

**Summer at Epic - Part 10 - Bitter or Better?**  
**Ray Hammond / September 6, 2020**

<sup>22</sup> Then Moses led Israel to journey away from the Red Sea. They went out to the wilderness of Shur, walked for three days into the wilderness, and found no water. Then they came to Marah, but they were not able to drink the waters of Marah, because they were bitter. (That is why its name was Marah.) So the people murmured against Moses, saying, "What can we drink?"  
– Exodus 15:22-24

**Getting Better Instead of Bitter**

**1) Be TRUTHFUL.**

<sup>3</sup> When I kept silent, my bones wasted away through my groaning all day long. <sup>4</sup> For day and night your hand was heavy on me; my strength was sapped as in the heat of summer. <sup>5</sup> Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the Lord." And you forgave the guilt of my sin. – Psalm 32:3-5

**2) Be FAITHFUL.**

<sup>22</sup> Let us go right into the presence of God with sincere hearts fully trusting him... <sup>23</sup> Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep his promise. <sup>24</sup> Let us think of ways to motivate one another to acts of love and good works. <sup>25</sup> And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near. – Hebrews 10:22-25

**3) Be GRATEFUL.**

Give thanks in all circumstances; for this is God's will for you in Christ Jesus.  
– 1 Thessalonians 5:18

**4) Be MINDFUL.**

<sup>32</sup> Think back on those early days when you first learned about Christ. Remember how you remained faithful even though it meant terrible suffering. <sup>33</sup> Sometimes you were exposed to public ridicule and were beaten, and sometimes you helped others who were suffering the same things. <sup>34</sup> You suffered along with those who were thrown into jail, and when all you owned was taken from you, you accepted it with joy. You knew there were better things waiting for you that will last forever. <sup>35</sup> So do not throw away this confident trust in the Lord. Remember the great reward it brings you! <sup>36</sup> ***Patient endurance is what you need now, so that you will continue to do God's will. Then you will receive all that he has promised.*** – Hebrews 10:32-36