

Exodus 14:14

“The Lord will fight for you, You need only be still.”

Reflection Questions (Take 10 minutes of quiet reflection, then consider answering these questions privately or in small groups)

- Do I trust that the Lord will fight for me if I only be still?
- If I do not trust that, what makes that difficult for me to trust?
- Jesus, how do you want help build that trust within me?
- What keeps me from spending time in stillness?
- What could help me to be still?

Play the song Waymaker (on the retreat site) and try to sit completely still for the duration for the song, taking slow deep breaths may be helpful.