



Connect Group Guide

March 22, 2020

Be still, the Lord will fight for you.

CONNECT

Let's be honest, it's been a week (or two) unlike many of us could have ever imagined! Share some of the *good* news you saw from your community or around the world. What about a *funny* experience from our new reality of self-isolation?

GROW

- Read this story from the Bible together: **Exodus 14:10-14; 21-29**
- Angie told a story from her time as a hospital chaplain when she ran through the halls and a colleague reminded her to **walk and breathe**. How have you been running this week? Is your mind running faster than your body? What would walking and breathing look like for you right now?
- Moses told the Israelites, "The Lord will fight for you, and you need only to **keep still**." God has got this and God has got you. What does it mean to both keep still *and* be proactive in a pandemic like we're experiencing?
- What's one new or creative way you **cared for people** in your life this past week? Who could you call, video chat, or write a letter to next week?

PRAY

Loving God, the world seems to be spinning. We are worried, stressed, and fearful. God, fill us with your peace. Remind us to walk, not run, and help us to breathe. Amen.