

Sermon: Detox 4- In Quietness  
Date: Sunday may 2, 2021  
Text: Isaiah 30:15-19; Exodus 13-14

Need for *spiritual detox*?

Isaiah 30:15 (ESV) For thus said the Lord God, the Holy One of Israel,  
“In returning and rest you shall be saved;  
in **quietness** and in trust shall be your strength.”  
But you were unwilling,

Exodus 14:10–14 (ESV)

<sup>10</sup> When Pharaoh drew near, the people of Israel lifted up their eyes, and behold, the Egyptians were marching after them, and they feared greatly. And the people of Israel cried out to the Lord. <sup>11</sup> They said to Moses, “Is it because there are no graves in Egypt that you have taken us away to die in the wilderness? What have you done to us in bringing us out of Egypt? <sup>12</sup> Is not this what we said to you in Egypt: ‘Leave us alone that we may serve the Egyptians’? For it would have been better for us to serve the Egyptians than to die in the wilderness.” <sup>13</sup> And Moses said to the people, “Fear not, stand firm, and see the salvation of the Lord, which he will work for you today. For the Egyptians whom you see today, you shall never see again. <sup>14</sup> The Lord will fight for you, and you have only to be silent.”

Story of Israel at the Red Sea:

In *quietness* (internal silence):

**Listening** to God’s will above our own:

**Aware** that the Lord will fight for you (the miraculous):

A great *enemy* to our soul is the foolish thinking that we need to fight God’s battles.

Ps. 131: O Lord, my heart is not lifted up;  
my eyes are not raised too high;  
I do not occupy myself with things  
too great and too marvelous for me.  
<sup>2</sup> But I have calmed and quieted my soul,  
like a weaned child with its mother;  
like a weaned child is my soul within me.  
<sup>3</sup> O Israel, hope in the Lord  
from this time forth and forevermore.

In *quietness* (internal silence) our flesh is weakened but our soul is strengthened.

Exodus 14:30–31 (ESV)

<sup>30</sup> Thus the Lord saved Israel that day from the hand of the Egyptians, and Israel saw the Egyptians dead on the seashore. <sup>31</sup> Israel saw the great power that the Lord used against the Egyptians, so the people feared the Lord, and they believed in the Lord and in his servant Moses.

In *quietness* (internal silence) our soul sings! (The Song of Moses)

*HYMN: All your anxiety- Edward Joy*

Is there a heart o'erbound by sorrow?

Is there a life weighed down by care?

Come to the cross, each burden bearing;

All your anxiety—leave it there:

- All your anxiety, all your care,
- Bring to the mercy seat, leave it there,
- Never a burden He cannot bear,
- Never a friend like Jesus!