



## Knowing God by Name

## Lesson 10 ~ Yahweh Rophe – The LORD Heals

Exodus 15:19-27

### ♥ Heart Talk

When you meet with your small group, share something about your continued experience of *being silent* before God for at least 5 minutes. As you listen in silence, what do you sense coming from God to you? Are you seeing any benefits in your life from continuing to practice silence? Or, share something from the *Heart Therapy Exercise* in **Lesson 9**. How did you see God provide for your need as you presented your requests to him -- *praying, praising and placing your trust* in his name – *Yaweheh Jireh – the LORD Provides*.

### Introduction

We return to Moses and the Exodus story to learn about the name *Yahweh Rophe* (YAH-weh RO-fee) – *I Am the Lord Who Heals You*. The Hebrew word translated *heal* in English means *to mend, to repair, to cure, to restore, to make fresh or make whole*. On one occasion, the word is even translated "physician" (**Jeremiah 8:22**). In the Bible, the word *heal* may refer to **physical** healing or **spiritual** healing – for healing always involves the entire person – spirit, soul, body, heart, mind and will.

Every human needs healing. The brokenness of our world, our environment, our bodies, our souls, our spirits and our relationships is ultimately the consequence of sin. If humans had never sinned, there would be no need for healing. Jesus – *Emmanuel*, God with us -- became human to heal the great sickness of sin once for all. "*He personally carried away our sins in his own body on the cross so we can be dead to sin and live for what is right. You have been healed by his wounds!*" (**1 Peter 2:24 NLT**). All healing has its source in *Yahweh Rophe – I Am the LORD who heals you*.

### ♥ Heart Preparation

#### Jesus' Encouraging Words to You . . .

*I AM a God who heals. I heal broken bodies, broken minds, broken hearts, broken lives and broken relationships. My very Presence has immense healing powers. You cannot live close to Me without experiencing some degree of healing. However, it is true that **you have not because you ask not**. You receive the healing that flows naturally from My Presence, whether you seek it or not. But there is more – much more – available to those who ask . . .*

*Jesus Calling* (August 20) by Sarah Young

*I wait quietly before God, for my salvation comes from him. (Psalm 62:1 NLT).* Continue to practice the discipline of **sitting quietly before God, in silence, for 5 minutes**. If your mind wanders during this time, gently bring it back to focus on God, saying something like, *Here I am, Lord or I belong to you, God*.

Remember, the purpose of silence is listening to God and being aware of his Presence. In silence, we close off the inner self from sounds – whether noise, music, or words – so that we may better still the chatter and clatter of our noisy hearts and be increasingly attentive to God.

#### A Prayer to Help Prepare Your Heart

*Spirit of the Living God, the One who comforts, strengthens and encourages me.*

*I admit that I cannot understand the Truth found in God's Word with only my mind.*

*I agree that spiritual truth has to be understood with my heart as well as my head.*

*So I ask You to give me spiritual understanding as I do this lesson.*

*I pray that You would enable me to see, hear and understand,  
with my spirit, all that You want to teach me.*

*I ask this in the powerful Name of Jesus (as if Jesus were asking it).*

*Amen*

## Questions

Read **Exodus 15:19-27**. A map of the *Exodus from Egypt* is included in this lesson. Find the locations mentioned in these verses on the map. (*Exodus* means "leaving.")

The incident at *Marah* (*Marah* means *bitter*) comes within days of the Israelites' great deliverance from their cruel enslavement in Egypt. *Yahweh*, with whom they are just becoming acquainted, fought for them in all his power and glory. *Yahweh*, the Lord of the universe, stood up for them against the Egyptians and set them free! The Israelites can hardly believe their good fortune – and they celebrate and sing praises to *Yahweh* – *the God who is always present, working for good*. If you have never read the Exodus story – or haven't read it in awhile – you might want to do so. The story is full of drama and adventure! (*Moses' confrontation with Pharaoh and the resulting plagues* – **Exodus 5-11**; *Passover and the exodus from Egypt* – **Exodus 12-13**; *the crossing of the Red Sea and the destruction of the Egyptian army* – **Exodus 14**; *the Israelites song of praise to Yahweh* – **Exodus 15:1-21**.)

1. What miracle did *Yahweh* perform for the Israelites and how did they celebrate (**15:19-21**; also **14:29-15:18**)?
  - ♥ What miracle has God done in our life that you could sing about? How do you praise God when he works on your behalf? *Do* you praise God when he works on your behalf? Do you share your praise with others? Why or why not?
  - ♥ What role does your creativity (in music, art, drama, dance and other creative gifts) play in your relationship to God? How could you use your creativity more often to praise God for who he is and for the things he has done in your life?
  - ♥ Read **Psalms 150**. What are two things we can always praise God for (**150:2**)? Is your praise and worship usually mental appreciation or physical/emotional expression? What happens when we include others in our praise?
2. How did the Israelites react when circumstances were going nicely (**Exodus 12:28, 50** and **14:29-31**)?

How did they react when circumstances were going badly (**Exodus 14:11-12, 16:2-3; 15:22-24; 17:3**)?

- ♥ We all can relate to the reactions of the Israelites when things go wrong. What do these reactions reveal about *ourselves*? About our *view of God*? How can you change this pattern in your life?
  - ♥ Are you most open to God's leading in *feast* or *famine*? Why?
  - ♥ When things don't go our way, why is grumbling often a first response? What effect does grumbling have on *us* and *others*? What are we really doing when we grumble (**Exodus 16:8**)?
3. Consult the map included in this lesson. God delivered the Israelites from slavery in Egypt in order to return them to Canaan, the Promised Land. What do you think are some reasons why God did not take the Israelites directly toward Canaan, but rather led them into the "wilderness" away from the Promised Land?

- ♥ "Good times do not lend themselves to the formation of good character." Would you consider this a true statement in your life? Why or why not? In your life, what seems to form good character?
  - ♥ Why do difficult circumstances and/or situations make such good "tests," revealing what is truly in our hearts? Why is it important to know what is in our hearts?
  - ♥ When was a time when you "passed" a test of your faith and obedience? What impact did it have on you? Others?
4. How did Yahweh "heal" the bitter waters of Marah (**15:25**)? If this was intended to be a symbolic "object lesson," what might this action foreshadow (**Jeremiah 23:5; Isaiah 4:2 and 11:1**)?
    - ♥ How did Moses react to the situation of the bitter water and the people's complaints (**15:25**)? Why do you think his response was different from that of people's?
    - ♥ Is crying out to God for help usually a first or last resort for you? Why?
    - ♥ What "bitter waters" in your life need to be "sweetened?" Is there something you need to do to help this process? How will you know?
  5. What do you think is the significance of God keeping the Israelites at Marah – turning the bitter water sweet (**15:25**) – rather than immediately leading the people to new location (**15:27**)?
    - ♥ Share a "sweet and sour" experience from your life. What did you learn about *yourself* and *God* from this experience?
    - ♥ Do hard times tend to make you "bitter" or "better"? How so? How does God want you to react to hard times? Why?
    - ♥ When have you wanted run away from "bitter water" rather than facing it, letting God turn your "bitter water," sweet? What did you end up doing?
  6. After God provided for the Israelites by changing the bitter waters of Marah sweet, so that they could drink, what did he say to his people (**15:26**)? (Write out the verse.)

Remember, the Israelites had been living by oral tradition for over 400 years, knowing neither God's voice nor Presence until Moses arrived on the scene saying that *Yahweh* had sent him to deliver them. By the time they arrived at Marah, the Israelites personal experience with *Yahweh* had been to witness the horrible plagues God put on the Egyptians (**Exodus 5-10**), including the killing of all the Egyptian firstborn (**Exodus 11-12**), the pillar of cloud and fire that led them as they left Egypt (**Exodus 13:20-21**), the miraculous crossing of the Red Sea after which they watched Yahweh destroy the entire Egyptian army (**Exodus 14:26-29**), and now the turning of bitter water into sweet. What would have been your impression of *Yahweh* at this point? He certainly was a God of awesome, incredible power, but what would keep him from doing to you what you saw him do to the Egyptians? Even though he seemed to be working on your behalf, would you have trusted *Yahweh* to continue to protect and guide you?

God delivered the Israelites from Egypt because he was ready to make them a nation for himself, a people of God, through whom a Savior would be born – a Savior who would bring healing to all the nations of the world. Just as we must teach and train children, *Yahweh* now had to teach and train the Israelites to live as his people, a nation set apart and holy to God. God's moral, civil and religious law would come later – but for now, he begins by telling them that he will be their Protector and Healer if they will listen to him and obey him.

- ♥ On what conditions does God base his promise to keep the Israelites from disease (15:26)? To you, are God's words **positive** or **negative**? Why? Are his words true for us today? Why or why not?
  - ♥ From 15:26, what are three practical things you can do when you are experiencing "bitter waters?" How could each of these contribute to healing? Which would be hardest for you to do? Why?
  - ♥ For us today, what connection do you see between *listening to God, obeying God and healing*?
7. **Yahweh Rophe – The Lord Heals.** To **heal** means *to cause to become sound and healthy again; to alleviate stress or anguish; to correct or put right.* From the Scriptures below, what does God say he will heal and make healthy again? Note any conditions to his healing.

**Psalms 147:3; 34:18 –**

- ♥ When you need healing, to what or whom do you usually turn? In what ways have you tried to heal yourself? Others? Can we heal ourselves? Why or why not?
- ♥ How do you think God heals our emotional wounds? What healing have you experienced in this area?

**Psalms 103:2-5 –**

- ♥ How have you experienced God's healing in your own life? In what areas of your life do you desire further healing? How confident are you that *Yahweh Rophe* will heal?

**James 5:14-16 –**

- ♥ Have you ever prayed over someone who was sick, or had someone pray over you? What was the experience like? Would you do it again? Why or why not?
- ♥ What are some ways you experience healing every day even though it is often unnoticed or recognized? Do you think God is behind all healing we experience? Why or why not?
- ♥ What do you think the connection is between confessing sin and healing? Between prayer and healing?

**2 Chronicles 7:14 –**

- ♥ Why would a nation (land) need healing? How might God heal a nation (land)?
- ♥ Do you think this verse applies to us today? Why or why not?

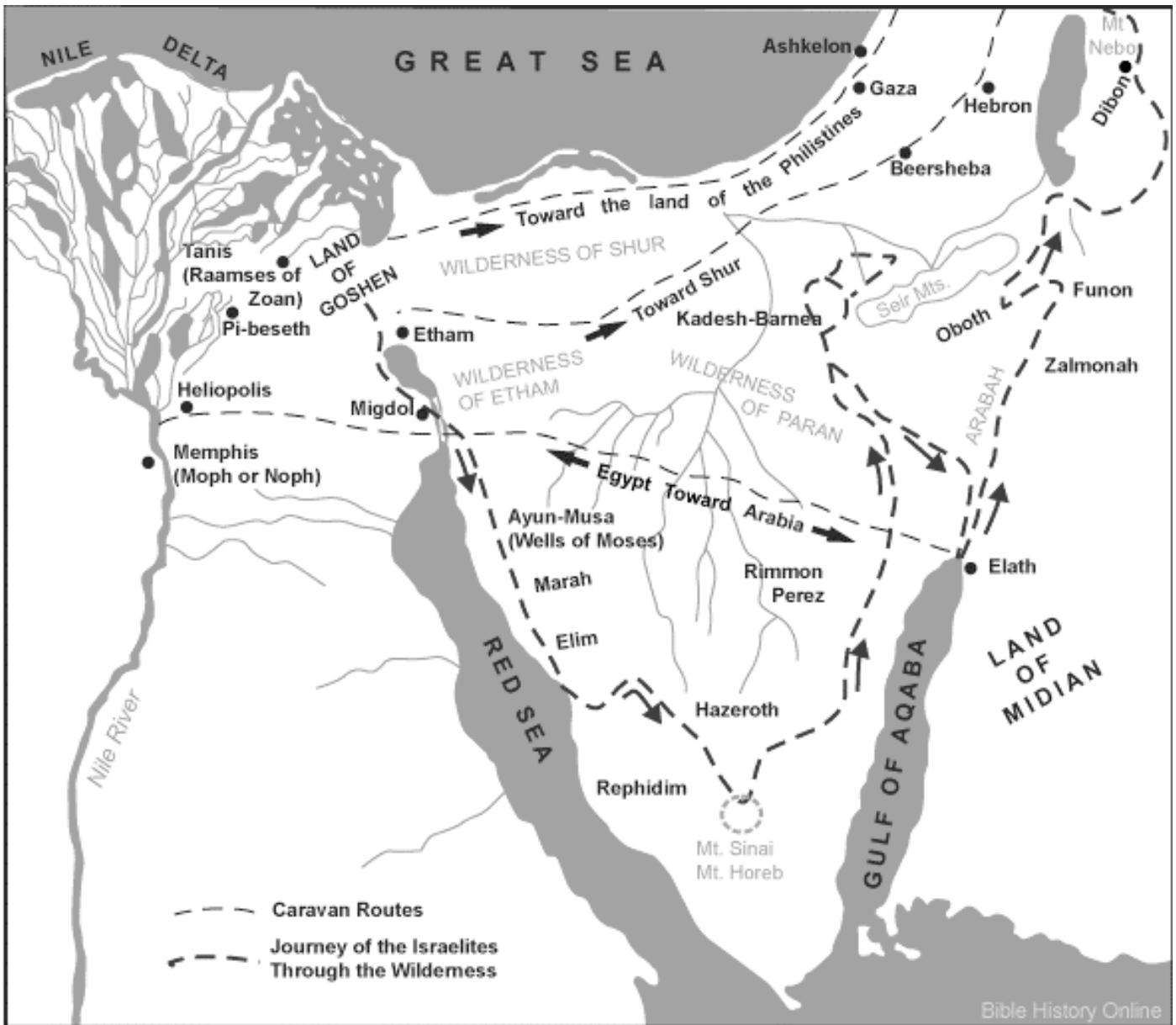
## ♥ Heart Therapy

*Yahweh Rophe* is the God who heals – but healing does not come without cost. According to **Isaiah 53:3-6** and **1 Peter 2:24**, why is our healing possible?

See yourself in a quiet place with Jesus. Be still and become aware of his Presence with you. Thank him for taking on himself all your sin, sorrow and sickness, when he died for you on the cross, so that you might be healed. Tell him your wounds and ask for his healing. Listen for what he will say to you.

*O Lord, you alone can heal me; you alone can save. My praises are for you alone! Jeremiah 17:14 NLT*

# Map of the Exodus from Egypt



*Some of the locations are speculation, but most scholars agree to the approximations.*

Locate:

1. **Raamses** (where the Pharaoh lived)
2. **Land of Goshen** (Where the Israelites lived - descendants of Jacob and Joseph)
3. **Wilderness or Desert of Shur/Etham** - Exodus 15:22 (Shur and Etham both mean *fortress* or *wall* and are used interchangeably in Scripture.)
4. **The Red Sea Crossing** - Exodus 15:19 (Exodus 14)
5. **Marah** - Exodus 15:23
6. **Elim** - Exodus 15:27

\*\* The most direct route to the Promised land from the Land of Goshen would follow the Caravan Route labeled "Toward the land of the Philistines."

