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## PRAYER

Heavenly Father, thank you, that you are the great healer. I am thankful I can lay my burdens at your feet. I pray for your healing touch in my life. You are my Jehovah-Rapha and your grace is sufficient. In Jesus' name I pray, Amen.

- [Praying Through Exodus 15:26](#).

## WARM UP

(OPTIONAL)

If you were a potato, what way would you like to be cooked?

## NOTES

## WORD

<sup>22</sup> Then Moses made Israel set out from the Red Sea, and they went into the wilderness of Shur. They went three days in the wilderness and found no water. <sup>23</sup> When they came to Marah, they could not drink the water of Marah because it was bitter; therefore it was named Marah. <sup>24</sup> And the people grumbled against Moses, saying, "What shall we drink?" <sup>25</sup> And he cried to the Lord, and the Lord showed him a log, and he threw it into the water, and the water became sweet.

There the Lord made for them a statute and a rule, and there he tested them, <sup>26</sup> saying, "If you will diligently listen to the voice of the Lord your God, and do that which is right in his eyes, and give ear to his commandments and keep all his statutes, I will put none of the diseases on you that I put on the Egyptians, for I am the Lord, your healer."

<sup>27</sup> Then they came to Elim, where there were twelve springs of water and seventy palm trees, and they encamped there by the water.

<sup>1</sup> They set out from Elim, and all the congregation of the people of Israel came to the wilderness of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after they had departed from the land of Egypt. <sup>2</sup> And the whole congregation of the people of Israel grumbled against Moses and Aaron in the wilderness, <sup>3</sup> and the people of Israel said to them, "Would that we had died by the hand of the Lord in the land of Egypt, when we sat by the meat pots and ate bread to the full, for you have brought us out into this wilderness to kill this whole assembly with hunger."

<sup>4</sup> Then the Lord said to Moses, "Behold, I am about to rain bread from heaven for you, and the people shall go out and gather a day's portion every day, that I may test them, whether they will walk in my law or not. <sup>5</sup> On the sixth day, when they prepare what they bring in, it will be twice as much as they gather daily." <sup>6</sup> So Moses and Aaron said to all the people of Israel, "At evening you shall know that it was the Lord who brought you out of the land of Egypt, <sup>7</sup> and in the morning you shall see the glory of the Lord, because he has heard your grumbling against the Lord. For what are we, that you grumble against us?" <sup>8</sup> And Moses said, "When the Lord gives you in the evening meat to eat and in the morning bread to the full, because the Lord has heard your grumbling that you grumble against him—what are we? Your grumbling is not against us but against the Lord."

### EXODUS 15:22-27; 16:1-8

"Part of Moses' job as a spiritual leader was to establish rhythms for life in community that would sustain the people and help them live as human beings in the presence of Almighty God."

- Ruth Haley Barton, *Strengthening the Soul of Your Leadership: Seeking God in the Crucible of Ministry*

## GUIDE QUESTIONS

(NUMBERED ACCORDING TO LEVEL OF DEPTH AND READINESS TO SHARE)

1. Do you find yourself either never, sometimes, or always complaining about difficult situations you are facing, instead of focusing on the positive side of the situation?
2. Since reading the passage, can you see a better way to respond in the future? What does that look like?
3. What steps do you think could help break the cycle of complaining?
4. What are some daily rhythms that you could implement in your own life that could help set your eyes on Jesus daily? Who could hold you accountable for these new rhythms you want to implement?
5. If you are not yet a follower of Jesus, would you choose today to trust him? Will you enable him to have all authority as the one who calls the shots in your life? Would you like to enter into a saving relationship with God through Jesus?

Ask your Life Group leader to lead you in prayer to receive Christ. You can pray this prayer:

*Dear Lord Jesus, I know that I am a sinner, and I ask for your forgiveness. I believe you died for my sins and rose from the dead. I turn from my sins and invite you to be the master of my life. I want to trust and follow you as my Lord and Saviour. I declare that I am yours, and you are mine. In Jesus' name, Amen.*

## PRAYER