living picture of a "house of prayer."

- Choose one specific way to grow in fervent prayer this week: joining a prayer group, setting a daily prayer time, praying Scripture over your Red Sea moment, or praying with someone who is facing their own impossible situation.

Memorize and Reflect

Commit Exodus 14:14 (ESV) to memory: “The Lord will fight for you, and you have only to be silent.”

Reflect throughout the week on how this truth shapes your fears, your prayers, and your next steps. Share with your group how this verse encourages you to stand still in trust, then move forward in faith as God opens the way.

Closing Challenge

The same God who brought Israel through the sea, who strengthened Chaplain Blaisdell to rescue orphans in a war-torn land, and who guided leaders during the birth of a nation is the God who stands with you in your Red Sea moment today. This week, respond to His call: fix your focus on Him, stand still long enough to see His hand at work, and when He says, “Go forward,” take the next faithful step, trusting that He will fight for you and write His glory across the impossible stretch in front of you.