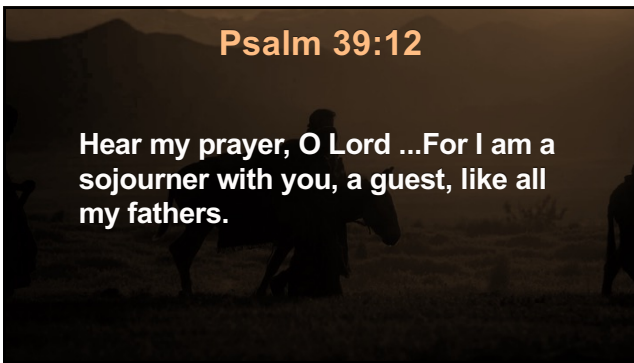
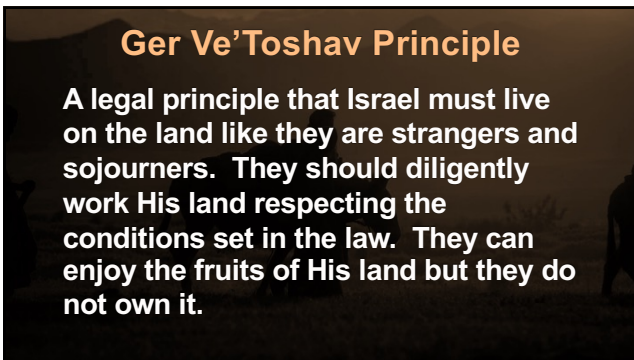




5



6



7

Exodus 15

22 Then Moses made Israel set out from the Red Sea, and they went into the wilderness of Shur. They went three days in the wilderness and found no water.

8

Exodus 15

23 When they came to Marah, they could not drink the water of Marah because it was bitter; therefore it was named Marah. **24** And the people grumbled against Moses, saying, "What shall we drink?"

9

Grumbled

lûwn, loon; a primitive root; to stop (usually over night); by implication, to stay permanently; hence (in a bad sense) to be obstinate (especially in words, to complain)

10

Transitions

Transitions are dangerous times because they rarely go smoothly. People get caught in the old era and struggle to change with the transition. We must care for our souls to have the endurance to work through the transition.

11

Sojourner's Soul Care

Sojourners practice soul care to work through transitions

12

Israel's Negative Reactions

Ex 16:3 "Would that we had died by the hand of the LORD in the land of Egypt, when we sat by the meat pots and ate bread to the full, for you have brought us out into this wilderness to kill this whole assembly with hunger."

13

Israel's Negative Reactions

Ex 17:3 But the people thirsted there for water, and the people grumbled against Moses and said, "Why did you bring us up out of Egypt, to kill us and our children and our livestock with thirst?"

14

Israel's Negative Reactions

Num 14:2 And all the people of Israel grumbled against Moses and Aaron. The whole congregation said to them, "Would that we had died in the land of Egypt! Or would that we had died in this wilderness!"

15

Sojourner's Soul Care

1. Transitions require new thinking

16

"Getting used to our blessings is one of the most important nonevil generators of human evil, tragedy, and suffering."
-Abraham Maslow

Maslow Hierarchy of Needs

The diagram is a pyramid divided into five horizontal sections, each representing a level of Maslow's Hierarchy of Needs. From bottom to top, the levels are:

- Physiological** (red base): air, food, water, shelter, clothing, sleep
- Safety** (orange): security of body, of employment, of resources, of morality, of the family, of health, of property
- Love / Belonging** (green): friendship, family, intimacy, sense of connection with others
- Esteem** (teal): self-esteem, respect, achievement, confidence
- Self-actualization** (blue top): morality, creativity, spontaneity, lack of prejudice, acceptance of facts

17

Matthew 6

25 "Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?"

18

Matthew 6

26 Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? 27 And which of you by being anxious can add a single hour to his span of life?"

19

Matthew 6

...³¹ Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' ³² For the Gentiles seek after all these things, and your heavenly Father knows that you need them all.

20

Matthew 6


³³ But seek first the kingdom of God and his righteousness, and all these things will be added to you. ³⁴ "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

21

Prayer: Psalm 139

²³ Search me, O God, and know my heart! Try me and know my thoughts! [cares] ²⁴ And see if there be any grievous way in me, and lead me in the way everlasting! [in the ancient way]

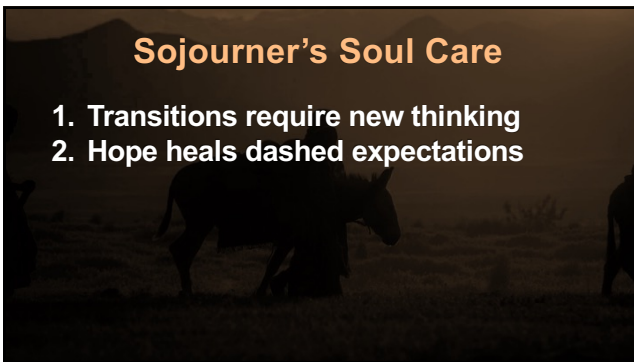
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Sojourner's Soul Care

Sojourners practice soul care to work through transitions

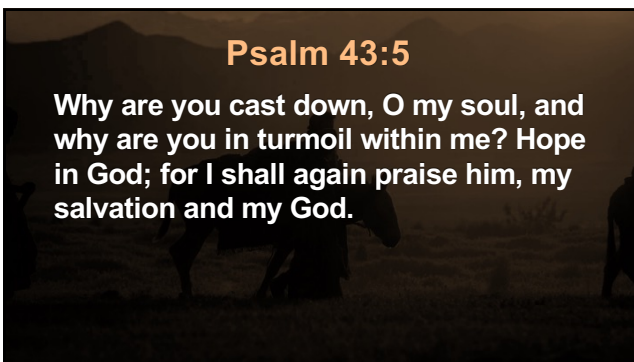
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Sojourner's Soul Care

1. Transitions require new thinking
2. Hope heals dashed expectations

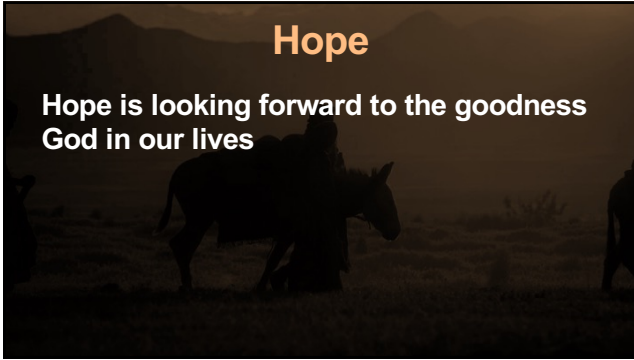
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Psalm 43:5

Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.

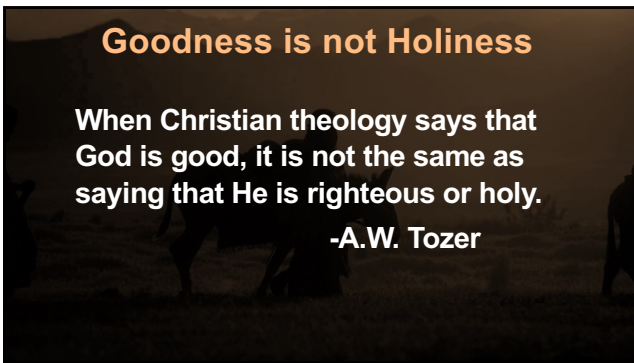
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Hope

Hope is looking forward to the goodness
God in our lives

26

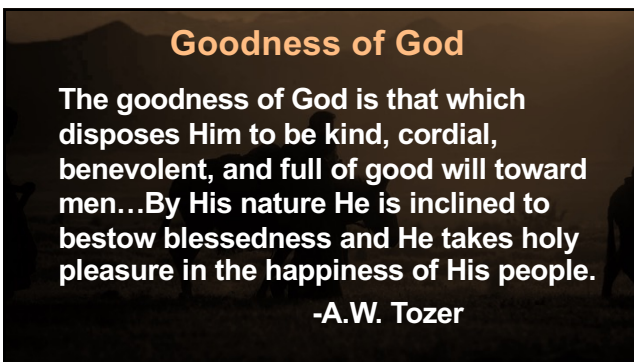


Goodness is not Holiness

When Christian theology says that
God is good, it is not the same as
saying that He is righteous or holy.

-A.W. Tozer

27



Goodness of God

The goodness of God is that which
disposes Him to be kind, cordial,
benevolent, and full of good will toward
men...By His nature He is inclined to
bestow blessedness and He takes holy
pleasure in the happiness of His people.

-A.W. Tozer

28

Opportunities to Experience Goodness

God allowed Israel to experience significant physical and safety needs so that He could demonstrate His goodness to them and to a world that did not know Him.

29

Fresh Experience of Goodness

“The believer is in spiritual danger if he allows himself to go for any length of time without tasting of the love of Christ... When Christ ceases to fill the heart with satisfaction, our souls will go in silent search of other lovers”
- John Piper

30

Sojourner’s Soul Care

Sojourners practice soul care to work through transitions

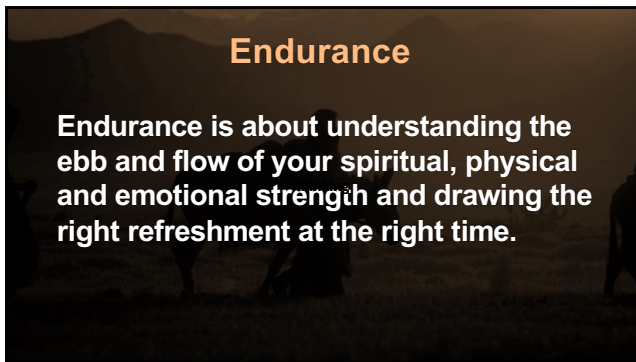
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Sojourner's Soul Care

1. Transitions require new thinking
2. Hope heals dashed expectations
3. What's the next step?

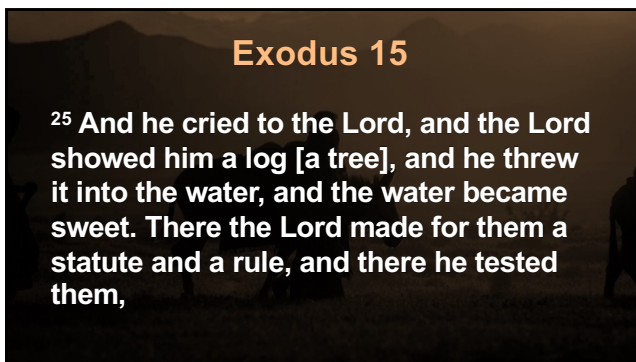
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Endurance

Endurance is about understanding the ebb and flow of your spiritual, physical and emotional strength and drawing the right refreshment at the right time.

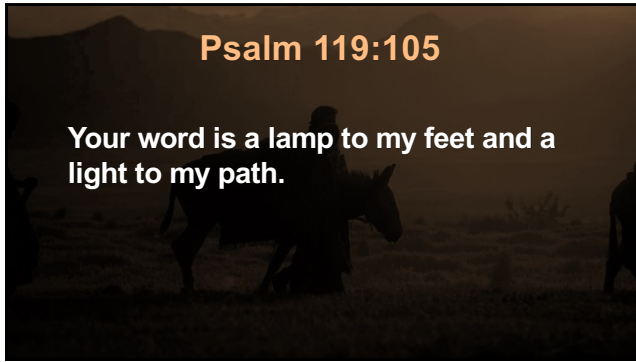
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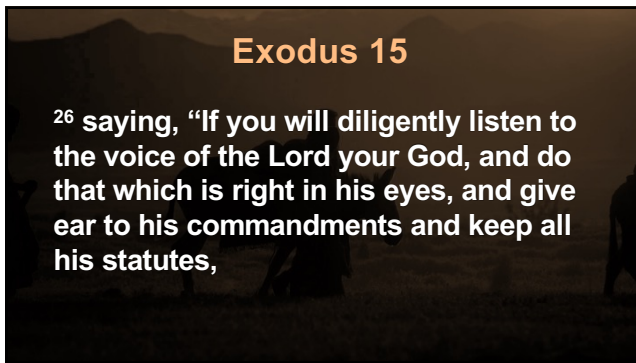
Exodus 15

²⁵ And he cried to the Lord, and the Lord showed him a log [a tree], and he threw it into the water, and the water became sweet. There the Lord made for them a statute and a rule, and there he tested them,

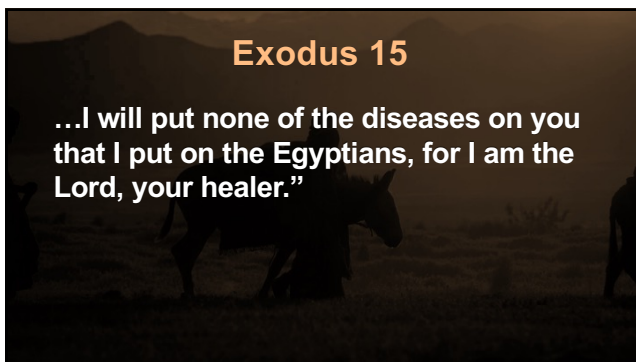
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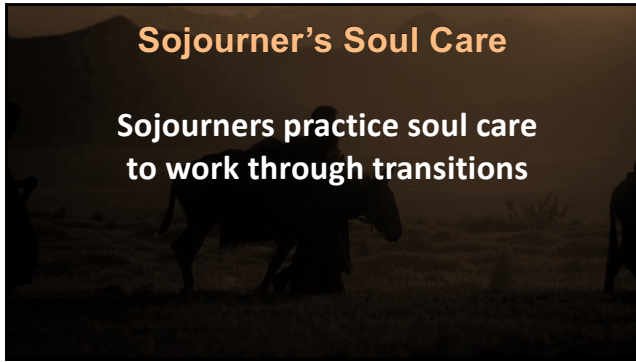
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36



37



38



39
