

SEQUOIA NOTES

Today's Sequoia @10:10 Message...

The Lord who Heals (Yahweh Rophe)

With Jeremy Vasic, Ministry Intern
July 28, 2019



- Rophe means to heal, cure, restore, or make whole.

Exodus 15:22-23 “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 they called the place Marah (which means “bitter”).

- God is with us in our desperation.

Exodus 15:24-26 Then the people complained and turned against Moses. “What are we going to drink?” they demanded. 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. ²⁶ 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.”

- God provides healing for our body.

Matthew 8:16-17 That evening many demon-possessed people were brought to Jesus. He cast out the evil spirits with a simple command, and he healed all the sick. ¹⁷ This fulfilled the word of the Lord through the prophet Isaiah, who said, “He took our sicknesses and removed our diseases.”

- God provides healing for our soul.

1 Peter 2:22-25 He never sinned, nor ever deceived anyone. ²³ He did not retaliate when he was insulted, nor threaten revenge when he suffered. He left his case in the hands of God, who always judges fairly. ²⁴ He personally carried our sins in his body on the cross so that we can be dead to sin and live for what is right. By his wounds you are healed. ²⁵ Once you were like sheep who wandered away. But now you have turned to your Shepherd, the Guardian of your souls.

- God's healing work in our body points to the ultimate healing we will experience.

- God not only provides healing, God is the healing.

Isaiah 53:3-6 He was despised and rejected - a man of sorrows, acquainted with deepest grief. We turned our backs on him and looked the other way. He was despised, and we did not care. ⁴ Yet it was our weaknesses he carried; it was our sorrows that weighed him down. And we thought his troubles were a punishment from God, a punishment for his own sins! ⁵ But he was pierced for our rebellion, crushed for our sins. He was beaten so we could be whole. He was whipped so we could be healed. ⁶ All of us, like sheep, have strayed away. We have left God's paths to follow our own. Yet the Lord laid on him the sins of us all.

Big Idea: Because Jesus is our true remedy, we can choose to believe in Him for healing.

What do you need healing from today?

- Remember who you are and the authority you share in Christ.

Prayer: Yahweh Rophe, I bow before you today to acknowledge that you are not only my Creator but the Lord who heals me. Please heal me today, body and soul, and do the same for my loved ones. I pray that you will heal whatever is bitter in our lives, transforming us in ways that glorify you. Amen.

- Wield the power of the name of Jesus through prayer.

The Translation of the Bible Scriptures used in today's 10:10 service are from the New Living Translation (NLT).



**Sequoia Impact Communities are where we
live out our identity as a
Family of Servants on Mission.**

To get plugged in email:

impactcommunities@sequoiachurch.org

**The Lord who Heals
#4 of 10 — July 28, 2019**

1) Take some time to discuss how your IC has been and will live out the Kingdom of Jesus together.

- In what ways have we been living like family recently? How will we live out our family identity in the coming week?
- How have we lived as servants to one another or to our world this past week? What needs or opportunities to serve is God asking us to lean into?
- How have we lived on mission where we live, work, play, or went this past week? Who do we know that needs to hear the good news of Jesus?

2) How did the message resonate with you? What questions or comments did it raise for you?

3) Describe a time in your life when you have been in a desperate situation. What was this like? What helped you in this situation?

4) Read Exodus 15:22-25. What stands out to you in the response of the Israelites? In the response of Moses? What response do you tend to have in similar situations?

5) Read Exodus 15:26. How does this promise help you to trust in Yahweh Rophe - the Lord who heals? What comes to mind when you think of healing? How do you think obeying God's commands protects us from sickness?

6) Read Isaiah 53. How does this passage point to Jesus as our healing? Is your faith rooted in the healing, or in the healer?

7) How can you choose to believe in Jesus for healing today? How does remembering who we are in Christ help us to believe in Jesus for healing?

8) What do you need healing from today? Ask the Lord who heals, to reveal anything that is bitter within you, and to heal you of that today.

9) Spend intentional time in prayer, using the authority in Jesus name, for physical, mental, emotional, and spiritual healing.



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