



Week 9: Crossing the Red Sea - Trusting God in Crisis

A Sabbath Family Bible Study

Introduction

The crossing of the Red Sea is one of the most dramatic moments in all of Scripture. Trapped between Pharaoh's advancing army and an impassable sea, Israel faced what appeared to be certain destruction. Humanly speaking, there was no escape. Yet it was precisely in this impossible situation that God revealed His power, faithfulness, and ability to make a way where none existed.

God often allows His people to face circumstances beyond their own strength so that they learn to depend upon Him. Israel could not save itself from Pharaoh, just as we cannot save ourselves from sin. The Lord alone was able to deliver His people, proving that salvation belongs to Him from beginning to end.

This study reminds us that faith is tested before it is strengthened. When fear, uncertainty, and crisis surround us, God calls us to trust His promises rather than our circumstances. Just as He parted the waters and led Israel safely through on dry ground, He remains faithful to guide His people today. Families are encouraged to remember that no obstacle is too great for God, no situation is beyond His control, and no crisis can prevent Him from accomplishing His perfect purposes for those who trust in Him.



Scripture Reading

(Exodus 14:1–31, Psalm 77:13–30)

With Commentary Throughout

Exodus 14:1–4

1 And the LORD spake unto Moses, saying,

2 Speak unto the children of Israel, that they turn and encamp before Pihahiroth, between Migdol and the sea, over against Baalzephon: before it shall ye encamp by the sea.

3 For Pharaoh will say of the children of Israel, They are entangled in the land, the wilderness hath shut them in.

4 And I will harden Pharaoh's heart, that he shall follow after them; and I will be honoured upon Pharaoh, and upon all his host; that the Egyptians may know that I am the LORD. And they did so.

Commentary:

God led Israel into what seemed like a trap. They were hemmed in by the Red Sea with Pharaoh's army closing in. But God was orchestrating every moment to display His glory

through their deliverance. Sometimes God brings us to a place of desperation to show that He alone is Savior.

Exodus 14:10–12

10 And when Pharaoh drew nigh, the children of Israel lifted up their eyes, and, behold, the Egyptians marched after them; and they were sore afraid: and the children of Israel cried out unto the LORD.

11 And they said unto Moses, Because there were no graves in Egypt, hast thou taken us away to die in the wilderness? wherefore hast thou dealt thus with us, to carry us forth out of Egypt?

12 Is not this the word that we did tell thee in Egypt, saying, Let us alone, that we may serve the Egyptians? For it had been better for us to serve the Egyptians, than that we should die in the wilderness.

Commentary:

Fear blinds faith. Though they had just witnessed the plagues and God's mighty hand, Israel faltered in crisis. They preferred slavery over danger. In our own moments of testing, fear tempts us to retreat, but God's deliverance requires trust in the face of impossibility.

Exodus 14:13–14

13 And Moses said unto the people, Fear ye not, stand still, and see the salvation of the LORD, which he will shew to you to day: for the Egyptians whom ye have seen to day, ye shall see them again no more for ever.

14 The LORD shall fight for you, and ye shall hold your peace.

Commentary:

This is the turning point. Moses speaks like a true leader: *do not fear, stand still, trust God*. Deliverance doesn't always come from fighting, it comes from standing in faith and letting God act. This teaches us to stop striving in panic and rest in God's promise.

Exodus 14:21–22

21 And Moses stretched out his hand over the sea; and the LORD caused the sea to go back by a strong east wind all that night, and made the sea dry land, and the waters were divided.

22 And the children of Israel went into the midst of the sea upon the dry ground: and the waters were a wall unto them on their right hand, and on their left.

Commentary:

What was once a wall of doom became a pathway of deliverance. This is the nature of God's salvation: He makes a way where there is no way. It was God's power, not Moses' rod, that split the sea. All glory belongs to Him.

Exodus 14:30–31

30 Thus the LORD saved Israel that day out of the hand of the Egyptians; and Israel saw the Egyptians dead upon the sea shore.

31 And Israel saw that great work which the LORD did upon the Egyptians: and the people feared the LORD, and believed the LORD, and his servant Moses.

Commentary:

Deliverance leads to reverence. Once they saw God's power to destroy their enemies, the people responded in faith and fear. Trust in God grows through crisis when we watch Him act decisively on our behalf.



Discussion Questions for All Ages

Young Children:

- What big miracle did God perform at the Red Sea?
- How did the people feel when they were afraid?
- Who made the water split apart?

Older Children & Teens:

- Why do you think the people were so scared, even after seeing the plagues?
- What does it mean to “stand still and see the salvation of the Lord”?
- Can you think of a time God helped you in a scary situation?

Adults:

- Have you ever faced a “Red Sea” moment in life? How did God deliver you?
- What does this story teach us about faith in the face of crisis?
- How can we teach our children to respond with faith instead of fear?

Psalm Reading - Psalm 77:13–20

13 Thy way, O God, is in the sanctuary: who is so great a God as our God?

14 Thou art the God that doest wonders: thou hast declared thy strength among the people.

15 Thou hast with thine arm redeemed thy people, the sons of Jacob and Joseph. Selah.

16 The waters saw thee, O God, the waters saw thee; they were afraid: the depths also were troubled.

17 The clouds poured out water: the skies sent out a sound: thine arrows also went abroad.

18 The voice of thy thunder was in the heaven: the lightnings lightened the world: the earth trembled and shook.

19 Thy way is in the sea, and thy path in the great waters, and thy footsteps are not known.

20 Thou leddest thy people like a flock by the hand of Moses and Aaron.

Commentary:

This Psalm remembers the Red Sea miracle as proof of God’s unmatched power. It reminds us that His path often runs *through* the sea, not around it. In crisis, He leads with unseen footsteps.

Hymn: “He Leadeth Me”

By Joseph H. Gilmore (1862)

1.

He leadeth me, O blessèd thought!
O words with heav’nly comfort fraught!
Whate’er I do, where’er I be,
Still ’tis God’s hand that leadeth me.

Chorus:

He leadeth me, He leadeth me,
By His own hand He leadeth me;
His faithful follower I would be,
For by His hand He leadeth me.

2.

Sometimes mid scenes of deepest gloom,
Sometimes where Eden’s bowers bloom,
By waters still, o’er troubled sea,
Still ’tis His hand that leadeth me.

(Chorus)

3.

Lord, I would clasp Thy hand in mine,
Nor ever murmur nor repine;
Content, whatever lot I see,
Since ’tis Thy hand that leadeth me.

(Chorus)

4.

And when my task on earth is done,
When by Thy grace the vict’ry’s won,
E’en death’s cold wave I will not flee,
Since God through Jordan leadeth me.

(Chorus)



Family Application Points

1. Talk Through “Red Sea” Moments:

Encourage each family member to share a moment when God helped them through a

hard time. Point to His faithfulness in crisis.

2. **Memorize Exodus 14:13–14:**

Teach these verses to your children as an anchor for times of fear. Repetition each day this week can help implant these truths in their hearts.

3. **Practice “Standing Still” Together:**

Set aside a few minutes of silent prayer as a family during the study, no talking, no noise. Just stillness, reflecting on God’s power to act.

4. **Draw the Pathway:**

Have children illustrate the Red Sea crossing, walls of water, dry ground, Moses leading. Use it as a way to talk about trusting God’s path, even when it’s unusual.

5. **Sing in the Storm:**

Make a family habit of singing songs of trust (like *He Leadeth Me*) when life feels uncertain. Praise in crisis strengthens the soul.



A Sabbath Feast Prayer (Used later when the Sabbath Meal is Ready)

“Heavenly Father, we thank You for Your Sabbath - a holy day of rest, joy, and renewal. As we partake in this meal, may our hearts be lifted in gratitude for Your provision and peace. Let this table reflect the peace of Your Kingdom and the love that binds our household together in Christ. In Jesus’ name, Amen.”



Closing Prayer

O Lord, mighty Redeemer and faithful Guide, we thank You for the mighty works You have done. As You led Israel through the Red Sea, so lead our family through every trial. Teach us not to panic in the face of fear, but to stand still and see Your salvation. Let our home be filled with trust and not with murmuring. May we walk forward in faith, knowing that even when the way seems blocked, You can part the sea. Strengthen our hearts, glorify Your name, and lead us always by Your hand. In the name of Jesus, our Deliverer, we pray. Amen.