



Christmas at The Cove

Part 2 - Be Still

Discussion Guide

In the hustle and bustle of our daily lives - and maybe especially during the Christmas season, we can be distracted and anxious about things we cannot control. Many of those things aren't even our responsibility! What would it be like for us to really "let go and let God" handle them for us? How can being still bring about the peace of God?

Jump Start

1. How is your December calendar looking? Do the extra activities energize or drain you?
2. *Slow down.* God tells us He has control, no matter what. **Read [Psalm 46:1-3](#)**. What types of trouble threatens your peace? Are they covered in this passage? Are they within God's ability to handle?
3. *Get to know me.* There are so many distractions in this life: worries, responsibilities, work/life balance, even Christmas activities and shopping. In **[Matthew 16:25-26](#)**, Jesus helps us set our priorities. What is the most important thing in your life? Is it more important than your soul? And if you take care of your soul and spiritual health, will it benefit that other "most important" thing? Read **[Psalm 46:10](#)** in the Amplified version. What do you need to do personally?
4. *Trust me.* **Read [Psalm 23](#)**. Jot down types of worries, fears, needs that God promises to handle for you.
5. Final Thought: In **[Exodus 14:14 and Psalm 46:10-11](#)**, we see that God will not only handle it, but He will be glorified in it. He always wins. In what area of your life do you need to "be still"? Share with your Life Group: relationships, finances, anxieties, obsessions? What phrase is especially important to believers during this Christmas season?

Deeper

When Moses went before the Egyptian court to ask Pharaoh to let the children of Israel go, it took many varied and deadly plagues to convince them. The miraculous and nasty signs finally ended with the Hebrews marching out of Egypt, taking with them gold and treasure heaped on them by the stricken Egyptians. But it didn't end there.

6. Read [Exodus 14:5-6](#). The Pharaoh's "heart was hardened" (in some translations). Have you ever made a commitment and gone back on it? Or felt led to do something, but not followed through, forgetting forgotten why you made that decision?

7. Read [Exodus 14:10-11](#). What problem did the Israelites consistently have?

8. Read [Exodus 14:13-14](#). Moses speaks for God. What does he promise? What word stands out to you as incredibly prophetic for you and me? What was the people's job (and ours)?

Read [Exodus 14:21-29](#) for "the rest of the story"!