

NOTES: UNSTUCK

Week One: Stuck Between the Miracle and the Promise

Text: Exodus 14:10–31

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New International Version

¹⁰ As Pharaoh approached, the Israelites looked up, and there were the Egyptians, marching after them. They were terrified and cried out to the Lord. ¹¹ They said to Moses, “Was it because there were no graves in Egypt that you brought us to the desert to die? What have you done to us by bringing us out of Egypt? ¹² Didn’t we say to you in Egypt, ‘Leave us alone; let us serve the Egyptians’? It would have been better for us to serve the Egyptians than to die in the desert!”

¹³ Moses answered the people, “Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today. The Egyptians you see today you will never see again. ¹⁴ The Lord will fight for you; you need only to be still.”

¹⁵ Then the Lord said to Moses, “Why are you crying out to me? Tell the Israelites to move on. ¹⁶ Raise your staff and stretch out your hand over the sea to divide the water so that the Israelites can go through the sea on dry ground. ¹⁷ I will harden the hearts of the Egyptians so that they will go in after them. And I will gain glory through Pharaoh and all his army, through his chariots and his horsemen. ¹⁸ The Egyptians will know that I am the Lord when I gain glory through Pharaoh, his chariots and his horsemen.”

¹⁹ Then the angel of God, who had been traveling in front of Israel’s army, withdrew and went behind them. The pillar of cloud also moved from in front and stood behind them, ²⁰ coming between the armies of Egypt and Israel. Throughout the night the cloud brought darkness to the one side and light to the other side; so neither went near the other all night long.

²¹ Then Moses stretched out his hand over the sea, and all that night the Lord drove the sea back with a strong east wind and turned it into dry land. The waters were divided, ²² and the Israelites went through the sea on dry ground, with a wall of water on their right and on their left.

²³ The Egyptians pursued them, and all Pharaoh’s horses and chariots and horsemen followed them into the sea. ²⁴ During the last watch of the night the Lord looked down from the pillar of fire and cloud at the Egyptian army and threw it into

confusion. ²⁵ He jammed^[a] the wheels of their chariots so that they had difficulty driving. And the Egyptians said, "Let's get away from the Israelites! The Lord is fighting for them against Egypt."

²⁶ Then the Lord said to Moses, "Stretch out your hand over the sea so that the waters may flow back over the Egyptians and their chariots and horsemen." ²⁷ Moses stretched out his hand over the sea, and at daybreak the sea went back to its place. The Egyptians were fleeing toward^[b] it, and the Lord swept them into the sea. ²⁸ The water flowed back and covered the chariots and horsemen—the entire army of Pharaoh that had followed the Israelites into the sea. Not one of them survived.

²⁹ But the Israelites went through the sea on dry ground, with a wall of water on their right and on their left. ³⁰ That day the Lord saved Israel from the hands of the Egyptians, and Israel saw the Egyptians lying dead on the shore. ³¹ And when the Israelites saw the mighty hand of the Lord displayed against the Egyptians, the people feared the Lord and put their trust in him and in Moses his servant.

DELAY VS. STUCK

Delay is when God is preparing you for what He's preparing for you.

Being stuck is different.

Stuck is when you stop making progress.

You stop growing.

You stop trusting.

You stop obeying.

You start repeating the same unhealthy patterns on a loop.

Here's the difference, plainly:

Delay	Stuck
God is preparing me	I'm repeating patterns
Growth is happening	Growth has stopped
God is developing character	Fear is driving my choices
The destination is still ahead	I've settled where I was never meant to stay

CONNECT IT TO ISRAEL

Israel experienced both delay and stuck sometimes within the same year.

The wilderness started as a place of formation. God fed them manna every morning (Exodus 16). He led them by cloud and fire (Exodus 13:21-22). He spoke to them at Sinai. That was delay. That was preparation for a promise.

But eventually their fear, their complaining, their unbelief turned a journey into a cycle. What should have taken eleven days from Horeb to Kadesh Barnea (Deuteronomy 1:2) became forty years. Not because God wanted them wandering. Because an entire generation refused to trust Him at the border of the promise (Numbers 14:1-4, 33-34).

"It took one night to get Israel out of Egypt. It took forty years to get Egypt out of Israel."

THE COLD OPEN

Every person in this room has been here before.

You got the miracle... and you're still not in the promise.

You got delivered from Egypt... and you're stuck at the Red Sea.

You said yes to God... and now you're staring at water you didn't see coming, with an army you thought you left behind closing in on your back.

That's not a contradiction of your faith. That's the *middle* of it.

Welcome to UnStuck. Because some of you didn't come to church today — you came to get free from a place you thought you already left.

Sometimes your greatest obstacle isn't what's in front of you. It's believing God can make a way through it.

MOVEMENT ONE

Fear Makes You Forget What God Already Did

Verse 11 is a masterclass in spiritual amnesia:

Didn't we say to you in Egypt, 'Leave us alone, let us serve the Egyptians'?"

They didn't say that. Go back and check the record. Not once in the entire book of Exodus do the Israelites say "leave us alone, let us serve the Egyptians." They are *rewriting history in real time* because fear doesn't just distort your future, **fear edits your past.**

MOVEMENT TWO

Faith Often Looks Like Standing Still Before It Looks Like Moving Forward

Verse 13-15 has one of the strangest sequences in the whole Bible, and if you rush past it you'll miss the whole point of the message.

First, Moses says: *"Stand firm... you need only to be still."*

Then, almost in the same breath, God says to Moses: *"Why are you crying out to me? Tell the Israelites to move on."*

Wait. Which is it? Stand still, or move forward?

Both. Because both are commands, and both require faith.

MOVEMENT THREE

God Specializes in Impossible Exits

Here's what gets me every time I read this text.

God did not remove the sea.

He did not build a bridge over it. He did not teleport Israel to the other side. He did not send an angel to carry two million people across in the sky.

He split the very thing that was blocking them and made it the way through.

Verse 21: *"All that night the Lord drove the sea back with a strong east wind and turned it into dry land."*

THE TAKEAWAY

What Happened to the Egyptians Happens to Everything Chasing You

Don't miss verse 28. The same water that was a wall of protection for Israel came crashing down as judgment on everything pursuing them.

Whatever's chasing you the addiction, the cycle, the relationship, the version of you that keeps trying to drag you back into Egypt when God brings you through, it doesn't get to follow you to the other side.

Not one of them survived (v.28).

That means the thing you're afraid is going to catch up to you on the other side of your breakthrough , it can't. The sea that let you through is the same sea that swallows what was hunting you. Your healing isn't just an exit for you. It's an ending for what was after you.