

Jehovah Rapha

the
LORD
Who Heals

DAY ONE

We have seen many aspects of God's character so far in this study—from creation to the promises given to Abraham, through the years of the patriarchs, to the deliverance from bondage as Moses led them out of Egypt. God is making himself known.

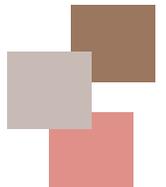
In Exodus 14, we see the Egyptians enraged and ready to do whatever it takes to get the Israelites back as slaves. Scripture tells us the Egyptians pursued them into the sea. Even a supernatural occurrence like walls of sea water would not distract them. One more time God reveals his sovereign power, as he throws the Egyptian soldiers into confusion. It is too late to run, the waters come down with a crashing blow.

Exodus 15 is a beautiful chapter. It is a song of deliverance being sung by the Israelites, praising the LORD. Read Exodus 15 at least twice. Reading the chapter in its entirety will help us glean a better understanding of the events.

In verses 1-21, highlight everything you learn about the character of God, and in the margin, paraphrase each aspect being praised.

Exodus 15

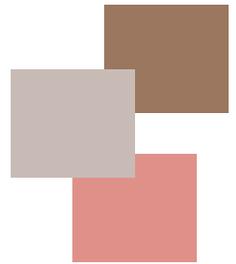
Then Moses and the Israelites sang this song to the LORD: "I will sing to the LORD, for he is highly exalted. Both horse and driver he has hurled into the sea. 2 "The LORD is my strength and my defense ; he has become my salvation. He is my God, and I will praise him, my father's God, and I will exalt him. 3 The LORD is a warrior; the LORD is his name. 4 Pharaoh's chariots and his army he has hurled into the sea. The best of Pharaoh's officers are drowned in the Red Sea. 5 The deep waters have covered them; they sank to the depths like a stone. 6 Your right hand, LORD, was majestic in power. Your right hand, LORD, shattered the enemy. 7 "In the greatness of your majesty you threw down those who opposed you. You unleashed your burning anger; it consumed them like stubble. 8 By the blast of your nostrils the waters piled up. The surging waters stood up like a wall; the deep waters congealed in the heart of the sea. 9 The enemy boasted, 'I will pursue, I will overtake them. I will divide the spoils; I will gorge myself on them. I will draw my sword and my hand will destroy them.' 10 But you blew with your breath, and the sea covered them. They sank like lead in the mighty waters. 11 Who among the gods is like you, LORD? Who is like you— majestic in holiness, awesome in glory, working wonders? 12 "You stretch out your right hand, and the earth swallows your enemies. 13 In your unfailing love you will lead the people you have redeemed. In your strength you will guide them to your holy dwelling. 14 The nations will hear and tremble; anguish



will grip the people of Philistia. 15 The chiefs of Edom will be terrified, the leaders of Moab will be seized with trembling, the people of Canaan will melt away; 16 terror and dread will fall on them. By the power of your arm they will be as still as a stone— until your people pass by, LORD, until the people you bought pass by. 17 You will bring them in and plant them on the mountain of your inheritance— the place, LORD, you made for your dwelling, the sanctuary, Lord, your hands established. 18 “The LORD reigns for ever and ever.” 19 When Pharaoh’s horses, chariots and horsemen went into the sea, the LORD brought the waters of the sea back over them, but the Israelites walked through the sea on dry ground. 20 Then Miriam the prophet, Aaron’s sister, took a timbrel in her hand, and all the women followed her, with timbrels and dancing. 21 Miriam sang to them: “Sing to the LORD, for he is highly exalted. Both horse and driver he has hurled into the sea.” 22 Then Moses led Israel from the Red Sea and they went into the Desert of Shur. For three days they traveled in the desert without finding water. 23 When they came to Marah, they could not drink its water because it was bitter. (That is why the place is called Marah.) 24 So the people grumbled against Moses, saying, “What are we to drink?” 25 Then Moses cried out to the LORD, and the LORD showed him a piece of wood. He threw it into the water, and the water became fit to drink. There the LORD issued a ruling and instruction for them and put them to the test. 26 He said, “If you listen carefully to the LORD your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the LORD, who heals you.” 27 Then they came to Elim, where there were twelve springs and seventy palm trees, and they camped there near the water.

The children of Israel have gone through some very difficult things up to this point:

- 430 years of slavery and bondage to Egypt
- fleeing Egypt after the last dreadful plague
- facing the obstacle of the Red Sea with their enemy in hot pursuit



Yet, because of these trials, they have come to know their God in a deep and personal way. The Hebrew word “yada,” means to know by experience. What have the Israelites come to know about their God through these experiences?

By this point in your life, I am quite sure you have walked through difficulties and trials of your own. Are you able to look back and sing a song of praise like the Israelites for God’s deliverance? _____

What are some words you might use to describe the character of God you have experienced?

Did you know praise is not only pleasing to God, but it is good for our soul? _____

In what way has praise been good for your soul? _____

Let’s read Philippians 4:4-8.

Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. 8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Now, let's read through Philippians 4:4-8 a second time and really study what Paul is saying to us as believers. Underline the instructions the apostle Paul is giving believers at Philippi, and all of us who would read this letter. Circle how often we are to do these things. Highlight the benefit of praise as seen in these verses. Paul not only shares what to do but also why it is beneficial for us as believers.

How many things can you concentrate on at one time? _____

If the choice is worry or praise which is actually beneficial—which can be of comfort and help in our time of need? _____

DAY TWO

Read again the Israelite's song of praise in Exodus 15:1-21. Write below your favorite verse.

Why is this your favorite? _____

Have you personally experienced God in this way? _____

Once more read the final chorus in verses 18-21. If Exodus chapter 15 ended with verse 21, it would be wonderful, but it does not. No one would say that the song of praise in Exodus 15 was not heart felt and beautiful. The only problem was it did not last. How long was it before the Israelites faced their next difficult trial? _____

What was the problem? _____

How did they respond? _____

I am not trying to be critical or throw stones at the Israelites. They have a great need, and what they are experiencing is very difficult. Do you recall how many people came out of Egypt? Look up Exodus 12:37 for a count of the men of Israel. _____

What is the name of the place in verse 23, where the Israelites camp? _____

This place may appear to be a place of salvation and rest, but what is the truth?

Have you experienced a tremendous need, only to realize that what looked like your answer was a bitter disappointment?

How did you respond? _____

DAY THREE

They traveled for three days without finding water. There are probably close to a million men, women and children. Where could you get enough water for a million people in a desert land? Their confusion is understandable; it's their response that's disappointing. It's been said, "When you don't know what to do, simply do the next right thing." What would have been the next right thing for Israel?

When the Israelites arrive in a place with bitter water, everyone is so thirsty they are losing strength and hope. Moses cried out to God, and God supplied. What cure for the problem did the LORD impress on Moses? Why do you believe something so simple worked? The science behind this action is not the point, what saved them that day?

This undrinkable water is similar to the first plague God brought on the Egyptians in Exodus 7:24 when the Nile was turned to blood and no one could drink it. Look at Exodus 15:26 one more time, and underline the specific instructions they were given. What were they instructed to do in order to spare them any of the plagues that the Egyptians had to experience?

By what character quality does the LORD describe himself in Exodus 15:26?
This is the name Jehovah Rapha.

What "bitter waters" are you experiencing today?

Is there a need you have that looks overwhelming and impossible?

In Matthew 19:26, Jesus looked at them and said, "With man this is impossible, but with God all things are possible." What truth is Jesus sharing with them?

DAY FOUR

John Maxwell said, "Everything rises or falls on leadership." Someone needs to lead and lead well if we are to be successful. What does their leader Moses do that brings the help they need?

Who are you leading?

Are you carefully listening to the LORD and allowing him to lead you?

Notice Moses led Israel from the Red Sea, through the Desert of Shur, to this place. Just because there is a need, does that mean we are not leading well? It does not mean we are not exactly where God wants us to be. What might be the purpose behind this need?

● Wouldn't it be wonderful if we responded to every need as in Exodus 14:13-14, "Do not be afraid. Stand firm and you will see the deliverance the LORD will bring you today...the LORD will fight for you; you need only be still." What are some ways we can make these verses our responses to the needs we see as leaders and followers? _____

● If you are a mom, you are leading your children. Mothers set the mood of the home. If you do not like the mood of your home, what could you do to change it? Proverbs 31:10-31 describes a woman of noble character. This description of a woman of great worth may seem overwhelming and a bit unattainable at first glance. Let's make it attainable. Choose one trait from these verses and ask your heavenly Father to help you develop it so that you can lead well? _____

DAY FIVE

● 2 Chronicles 7:14 says, "if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land." This verse gives very clear instructions for the LORD's healing. What is required for our nation to experience healing? _____

● Read Psalm 103:1-5 and Psalm 147:3. With these Psalm verses in mind, write a prayer of praise to our LORD, Jehovah Rapha in the box below.

Psalm 103:1-5

Praise the LORD, my soul; all my inmost being, praise his holy name.

2 Praise the LORD, my soul, and forget not all his benefits—

3 who forgives all your sins and heals all your diseases,

4 who redeems your life from the pit and crowns you with love and compassion,

5 who satisfies your desires with good things so that your youth is renewed like the eagle's.

Psalm 147:3

He heals the brokenhearted and binds up their wounds.

Let's remember that while the LORD does heal physical ailments, he is much more concerned about our eternal soul. In what ways have you experienced God's divine healing?

One of my favorite Old Testament verses speaks about a "balm in Gilead." A balm is defined as a fragrant ointment or preparation used to heal or soothe the skin. The prophet Jeremiah asks a couple of questions in Jeremiah 8:22, "is there no balm in Gilead," and "is there no physician there?" Gilead is located just outside the promise land, on the other side of the Jordan River. The prophet is lamenting the fact that there are those who reject God, those who refuse to come into the provision and blessings God has given. They are so close, and yet, so very far away.

Jeremiah was known as "the weeping prophet." God raised up the prophet Jeremiah to plead with the people for their repentance. Do you weep for the lost? Does your heart break for your lost loved ones and neighbors? How about that friend you love who does not know the LORD? What can be done for these people? Is there no cure for them? _____

Have you personally experienced this balm of Gilead? We cannot share what we do not possess. If you have not asked the Great Physician to come in and heal your brokenness, then why not stop right now and talk to him about it? Each person must do this for themselves. No one can give you God's promised forgiveness and restoration. No one can pray you into salvation. It is a personal choice. It is so simple that a child can receive it. Paul shared this truth in Romans 10:9-10, "If you declare with your mouth, 'Jesus is Lord,' and believe in your heart that God raised him from the dead, you will be saved. 10 For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved."

Read Jeremiah 17:7-9, 14.

7 But blessed is the one who trusts in the LORD, whose confidence is in him. 8 They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit." 9 The heart is deceitful above all things and beyond cure. Who can understand it? 14 Heal me, LORD, and I will be healed; save me and I will be saved, for you are the one I praise.

In your own words, describe what God promised to the one who trusts in Him? _____

What are your thoughts after reading these verses? _____

Write your own definition for the name Jehovah-Rapha. _____
