

“Be Still: Wait And Watch”

Growth Group Guide

January 18, 2026

WELCOME *(Connecting with each other)*

Have you ever had a time when you HAD to wait for God to move in your life? What it like to see Him come through for you? If you feel comfortable, share now. Also, if you have time, share about doing any of the activities from the WALK section of last week’s Growth Group Guide (i.e., practicing being still to hear God’s gentle voice, finding a new place to practice being still, and/or practicing stillness in a place with hustle and bustle.) What did you learn? How were you encouraged? Would you do more of something?

WORSHIP THROUGH PRAYER *(Connecting with God)*

Read the verses below. Praise God that impossibilities don’t need to be feared, but can be leaned into, for His kids get to watch and wait for His miraculous works on our behalf.

Psalms 27:13-14 (ESV) I believe that I shall look upon the goodness of the LORD in the land of the living! Wait for the LORD; be strong, and let your heart take courage; wait for the LORD!

Psalms 39:7 (ESV) And now, O Lord, for what do I wait? My hope is in you.

Psalms 59:9-10 (ESV) O my Strength, I will watch for you, for you, O God, are my fortress. My God in his steadfast love will meet me; God will let me look in triumph on my enemies.

WORD *(Letting God speak to us)*

1. **Read Exodus 13:17-18, 20-22 and 14:1-4.** We see in the verses in chapter 13 that God didn’t want Israel to face war too soon. At the beginning of chapter 14, God leads them to a position that allows them to be cornered. How should we understand who God is and what He’s doing at the start of chapter 14, based on how He’s working at the end of chapter 13?
2. **Read Exodus 14:10-12.** Israel finds themselves hemmed in between the Egyptians and the sea. Finding themselves in this situation, what did they do well and not so well? What things caused them to slip into not doing well?
3. When we feel squeezed what are our go-to’s?
4. Sometimes the past seems better than it is, and we can pine for it like the Israelites did. How can this keep us from going forward with God?
5. **Read Exodus 14:13-14 NIV.** Imagine yourself in this crowd of Israelites. How would Moses’ words have impacted you? Flash-forward to your life today. Knowing God came through for the Israelites at the Red Sea, how do Moses’ words affect you as you look at situations in your life where you might not know the outcome?

6. Israel was “forced” to wait and watch at this moment because of their circumstances. If they had started watching and waiting on God before they left Egypt, how might that have helped them when they faced the Red Sea?
7. What spiritual benefits do we gain by learning the practice of waiting and watching even before our circumstances are dire?
8. It is a struggle to wait and watch sometimes. Besides the answers from question #3 and #4, what other hindrances can we have (whether positive or negative)? Summarize how this story can help to remove some of our difficulties?
9. If waiting and watching gives God the opportunity to work miracles in our lives, could that be enough incentive to do so? Let each person in the group share, if they feel comfortable, a way they would hope God will “make a way where there doesn’t seem to be a way?” End in prayer for each other.

WALK *(Living out God’s purposes)*

- ✓ **One Big Idea: To be still is to wait and watch for God to work rather than acting in our own strength.** Are you in a seemingly no-win situation today? Or, are things going along fine? In any way you see your life’s circumstances, ask God to give you the spiritual vision to see Him working all around you and around the people you see each day. Ask Him to show you a choice, circumstance, conversation, etc. where you can practice waiting on Him and watching for His work. Allow Him to direct how long you wait and watch before you take action by His Spirit - it may all happen in a split second or over many days - but He will guide you and teach you, keeping you in step with Him and His Spirit (Galatians 5:25). Take joy! Deeper faith lies ahead.

WORLD *(Embracing God’s heart for others)*

Around the US, Sanctity of Human Life Sunday (on January 18th this year) is used to celebrate God’s gift of life. Our missions’ partner, Dove Medical, also knows it’s a time to remember the fight for the lives of the pre-born. You can take a Life Tour at their facility to learn more about them and what they offer. Tours are February 10th and March 10th. Please RSVP! As well, if you or someone you know has pregnancy needs you think they could assist with, please reach out to them at any time. Their contact info is: 541-485-DOVE and info@dovemedical.org.

A celebration is in order, for Dove Medical has completed the repair work needed in a classroom due to water damage. Praise the Lord! For this year, they invite us to continue praying for God to provide His safety and security for their clinic and staff. Also, please pray for 10 new computers, training for a new nurse, the replacement of a badly vandalized sign, and for a new part-time nurse to help with appointments.

“The Spirit of God has made me, and the breath of the Almighty gives me life.” Job 33:4 (ESV)

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