



Growth Group Questions

October 12, 2025

“Slow Down”

CONTEXT

Exodus 14 continues to follow the travels of Israel after Pharaoh had let them go. It appears to an outsider like they were traveling haphazardly and also going around in circles. Pharaoh decided to make an attempt to bring them back to Egypt and enslave them once again. However, he was not aware that all of this “meandering” was actually a part of God’s bigger plan and that God would use this event to once again show forth His sovereignty.

Pharaoh’s heart hardened once more as regret and pride overtook him. Pharaoh trusted in technology and force (see the 600 chariots) while God used apparent weakness to display unshakable power. As Pharaoh’s army closed in, the Israelites were trapped. The Red Sea in one direction and the chariots and warriors in the other.

God’s people had left Egypt boldly, but fear replaced faith the moment they saw the chariots advancing. The speed and strength of the Egyptian forces contrasted sharply with the Israelites seemingly aimless movement.

The Israelites accused Moses of leading them to their deaths. Their fear caused them to rewrite how things had actually been. They “remembered” wanting to stay in Egypt, even though they had cried out for freedom. Faced with crisis, they somehow thought that slavery was better than the promise of freedom.

Moses remains calm and centered in faith. He urged the people not to flee but to stand firm and watch what God would do. His words capture the truths about the God who dispels fear, delivers from distress, invites trust, removes danger, and fights for His people. What the Israelites saw as their end was actually the moment God would provide a way and bring them freedom and salvation.

SCRIPTURE

Exodus 14:5-14

⁵ When the king of Egypt was told that the people had fled, Pharaoh and his officials changed their minds about them and said, “What have we done? We have let the Israelites go and have lost their services!” ⁶ So he had his chariot made ready and took his army with him. ⁷ He took six hundred of the best chariots, along with all the other chariots of Egypt, with officers over all of them. ⁸ The LORD hardened the heart of Pharaoh king of Egypt, so that he pursued the Israelites, who were marching out boldly. ⁹ The Egyptians—all Pharaoh’s horses and chariots, horsemen^[a] and troops—pursued the Israelites and overtook them as they camped by the sea near Pi Hahiroth, opposite Baal Zephon.

¹⁰ As Pharaoh approached, the Israelites looked up, and there were the Egyptians, marching after them. They were terrified and cried out to the LORD. ¹¹ They said to Moses, “Was it because there were no graves in Egypt that you brought us to the desert to die? What have you done to us by bringing us out of Egypt? ¹² Didn’t we say to you in Egypt, ‘Leave us alone; let us serve the Egyptians’? It would have been better for us to serve the Egyptians than to die in the desert!”

¹³ Moses answered the people, “Do not be afraid. Stand firm and you will see the deliverance the LORD will bring you today. The Egyptians you see today you will never see again.

¹⁴ The LORD will fight for you; you need only to be still.”

Romans 8:14-15

¹⁴ For those who are led by the Spirit of God are the children of God. ¹⁵ The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship.^[a] And by him we cry, “*Abba*, Father.”

Proverbs 19:2

² Desire without knowledge is not good—how much more will hasty feet miss the way!

Mark 1:35-37

³⁵ Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. ³⁶ Simon and his companions went to look for him, ³⁷ and when they found him, they exclaimed: “Everyone is looking for you!”

Eugene Peterson, *The Contemplative Pastor: Returning to the Art of the Spiritual*

“How can I lead people into the quiet place beside the still waters if I am in perpetual motion? How can I persuade a person to live by faith and not by works if I have to juggle my schedule constantly to make everything fit into place?”

QUESTIONS

1. In this week's sermon, Pastor Paul spoke about the fears in our lives which can make us feel stuck. How do our fears make us feel stuck?
2. What does Moses' instruction to "stand firm" and "be still" teach us about how to respond to fears in our lives?
3. This week's sermon title is "Slow Down." What does the phrase "slow down" mean to you?
4. Pastor Paul said that a hurried life is a disordered life. What does a hurried life look like to you and why do you think it might lead to a disordered life?
5. How would you describe an "unhurried life"? What are some practical things you can do to help yourself lead a more unhurried life?
6. Pastor Paul quoted Martin Luther as saying: "I'm too busy not to pray." What does that statement say to you?
7. The Eugene Peterson statement that Pastor Paul quoted was written with pastors in mind. How might we apply this statement to our own lives and how we interact with others?
8. Pastor Paul encouraged all of us to practice taking a "sanctified pause." How does a "sanctified pause" differ from a normal pause?
9. What lessons can we learn from Jesus about the importance of slowing down to spend time with God?
10. What Bible verses help to remind you to slow down and spend time with God?

PASTOR PAUL'S SERMON QUESTIONS

1. Where in your life do you need to be reminded that "God is with you and God's got this"?
2. How can you make some "space" for God this week?