

“Marah, Manna, Massah & Meribah” • Exodus 15–17

Mt. Lassen Community Church • August 23, 2026

Glossary: *Marah* = Bitterness | *Manna* = “What is it?”

Massah = Testing | *Meribah* = Striving

Exodus 15:22–25 • The bitter waters of Marah are made sweet

Why did God bring us to bitter waters? Answer = Marah was simply along the road to Elim, the oasis of wells and date palms (Vs 27)

When disappointed—

Lesson #1 • Look further down the road! *This is just a stop on the way.*

Faith learns to enjoy God both at Marah and at Elim (Philippians 4:4–13)

Vs 24 • So the people **grumbled** (our key word for this study!)

“Grumbled” = “loon” (Hebrew)

Lesson #2 • Grumbling against God is “LUN-acy” = spiritual insanity; listening to the devil’s lies!

Vs 25 • God heals the waters with a tree God shows Moses

Vs 26 • In the same way, God will heal His people, and keep them from the diseases of other nations.

Lesson #3 • Joyful obedience brings a healthy life

The laws of Moses brought a healthy lifestyle to the camp of Israel.

ALSO—Consider the “TREE” that healed the bitter waters...

(1) this pictures the cross of Jesus healing the disease of SIN

(2) this gives us the CLUE to heal bitter relationships =

Lesson #4 • APPLY THE CROSS to the bitterness; offer Jesus’ grace, mercy, and love to each other!

16:1–3 • Israel complains for bread—to the extreme, believing they would die of hunger...

Lesson #4 • Complaining magnifies your problems

Vs 4–12 (summary) • God promises meat at night (quail) and bread in the morning (manna). He is being PATIENT with their complaining...

Vs 13 • ...and He grants them their desire, in mercy and grace. But when this is repeated in Numbers 11, they are given an insatiable desire to eat the quail—until it was coming *out of their noses!*

Lesson #6 • Focus on God’s grace & mercy = this heals complaining

Lesson #7 • Take complaining seriously now = before it brings disaster

Vs 14–15 • Manna, a miraculous food, will soon be despised and hated!

Vs 16–21 • Manna pictures CHRIST, our →

Bread from heaven | Bread of Life | Daily Bread | Bread broken for us

Lesson #8 • We need to gather Jesus and His Word morning by morning, or life gets rotten, foul, and wormy

Vs 22–36 (summary) • Moses gives instructions for gathering manna, with instructions to prepare for the Sabbath

Exodus 17:1–6 • The grumbling escalates, but still God hears and Moses brings water from the Rock (1 Cor 10 compares this to Jesus, being the Source for our spiritual water).

Lesson #9 • Learn to find contentment today because discontentment will only grow

Exodus 17:7 • The place is called Massah (testing God) & Meribah (striving against God)—“*Is God among us or not!?*”

But: of course God was there = *in the Cloud, Fire, quail, manna, water...*

→ Their complaining is creating a problem where no trouble exists!

Lesson #10 • Complaining creates trouble where there is none and it loses sight of what God is doing!