

## The Days in the Desert

### **Ready:**

“Then Moses led the people of Israel away from the Red Sea, and they moved out into the desert of Shur. They traveled in this desert for three days without finding any water. When they came to the oasis of Marah, the water was too bitter to drink...So Moses cried out to the Lord for help, and the Lord showed him a piece of wood. Moses threw it into the water, and this made the water good to drink. It was there at Marah that the Lord set before them the following decree as a standard to test their faithfulness to him. He said, ‘If you will listen carefully to the voice of the Lord your God and do what is right in his sight, obeying his commands and keeping all his decrees, then I will not make you suffer any of the diseases I sent on the Egyptians; for I am the Lord who heals you.’” -- Exodus 15:22-26

### **Set**

Did you know that there are many different names in the Bible for God? Many of these names describe a different characteristic of God that was revealed to us in Scripture. One of my favorite names for God is ‘Jehovah Rapha,’ which means the ‘God who heals.’

This name for God was first introduced to us in Exodus 15, right after God had freed the Israelites from the Egyptians. The Israelites were in the desert for three days without water, and when they think they found water, it wasn’t fit for them to drink. They cry out to God, and when God hears them, He turns the water from bitter to sweet, making it okay for them to drink.

‘God heals’ is a statement, a fact and a title. You may feel like the Israelites right now, crying out to God for living water. Whatever is broken in your life, let God heal it. If you didn’t make the cut for your team, give it to God. If you have had a season-ending injury, give it to God. When circumstances beyond your control destroy your expectations, give it to God. If you keep reading Exodus 15, you see that even though the Israelites had to go through the hard days without water, in the end, they were witnesses to so much of God’s glory.

They saw God transform the water and provide for their needs, they were told a new name for God and were reminded of His promises. Take heart--the hard season that you may be in right now could show you so much more about God than you ever knew. Cry out to Him and Trust God!

### **Go**

- What are you crying out for God to change?
- Do you believe the name ‘God heals’?
- Will you give up your expectation on how you want God to fix the situation and trust in

His divine plan?

## **Workout**

Psalms 147:2; Jeremiah 3:22

## **Overtime**

“Jehovah Rapha, The God that Heals, we praise You for Your almighty power. I pray that You hear my cries for You. Use Your power to heal the brokenness that is within me. Help me lay down my expectations and plans at Your feet and trust that You are the ultimate Healer of my life.”

## **Bible Reference:**

Exodus 15:22-26

Psalms 147:2

Jeremiah 3:22



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