



LIFE GROUP DISCUSSION GUIDE



OCTOBER 11, 2026

Dive In (10 Minutes)

Go around and let everyone share...What is a time you felt completely trapped "between a rock and a hard place" (e.g., stuck in a major dead-end, facing two tough decisions, or backed into a corner)? What was your immediate emotional reaction when you realized you had no easy way out?

Dig Deep (40 Minutes)

Read Exodus 14:10-31 aloud.

- Look closely at verses 10–12. As Pharaoh's army closes in and the Red Sea blocks their way, the Israelites panic and cry out, wishing they had stayed in Egyptian slavery. Why is it so easy to romanticize our past "comfort zones"—even harmful ones—the moment obedience to God gets scary or difficult?
- Focus on Moses' bold instruction in verses 13–14: *"Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today... The Lord will fight for you; you need only to be still."* In a culture that tells us to hustle, control, and solve every problem ourselves, what does it practically look like to "be still" and let God fight for you?
- Notice God's response in verse 15: *"Why are you crying out to me? Tell the Israelites to move on."* How do we balance the call to "be still" with the call to "move forward"? Why is taking that first step into an impossible situation essential for seeing God's miracle?
- Look at verses 21–22. God parts the sea, but the Israelites still had to walk *through* the waters with walls of sea on their right and left. God didn't instantly teleport them to the other side; He made a path *through* the obstacle. How does God build our faith by walking with us through trials rather than simply zapping us out of them?

Do Big (10 Minutes)

- Consider verses 30–31. When Israel saw the great power of the Lord against Egypt, they feared the Lord and put their trust in Him and in Moses. How does seeing God deliver us out of a hopeless situation change our reverence and trust in Him for future battles?
- Tell about a time in your life when you felt entirely trapped, but God made a way where there seemed to be no way. How did that experience strengthen your faith?