



"BLUF" (bottom line up front) – *Get a grip. God is working!* . . . Ex. 14:13-14

Are you ruled by emotions or character?

- Ruled by emotions – a person goes from crises to crises, circumstances determine one's disposition.
- Ruled by character – a person keeps their emotions in check, character maintains a stability.

The Israelites at the time of leaving Egypt were an emotional people – Ex 14:10b-12; 15:24; 16:2; 17:3

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## 1. A Rule for Life

Rule #5 – "Stay calm while God is at work!"

What is maturity?

"In a time of great difficulty and great expectation, it is our wisdom to keep our spirits calm, quiet, and sedate; for then we are in the best frame both to do our own work and to consider the work of God." – Matthew Henry

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## 2. A Psalm for Encouragement

Psalm 37:7-11; Romans 12:19

*When it's hopeless, stand still and wait.*