



## Episode 14 Study Guide: *Walk Daily w the Lord who Fights for & Heals You*

Exodus 14-17

*"Come Follow Me" Old Testament Manual*

00:00-06:51	"Stand still and see the salvation of the Lord today"
06:52-08:32	Scripture study tip: "Do. Be. Feel. Know."
08:33-16:43	The parting of the Red Sea: "The Lord will fight for YOU"
16:44-21:56	Miriam the prophetess: "Sing unto the Lord!"
21:57-34:20	"I am the Lord that healeth thee"
34:21-44:24	Manna & quail: "How to establish a routine for a 'daily walk with God'"
44:25-51:41	"Stop shaming others about their feelings. Help & LOVE each other."

### Study Questions/Exercises

1. Check in with yourself: "How am I doing physically? Mentally? Emotionally? Socially? Spiritually?" What needs attention in your life right now? How might you begin to make the changes you seek?
2. Do you believe in miracles? What miracles have you seen/felt/experienced? How might you better "see" the miracles around you each day?
3. In what ways do you need healing? What have you done to try and heal? How might you better utilize the true Healer's power?
4. Have you ever felt like you're "waiting patiently—or sometimes impatiently—upon the Lord?" Have you ever felt you were "waiting for a miracle?" What did this feel like? How might you work on better waiting upon the Lord—patiently, impatiently, in His timing?
5. How might waiting upon the Lord be "a sacred place, a place of polishing and refining" for you?
6. **Exercise:** What might you do to "choose Him again and again and again?" Institute a "daily walk with God?" How might you receive your "manna" every morning and "quail" every evening?
  - a. Ponder this.

- b. Pray about this.
  - c. Then, set up a daily routine that will help you put first things first and “manifest a godly walk and conversation” with Him, each day (D&C 20:69).
7. **Exercise:** Spirit Meditation.
- a. Use this video to begin a spiritual mindfulness and meditation practice. “Spirit Meditation, w/Dr. Christina Hibbert”—  
<https://www.youtube.com/watch?v=mVyvXdgnRTg>
  - b. Or, use a video, app, or practice of your own.
  - c. Set a goal to practice mindfulness and/or meditation every day for a week.
8. Who do you turn to, to “hold up your hands” as you fight your fights? How do you do this for others? What might you do this week to attempt to “lift up the arms that are heavy and weary” around you?
9. In what ways do you isolate in your times of need? How might you build bridges with safe others &/or with professionals who can love and help you? Set a goal to do one thing to move toward greater connection and support in your life this week.

### **Resources**

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