



THRIVE: REFLECT • CONNECT • ACT



REFLECT

Exodus 14

- Take a deep breath.
- Think about something right now that feels hard, stuck, or overwhelming.
- You don't have to solve it. Just hold it gently for a moment.

Read Exodus 14

The Israelites are trapped.
The sea is in front of them.

Pharaoh's army is behind them.
They cry out to God—not because they're brave, but because they're afraid.

And God makes a way where there seemed to be no way.



CONNECT

Questions to ponder:

- Where do you feel trapped between two bad options?
- What feels impossible right now?
- What would it look like to keep moving—even a small step—trusting that God is already at work?



ACT

- Name one place in your life that feels impossible.
- Take one small step forward, ask for help, tell the truth, or choose courage.

Remember: God is already at work, even when the way isn't clear yet. You don't walk alone. The God who parts seas still walks with us today. Faith isn't about knowing how things will turn out. It's about trusting God when you can't see the way forward.



Foot Prints in the Sand by moman11, Getty Images (via Canva)

Prayer

God,
When I feel trapped or
overwhelmed,
help me remember that You
are already at work.
Give me courage when I cannot
see the way ahead,
patience to wait when You call
me to be still,
and faith to take the next step
when You call me forward.
Amen.