



# Welcome!

**SERIES: I'M A NAMEDROPPER**

**Today's Message: RAPHA: The Lord Who Heals**

**Dr. Lance D. Watson, Senior Pastor**

**PRAYER:** All we have to say today is thank you. Thank you for our up's and our down's. Thank you for our mountains and our valleys. Thank you for our successes and our failures. All we have to say today is thank you. Thank you for the past, the present, and the future. Thank you for healing our mind, body, soul, and spirit. You are Jehovah-Rapha. You are the Lord who heals. Thank you. In Jesus' name. Amen.

**ICEBREAKER:** Have you ever been on a trip that was jeopardized or ruined because the food or drink was bad? Why can food and drink cause such strong reactions?

**MESSAGE RECAP:** In Exodus 15, God led the Hebrew people three days journey beyond the Red Sea into the wilderness. They were distressed because they found no water. They came to a place called Marah where they did find water, but the water was bitter; it was salty or brackish. Here the Hebrews learned significant spiritual lessons which apply to us as well. Traveling through the desert, they faced the question, "How are we to survive? How will we live?" It's a question of faith for them and for us. The problem was in how they responded. They responded with grumbling, rather than gratitude. Yet God in grace used the moment to reveal that God is a healer, in any and every situation.

**SCRIPTURE:** Read Exodus 15:22-27 (NIV)

## **DISCUSSION:**

1. **What was your biggest takeaway from the message?** What's one thing you learned? What questions came to mind as you listened to the message today? What points did you find most insightful? How did the message challenge you?
2. John Wesley, the father of the Methodist church liked to say that God's salvation produces in us a "relative change" before it produces a "real change." This was his way of explaining the difference between justification (being made right with God) and sanctification (becoming the holy one God intended each of us to be). When we are justified, the way we relate to God changes. As we are sanctified, we ourselves become different. How have you changed towards God in the last year? How have you changed towards others? Do you think your changes have made you more like Christ? Why or why not?
3. On the far side of the Red Sea, the Hebrew people found themselves the recipients of a new relationship with God. However, they themselves were not yet new people. They still were as they had always been. So, when they discovered that the defeat of the Egyptian army was not the last of their problems, they acted as they always had. They quickly grew frustrated and



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blamed Moses for the bitter situation they now found themselves in. How do you deal with new frustrations? Disappointments? Setbacks?

4. Read 1 Corinthians 10:6-10 and make note of the different sins Paul points out in these verses. Is it surprising to see grumbling listed with the other sins on this list? Why is grumbling such a major sin? What are some common things Christians tend to “grumble” about today? What do you tend to “grumble” about in life?
5. Have you ever watched God do something incredible and then found yourself complaining five minutes later? What happened?
6. Discuss the following quote:

*God might have given [Israel] sweet water to drink at first, but he wished by the bitter to make prominent the bitterness which lurked in their hearts” – John Calvin*

What are ways that God brings out the bitterness within our hearts? And how should we deal with it when it is exposed? What challenging experiences are you now facing that will, hopefully, help you to mature and glorify God?

**CHALLENGE:** What is one “a-ha” moment you had in our group discussion today. Note it and write it down. If you applied your learning from this week’s message, how would the next week be different for you?

**SERVE:** How is God calling us to live out this message this week? As individuals? As a group?

**ANNOUNCEMENTS:** Take this time to share group announcements. Church wide and campus specific announcements can be found at [myspbc.org](http://myspbc.org). You can also connect with us on social media at [facebook.com/myspbc](https://facebook.com/myspbc), [instagram.com](https://instagram.com) and [twitter.com/MySPBC\\_online](https://twitter.com/MySPBC_online). Turn on your notifications.

**CELEBRATIONS:** Take this time to share praise reports (e.g., answered prayers, birthdays, anniversaries, promotions).

**PRAYER REQUESTS AND PRAYER:** Take this time to share prayer requests. Close with prayer.

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## We Care!

A large, solid red heart is positioned behind the text 'We Care!', with the heart's center overlapping the letter 'e'.

NOTICE: PLEASE BE PATIENT AS WE GRADUALLY REOPEN OUR CAMPUSES IN THE SAFEST MANNER POSSIBLE. As a small group leader, we depend on you to show members that we care. Here's a list of resources to help you.

### FOR PRAYER:

CALL: 804.463.2472

EMAIL: [prayer@myspbc.org](mailto:prayer@myspbc.org).

### FOR COUNSELING:

CALL: 804.643.6177

EMAIL: [Barnabas@myspbc.org](mailto:Barnabas@myspbc.org)

### TO REQUEST A HOSPITAL VISIT:

CALL: 804.304.3890 (For Emergencies)

EMAIL: [ecare@myspbc.org](mailto:ecare@myspbc.org).

### TO REQUEST FUNERAL SUPPORT:

CALL: 804.304.3890 (Pastor On Call)

EMAIL: [ecare@myspbc.org](mailto:ecare@myspbc.org).

### TO FIND A SUPPORT GROUP:

CALL: 804.643.6177

EMAIL: [Barnabas@myspbc.org](mailto:Barnabas@myspbc.org).

### TO REQUEST EMERGENCY ASSISTANCE:

CALL: 804.643.4000

EMAIL: [emergencyassistance@myspbc.org](mailto:emergencyassistance@myspbc.org).

### TO CONTACT MY LIFE STAGE PASTOR:

CALL: 804.643.4000 and Press 1 for the Dial By Name Directory

EMAIL:

- Imagination (0-10): Vernita Williams: [Vernita.Williams@myspbc.org](mailto:Vernita.Williams@myspbc.org)
- SMB (11-19): Martina Jones-Smith: [Martina.Jones-Smith@myspbc.org](mailto:Martina.Jones-Smith@myspbc.org)
- Dreamchasers (20-29): Juan Shackelford: [Juan.Shackelford@myspbc.org](mailto:Juan.Shackelford@myspbc.org)
- Aspire (30-39): Lance Watson, Jr.: [Lance.Watsonjr@myspbc.org](mailto:Lance.Watsonjr@myspbc.org)
- Fusion (40-49): Michelle Townsend: [Michelle.Townsend@myspbc.org](mailto:Michelle.Townsend@myspbc.org)
- Encore (50-59): Jamie Duncan: [Jamie.Duncan@myspbc.org](mailto:Jamie.Duncan@myspbc.org)
- Prime Time (60-69): Maceo Freeman: [Maceo.Freeman@myspbc.org](mailto:Maceo.Freeman@myspbc.org)
- Refiners (70+): Roscoe Jones: [Roscoe.Jones@myspbc.org](mailto:Roscoe.Jones@myspbc.org)

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*GPS is a study guide based on the weekend message. The purpose of this guide is to assist small groups in study. Previous GPS Guides are available online at [myspbc.org](http://myspbc.org).*