

ii. In his work on the Exodus journey, Buckingham explains how this may have worked. The chemicals in the sap of the broken limb drew the mineral content down to the bottom of the pools and left only good water on top.

iii. He further speculates that even though the waters were now drinkable, there was still a significant magnesium and calcium content in the water. The laxative effect of this would clean out the digestive systems of the children of Israel, cleansing them of common Egyptian ailments such as amoebic dysentery and bilharzia, a weakening disease common among Egyptian peasants. In addition, calcium and magnesium together form the basis of a drug called dolomite – used by some athletes as a performance enhancer in hot weather conditions. At Marah, God provided the right medicine to both clean out their systems, and prepare them for a long, hot march to Sinai.

iv. We can say that God was not only interested in getting the children of Israel out of Egypt, He also wanted to get Egypt out of the children of Israel – both physically and spiritually.

v. **A tree:** “Medieval commentators delighted to see here a reference to the cross, by which the bitterest of life’s waters is sweetened.” (Cole)

DISCUSSION POINTS

1. God reveals Himself as *Healer* for the first time in Exodus 15. Reading the commentary may provide you with a new perspective about God and His methods.
 - Moses had just led the Israelites through the Red Sea where the Egyptians drowned in pursuit and in this passage they experience the crisis of access to a safe water source. What stands out to you as you read the comments?
 - Read verse 26 in Exodus 15 and process God’s instructions and His promise to His people.
2. The activity of *Jehovah Rapha* is evident in the book of Psalm. Look closely at these passages and consider the implications of how and what God as healing. Describe and identify the healing.
 - The LORD is near to the brokenhearted and saves the crushed in spirit. - Psalm 34:18

- Spiritual Weariness (*Psalm 23*)
- Emotional Difficulty (*Psalm 147*)
- Anxiety/Worry (*John 14*)
- Finally, look back at the Israelites in Exodus 15. They only asked for water but commentary tells us that through that water they received protection and healing in a way that they had not anticipated. Ask God to reveal to you the times when He provided healing that you that you may have overlooked.

MAKING IT REAL

Spend time this week in conversation with The God of the Bible. Consider each of His attributes and He has revealed Himself to you as: *Yahweh, Jealous, Judge, Jireh (provider), Redeemer, Peace, (shalom) Ezer (helper), Shepherd* and your *Rapha/healer*.

