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# Stay Calm

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“As Pharaoh approached, the people of Israel looked up and panicked when they saw the Egyptians overtaking them. They cried out to the Lord, and they said to Moses, “Why did you bring us out here to die in the wilderness? Weren’t there enough graves for us in Egypt? What have you done to us? Why did you make us leave Egypt? Didn’t we tell you this would happen while we were still in Egypt? We said, ‘Leave us alone! Let us be slaves to the Egyptians. It’s better to be a slave in Egypt than a corpse in the wilderness!’” But Moses told the people, “Don’t be afraid. Just stand still and watch the Lord rescue you today. The Egyptians you see today will never be seen again. The Lord himself will fight for you. Just stay calm.”

**Exodus 14:5-14**

## Stay Calm

Have you ever felt pursued by the enemy? Under attack? Pinned down in such a way that can only lead to demise? Backed into a corner with no escape?

The Word of God offers comfort. Challenge. Conviction. Confidence.

Whatever situation you’re in, take comfort in the fact that God Himself fights on your behalf. You cannot fight this yourself. He doesn’t send someone else, someone less mighty or less powerful to do what only He Himself can do as your all-powerful Heavenly Father who loves you with reckless love.

Stand still. Stay calm. It’s not easy to stay calm when you feel the enemy nipping at your heels. The challenge may seem too much to handle, but put your trust in the One who saves and delivers and He will give you a “peace that passes understanding” Philippians 4:7.

Don’t be afraid. Easy for me to say, right? I don’t know your situation, how great and terrifying it is. But God does. And there is no one like our God!

Watch the Lord rescue you today! You might be thinking, “Yeah right. Today? God didn’t rescue me yesterday and He hasn’t rescued me today. In fact, I don’t even know if God

cares.” God may not pull you out of your circumstance today, but he can rescue you today if you make Him your confidence. “If the Son sets you free, you will be free indeed,” John 8:36.

So don’t set your gaze on the 600 Egyptian chariots coming for your life. Stand still, stay calm. And watch God fight on your behalf as you keep the Main Thing, the main thing.

Reflection:

1. Take your mind off the current battle by making a list of the times in your past that you’ve seen God fight on your behalf.
2. Turn your thoughts from your own insufficiency to fight the enemy by focusing on the power and majesty of God. Read Isaiah 40.
3. Move outside of your own situation and care for others who are fighting a battle too. Join Outreach this Sabbath at 2pm by visiting [www.southern.edu/serve](http://www.southern.edu/serve).



**ANNA BENNETT**

Associate Chaplain

My greatest joy is listening to student’s stories and teaching what it means to be in a real, intimate relationship with Jesus. I am also passionate about crafting intentional worship experiences. I hope you’ll take a moment to stop by my office and share your story and your passions with me!