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Burdens

Type	Burden	What To Do?
Light	Deliverer	Seek Guidance
Heavy	Strong Emotions	Name it, Tame it
Heavy	Focus on Failure	Add to our staff
Light	Humility	Humble yourself

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Meekness Looks Like...

Meekness toward others means we are gentle and don't seek to retaliate when we are wronged.

Meekness toward God means we accept His dealings with us as good and seek to be yoked together with him.

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Hebrews 12:1

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us,

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Hebrews 12:3-4

³ Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted. ⁴ In your struggle against sin you have not yet resisted to the point of shedding your blood

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Test, Trial, Temptation

Type	Definition	Time
Trial / Tribulation	A barrier builds faith & endurance & tests quality.	Long
Test	A barrier builds faith & endurance & tests quality.	Short
Temptation	Satan or the flesh entices thru a desire to cause sin. Includes a test.	Short

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Meekness in Testing

Meekness builds endurance to pass the test

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Trip from Goshen

The 700 km trip from Goshen (Tel Dab'a) to Mt. Sinai took a total of took 47 days. After travelling 500 KM from Goshen Israel made the 19 km crossing of the Red Sea at the Straits of Tiran on day 25 then took 22 days to travel 200 km from the Red Sea Crossing to Mt. Sinai.

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Last Week: Significant Test

The immediate effect of the work of Moses was to make it worse for Israel, not better. Confronting the evil of Egyptian bondage would not be quick or easy. Why does God allow this setback? It's part of his plan to display His glory in the earth.

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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.

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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?"

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Hitting Shur (The Wall)

Hitting the wall typically happens around 18 miles into a marathon, when the body's glycogen supplies become exhausted. At this point, many runners feel exhausted and discouraged, slow their pace, have trouble focusing and want to quit or walk.

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Meekness in Testing

1. Plan for "Hitting the wall"

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Feeding Gets Us Past the Wall

"If you do 'hit the wall', feeding is the way forward," "What you're looking for is something that gives you as rapid an energy boost as possible."

Professor Greg Whyte
Center for Human Performance

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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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1 Peter 5

⁶ Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, ⁷casting all your anxieties on him, because he cares for you

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The Wall Plan

1. Cast care, receive care
2. Slow down
3. Fast worldly influences
4. Fellowship with the saints

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“Even true believers, in seasons of sharp trial, will be tempted to fret, distrust, and murmur. But in every trial we should cast our care upon the Lord, and pour out our hearts before him. We shall then find that a submissive will, a peaceful conscience, and the comforts of the Holy Ghost, will render the bitterest trial tolerable, yea, pleasant.”

Matthew Henry

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Exodus 15

²⁵ And he cried to the Lord, and the Lord showed him a log, 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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Exodus 15

²⁶ saying, “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,

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Exodus 15

...I will put none of the diseases on you that I put on the Egyptians, for I am the Lord, your healer.”²⁷ Then they came to Elim, where there were twelve springs of water and seventy palm trees, and they encamped there by the water.

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Bitter Water - The 1st Plague

There remained water, and was drinkable, though probably not very agreeable, since, owing to the nitrous quality of the soil in Egypt, well-water has always a bitter and brackish taste. It sufficed, however, for drinking and culinary purposes during the "seven days" that the plague continued.

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Meekness in Testing

- 1. Plan for "Hitting the wall"
- 2. God's name is healing

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New Name for God: Healer

râphâ', raw-faw'; or רָפָה râphâh; to mend (by stitching), i.e. (figuratively) to cure:—cure, (cause to) heal, physician, repair, × thoroughly, make whole.

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Promise of God's Word

The miracle of healed water was connected with a promise that obedience to God's commands and statutes would release healing, both physically and morally.

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Healing Tied to Obedience

God's promise of physical health was directly connected to Israel's obedience to His commands.

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Healing of Bitter Water

Pharoah’s magicians could only reproduce a small-scale imitation of some of the earlier plagues. They never removed the affects of the plague. Jehovah Rapha is the only one who heals the bitter water.

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Laws for Health

“Dr. S.I. McMillen in his book None of These Diseases noted that many of God’s laws to Israel had a direct impact of hygiene and health. Practices such as circumcision, quarantine, washing in running water, and eating kosher made a real medical difference in keeping Israel free from disease.”

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Meekness in Testing

1. Plan for “Hitting the wall”
2. God’s name is healing
3. Test them, rest them

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James 1:2-4

'Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness.

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