

Week Four: The God Who Heals His People

Exodus 15:1-19:25

Question

The Lord continues to reveal his attributes to his people. Here, we learn that God is the Great “I Am” who heals you. How can we experience God’s healing in our lives?

Key Verse

“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.” — Exodus 15:26

Session Introduction

God has delivered his people from Egypt. Physically, the Israelites are free from their oppression and slave labor. While it took only a few days for God to deliver them physically, it will take forty years in the wilderness to deliver them spiritually. The Lord desires for his people to live healthy, prosperous lives. For the Israelites to live in this freedom, they are going to have to let go of the old before they can embrace the new.

The same can be said of us today. The Lord longs to set us free from the bondage of sin so that we can walk in his abundant life. However, the lure of sin is strong. Like the Israelites, we remember the good foods we used to eat, the good wine we used to drink, the pleasures we enjoyed in our land of bondage. Instead of relentlessly looking forward to the abundant life of Christ, we keep looking back at what we have left behind. Nostalgically, we look back longingly for those things.

Just as the Lord taught the Israelites a new way, he wants to teach us to walk according to his plans and purposes. Israel will learn that God’s laws are given for their instruction and protection. When they follow those laws, they experience health and vitality. When they disobey, they experience disease and death. Obedience led to their healing; obedience will lead to our healing. In this lesson, we will consider the call to live in alignment with the Lord’s laws.

Reading Plan: Week Four

<i>Day</i>	<i>Date</i>	<i>Reading</i>	
22	Sept 13	Exodus 14:21-31	
23	Sept 14	Exodus 15:1-27	
24	Sept 15	Exodus 16:1-12	
25	Sept 16	Exodus 16:13-36	
26	Sept 17	Exodus 17:1-16	
27	Sept 18	Exodus 18:1-27	
28	Sept 19	Exodus 19:1-25	

Exodus: Leaving Egypt

Opening Prayer

Teach us, O Lord, to trust and obey you. Teach us to diligently delight ourselves in your will and way that we may live abundantly in this world and, in the world to come, have everlasting life. In Jesus Christ's name, Amen.

Getting Started

1. Do you believe that God still heals today?
2. Where do you long to see healing in your life, family, or community?

Sinai: Meeting at the Mountain

Watch the Video

Video Notes

The Lord's deliverance leads to a process. Miraculously, the Lord parted the waters so that the Israelites could pass through the sea as if walking on dry ground. The Israelites rejoiced at the work of the Lord and celebrated with song, dance, and worship. Their physical bondage was broken! What we learn from their story is that physical healing does not immediately translate to emotional and spiritual healing. The day of deliverance commences the lifelong journey of healing.

Healing involves a process of detachment. It took forty days to get Israel out of Egypt but forty years to get Egypt out of the Israelites. Their journey through the wilderness would serve to heal the Israelites of their idolatry and ungodly attachments. The Israelites would longingly look back to the bondage of Egypt, thinking of the delicacies and security. In the pagan land of Egypt, they had been exposed to the worship of many gods. Now, they must learn to trust in the one true God and to rely on him alone.

Ultimate healing comes through trust and obedience. God provided tests designed to teach Israel to depend on Yahweh for physical health, emotional health, spiritual health, and relational health. Through the Lord's commandments, he protected the people and led them to life.

As you choose to obey the Lord and align your life with him, you will experience the blessings of the Lord, the abundant life he has planned for you, and the promised ultimate healing of eternal life with him. As the beloved hymn states, "Trust and obey."

Shema: Hearing God's Covenant Word

Read Exodus 16:1-21: Manna in the Wilderness

3. In Exodus 16:3, what do you observe about the people of Israel's co-dependency with Egypt? Why was it so hard for them to detach from their former bondage?
4. Healing teaches us to trust God, know him, and walk with him for continued healing. Why do you think God would not allow the "bread from the Lord" to be collected and saved (16:19-21) beyond the day's need (except for the Sabbath day)?

5. They have experienced God’s mighty hand guiding them, providing quail and manna for them, and defending them from their enemies. Why does it seem so hard for the people of Israel to trust and obey God?

Tabernacle: Journeying with Glory

6. *“You yourselves have seen what I did to the Egyptians, and how I bore you on eagles’ wings and brought you to myself. Now therefore, if you will indeed obey my voice and keep my covenant, you shall be my treasured possession among all peoples, for all the earth is mine; and you shall be to me a kingdom of priests and a holy nation”* (Exodus 19:4-6). Do you see yourself as God’s treasured possession? What does it mean that the Lord bore his people on eagles’ wings and brought them to himself? How has he done that for you?
7. The Lord says that the nation of Israel will be a kingdom of priests and a holy nation. What does it mean to be holy (sanctified)? How do holiness, healing, and obedience come together in the church today (See 1 Peter 2:9-12)?
8. John 10:10 states, *“The thief comes only to steal, kill, and destroy, but I have come that they may have life and have it abundantly.”* How do you see trust and obedience leading to this abundant life?
9. When the Lord declares that he is the one who heals his people, he looks forward to the coming of Christ and the physical, spiritual, and mental healings Jesus would perform. The Lord looks to heal the whole person. How would you purpose to seek the Lord’s healing in your life this week?

Prayer Requests

You may want to share prayer requests with one another. There’s a Prayer & Praise Journal found on p. 46 where you can keep track of your group’s requests. Have someone close in prayer or pray together as a group.

Closing Prayer