



Be still before the Lord and wait for him; do not fret over those that prosper as they follow their evil schemes. Psalm 37:7

Praising:

Be still, my soul; thy God doth undertake

to guide the future as he has the past.

Thy hope, thy confidence let nothing shake;

all now mysterious shall be bright at last.

Be still, my soul: the waves and winds still know

his voice who ruled them while he dwelt below.

Reading:

Exodus 14:10-20 The Israelites panic

From the terror of an imminent attack by the advancing Egyptians, the Israelites turn their fear and doubt on Moses. What does God mean by throwing his people straight back to those

from whom he has just rescued them? Moses pleads with Israel to stand firm where it is, to trust in the Lord to defend it, and to watch and see God work in power. God's initial reaction is a mixture of disappointment and frustration: the people's lack of faith reflects poorly on him. God reveals his plan to regain the glory. Moses, who has taken brickbats for God from his own people, must now position himself on the front line before the Egyptians and oversee a miracle. But first, the angel of God in the form of the shining pillar of cloud takes up the night-watch.

Listening:

Praying:

Lord still the beating hearts of those who wait and watch

- the sick and those tending them, as pain and illness take their toll and run their course
- those awaiting verdicts and decisions, whose futures rest on the judgment call of others
- the refugees, who dread what lies before them as worse than what they've left behind

Father: sometimes the hardest thing to do is to do nothing. In those helpless moments, when time stands still, speak to my heart the words of the risen Christ 'peace be with you'. Amen

Doing: