

## **SPIRITUAL TASK – MOVING THROUGH OUR FEARS**

(Exodus 13-14)

*by the Rev. David Roth at the New Church of Boulder Valley*

**Story** When the children of Israel left Egypt the Lord led them away by means of the wilderness to the Red Sea. They were guided by a pillar of cloud by day and a pillar of fire by night. The Egyptians pursued them and trapped them against the Red Sea, but the Lord protected them by the pillar of cloud and fire. They were then told to stand still and see the salvation of the Lord. Then the Lord asked, “Why do they cry out to me? Tell them to go forward!” The sea parted and they crossed on dry land.

**Meaning** This dramatic story illustrates how the Lord leads us through temptations. The Lord is always there, sometimes in obvious thoughts (pillar of cloud) and other times in our more subtle feelings (pillar of fire). The sea of doubts will part away for us when we stand still (pray, reflect) and move forward (follow the Lord’s truth as best we understand it).

**Task** This week take time out to “stand still” to listen for the Lord’s leading. Each day either go for a walk by yourself, meditate, sit quietly, pray, *etc.* Listen for what the Lord is guiding you to do. Then do it. Take the steps you have been shown. "The LORD will fight for you."