



EXODUS

Set Free to Serve

Fall 2025

EXODUS

15:22-7:7: Our Grumbling, God's
Provision

Lessons from 3 Stories of Grumbling & Provision

Exodus

- 15:22-26 – The Story of Marah
- 16:1-36 – The Story of Manna
- 17:1-7 – The Story of Massah and Meribah

Exodus 15:22-26 (ESV) The Story of Marah

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.

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?” 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.

Exodus 15:22-26 The Story of Marah

There the LORD made for them a statute and a rule, and there he tested them, 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, I will put none of the diseases on you that I put on the Egyptians, for I am the LORD, your healer.

The Story of Marah



The Story of Marah

²³ When they came to Marah, they could not drink the water of Marah because it was bitter; therefore it was named Marah. And the people grumbled against Moses, saying, 'What shall we drink?' Exodus 15:23-24

The Story of Marah

Marah - My Life is Bitter.

The Story of Marah

“...the Lord showed him a log, and he threw it into the water, and the water became sweet.” Exodus 15:25

The Story of Marah

We 'Trust' God's grace to meet our needs
.... even in our bitterness, He provides.

The Story of Marah

“There the Lord made for them a statute and a rule, and there he tested them, 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, I will put none of the diseases on you that I put on the Egyptians, for I am the Lord, your healer.” Exodus

15:25-26

The Story of Marah

God reveals Himself not only as provider,
but also as Healer.

The Story of Manna



The Story of Manna

*² And the whole congregation of the people of Israel grumbled against Moses and Aaron in the wilderness,
³ and the people of Israel said to them, “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.” Exodus 16:2-3*

The Story of Manna

“¹¹ And the Lord said to Moses, ¹² ‘I have heard the grumbling of the people of Israel. Say to them, ‘At twilight you shall eat meat, and in the morning you shall be filled with bread. Then you shall know that I am the Lord your God.’ Exodus 16:11-12

The Story of Manna

*“¹¹ And the Lord said to Moses, ¹² “I have heard the grumbling of the people of Israel. Say to them, ‘At twilight you shall eat meat, and in the morning you shall be filled with bread. **Then you shall know** that I am the Lord your God.’ Exodus 16:11-12*

The Story of Manna

⁴ Then the Lord said to Moses, “Behold, I am about to rain bread from heaven for you, and the people shall go out and gather a day's portion every day, that I may test them, whether they will walk in my law or not. ⁵ On the sixth day, when they prepare what they bring in, it will be twice as much as they gather daily.” Exodus 16:4-5

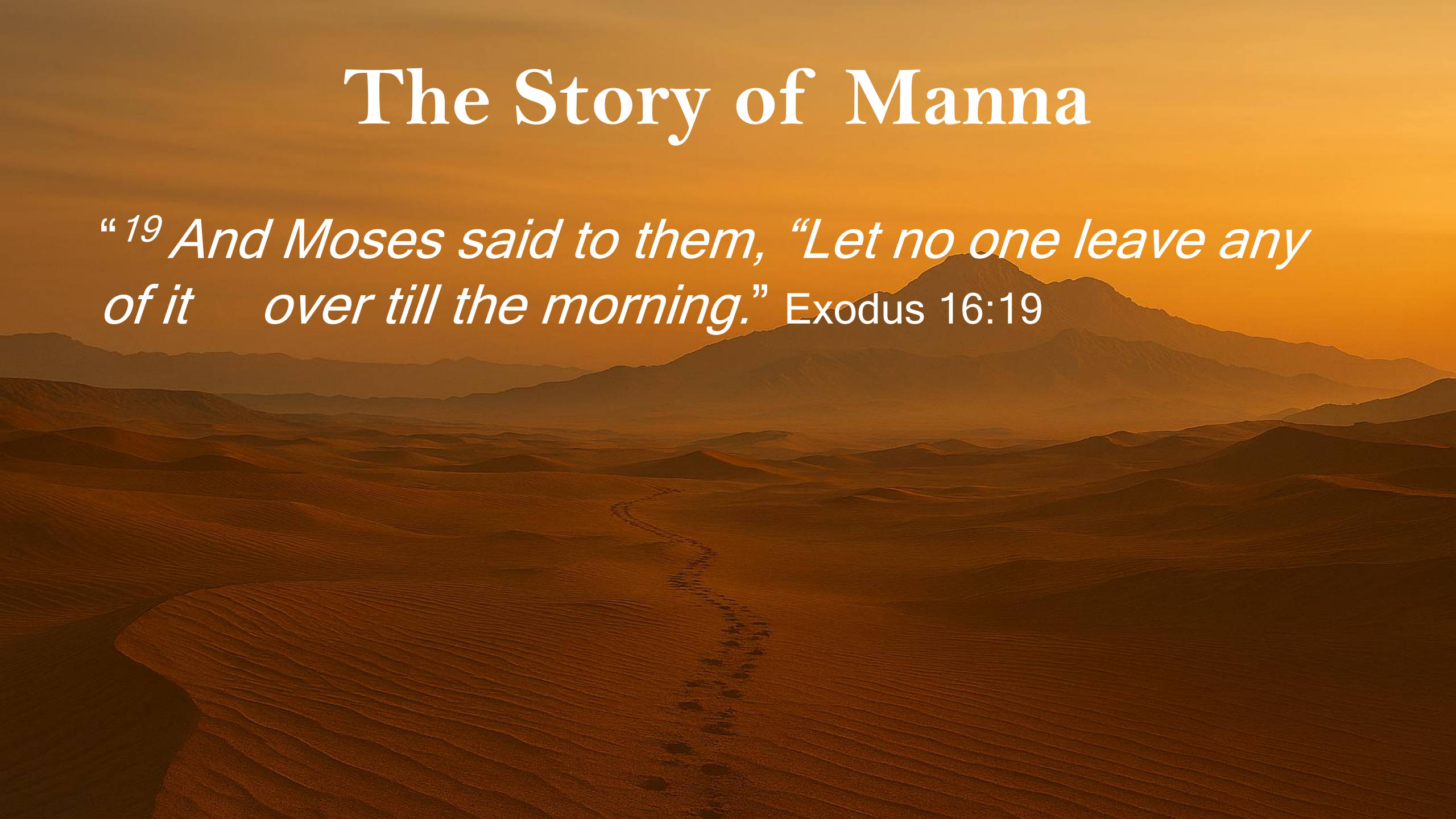
The Story of Manna

“The whole commandment that I gave you today....you shall remember the whole way that the Lord Your God has led you these 40 years in the wilderness that He might humble you, testing you to know what was in your heart, whether you would keep his commandments or not. And He humbled you and fed you manna....that you might know that man does not live by bread alone, but by every word of the mouth of God.”

Deuteronomy 8:1-4

The Story of Manna

“¹⁹ And Moses said to them, “Let no one leave any of it over till the morning.” Exodus 16:19



The Story of Manna

“¹⁹ And Moses said to them, “Let no one leave any of it over till the morning.” Exodus 16:19

“²⁰ But they did not listen to Moses. Some left part of it till the morning, and it bred worms and stank.”
Exodus 16:20

The Story of Manna

“²⁶ Six days you shall gather it, but on the seventh day, which is a Sabbath, there will be none. ²⁷ On the seventh day some of the people went out to gather, but they found none. ²⁸ And the Lord said to Moses, “How long will you refuse to keep my commandments and my laws? ²⁹ See! The Lord has given you the Sabbath; therefore on the sixth day he gives you bread for two days. Remain each of you in his place; let no one go out of his place on the seventh day.” ³⁰ So the people rested on the seventh day.” Exodus 16:26-30

The Story of Manna

One way we demonstrate trust in
God is through rest.



The Story of Manna

“Jesus then said to them, ‘Truly, truly, I say to you, it was not Moses who gave you the bread from heaven, but my Father gives you the true bread from heaven. For the bread of God is he who comes down from heaven and gives life to the world.’

John 6:32-35

The Story of Manna

“Give us today our daily bread.”

Matthew 6:11



The Story of Manna

“Give us today our daily bread.”

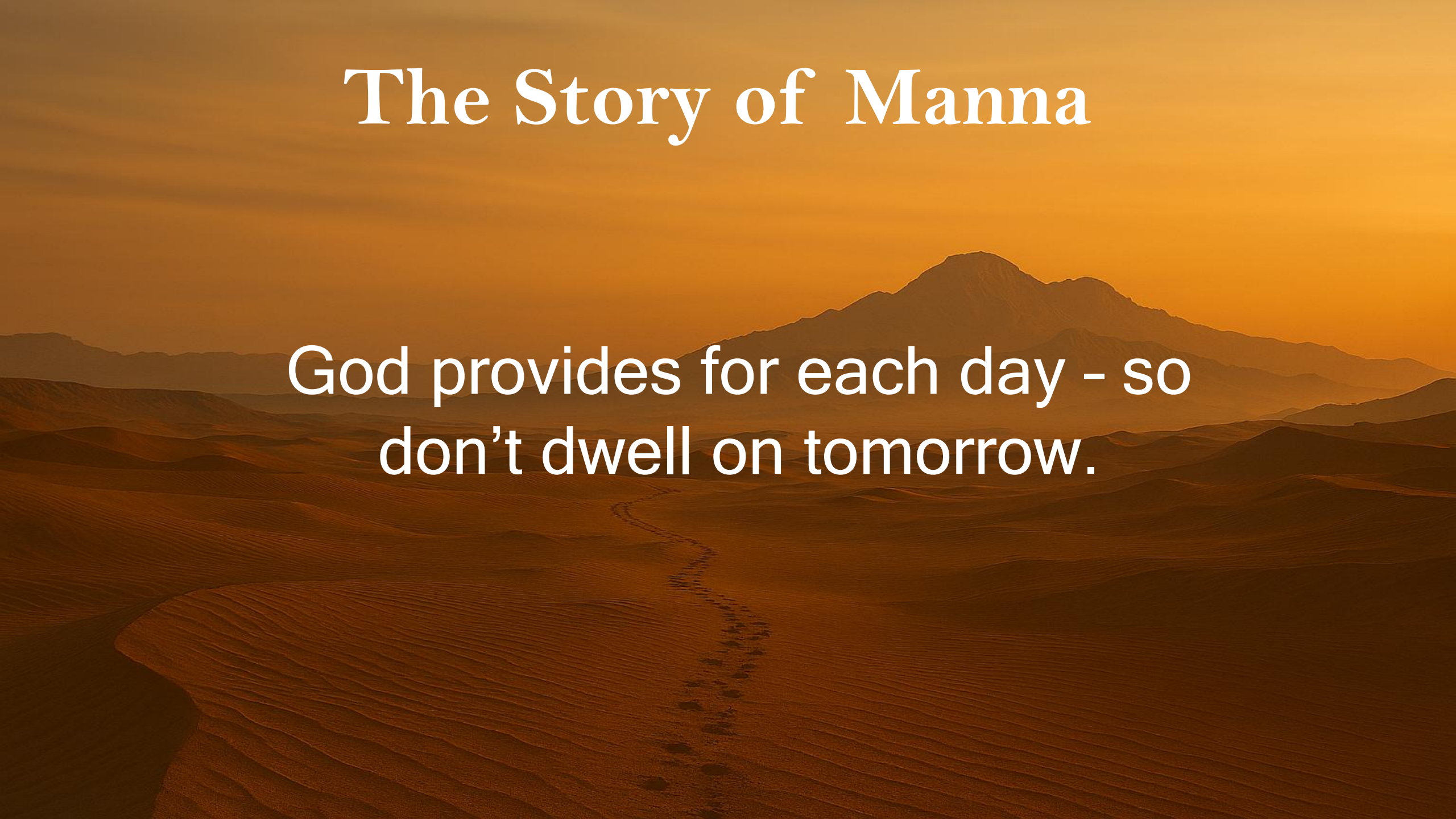
Matthew 6:11

“Therefore do not worry about tomorrow, for tomorrow will worry for itself. Each day has enough trouble of its own.”

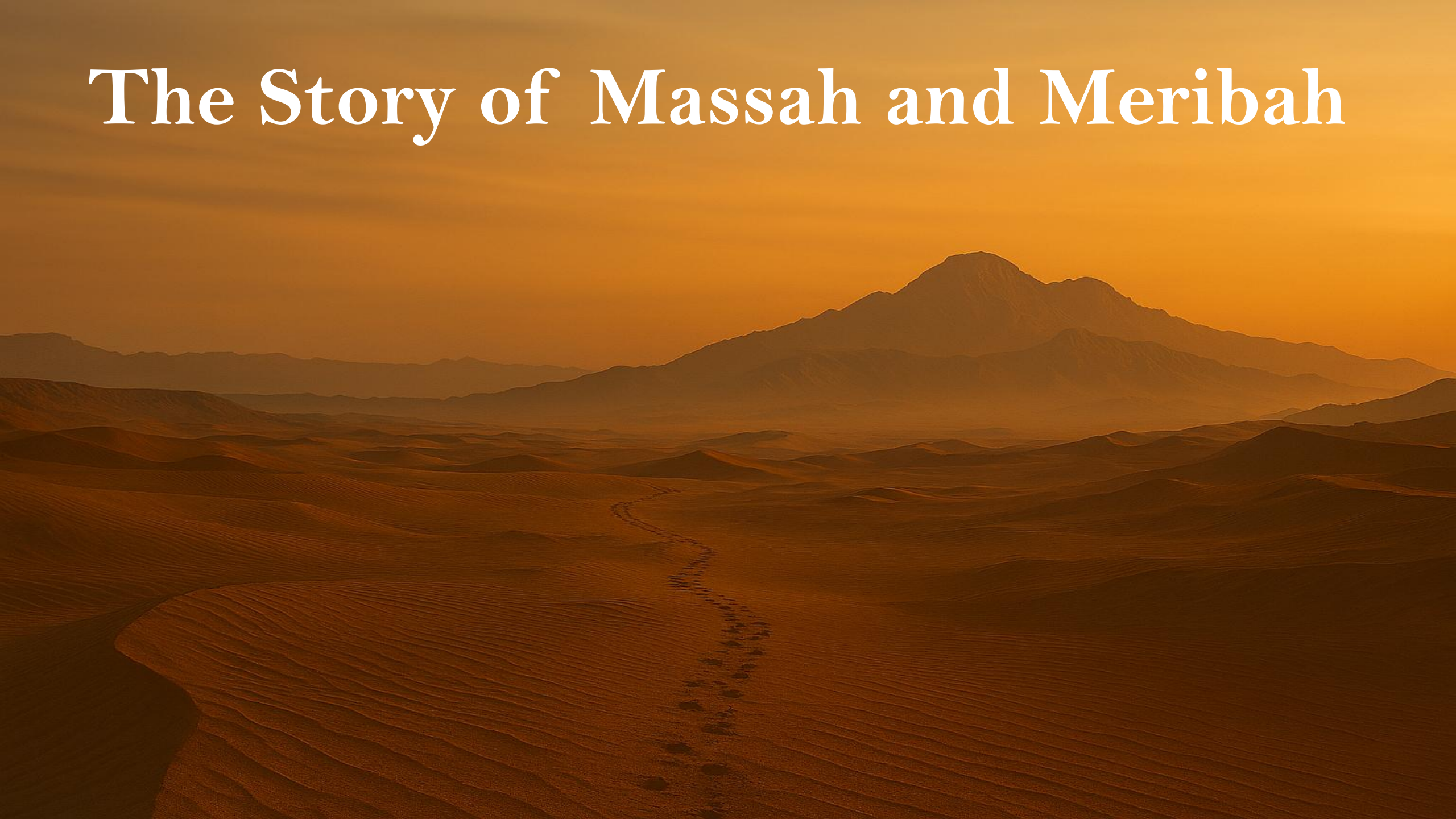
Matthew 6:34

The Story of Manna

God provides for each day - so
don't dwell on tomorrow.



The Story of Massah and Meribah



The Story of Massah and Meribah

“All the congregation ... camped at Rephidim, but there was no water for the people to drink. ² Therefore the people quarreled with Moses and said, “Give us water to drink.” And Moses said to them, “Why do you quarrel with me? Why do you test the Lord?” 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?” ⁴ So Moses cried to the Lord, “What shall I do with this people? They are almost ready to stone me.” Exod. 17:1-4

The Story of Massah and Meribah

⁵ And the Lord said to Moses, “Pass on before the people, taking with you some of the elders of Israel, and take in your hand the staff with which you struck the Nile, and go. ⁶ Behold, I will stand before you there on the rock at Horeb, and you shall strike the rock, and water shall come out of it, and the people will drink.” And Moses did so, in the sight of the elders of Israel. ⁷ And he called the name of the place Massah and Meribah, because of the quarreling of the people of Israel, and because they tested the Lord by saying, “Is the Lord among us or not?”

Exodus 17:3-7

The Story of Massah and Meribah

*⁵ And the Lord said to Moses, “Pass on before the people, taking with you some of the elders of Israel, and take in your hand the staff with which you struck the Nile, and go. ⁶ Behold, I will stand before you there on the rock at Horeb, and you shall **strike the rock**, and water shall come out of it, and the people will drink.” And Moses did so, in the sight of the elders of Israel. ⁷ And he called the name of the place Massah and Meribah, because of the quarreling of the people of Israel, and because they tested the Lord by saying, “Is the Lord among us or not?”*

Exodus 17:3-7

The Story of Massah and Meribah

“For they drank from the spiritual Rock that followed them, and the Rock was Christ.

1 Corinthians 10:4

The Story of Massah and Meribah

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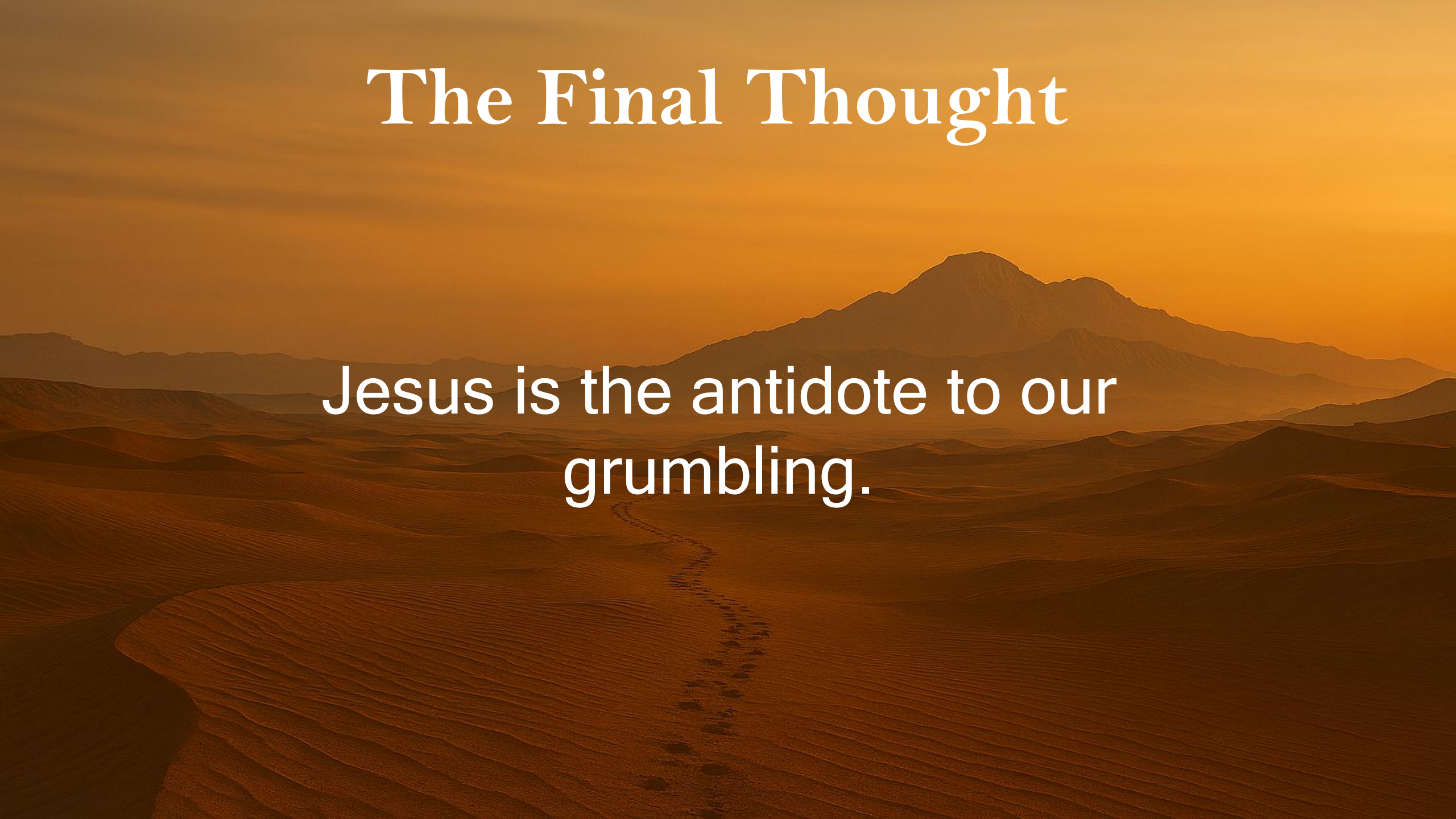
1 Corinthians 10:4

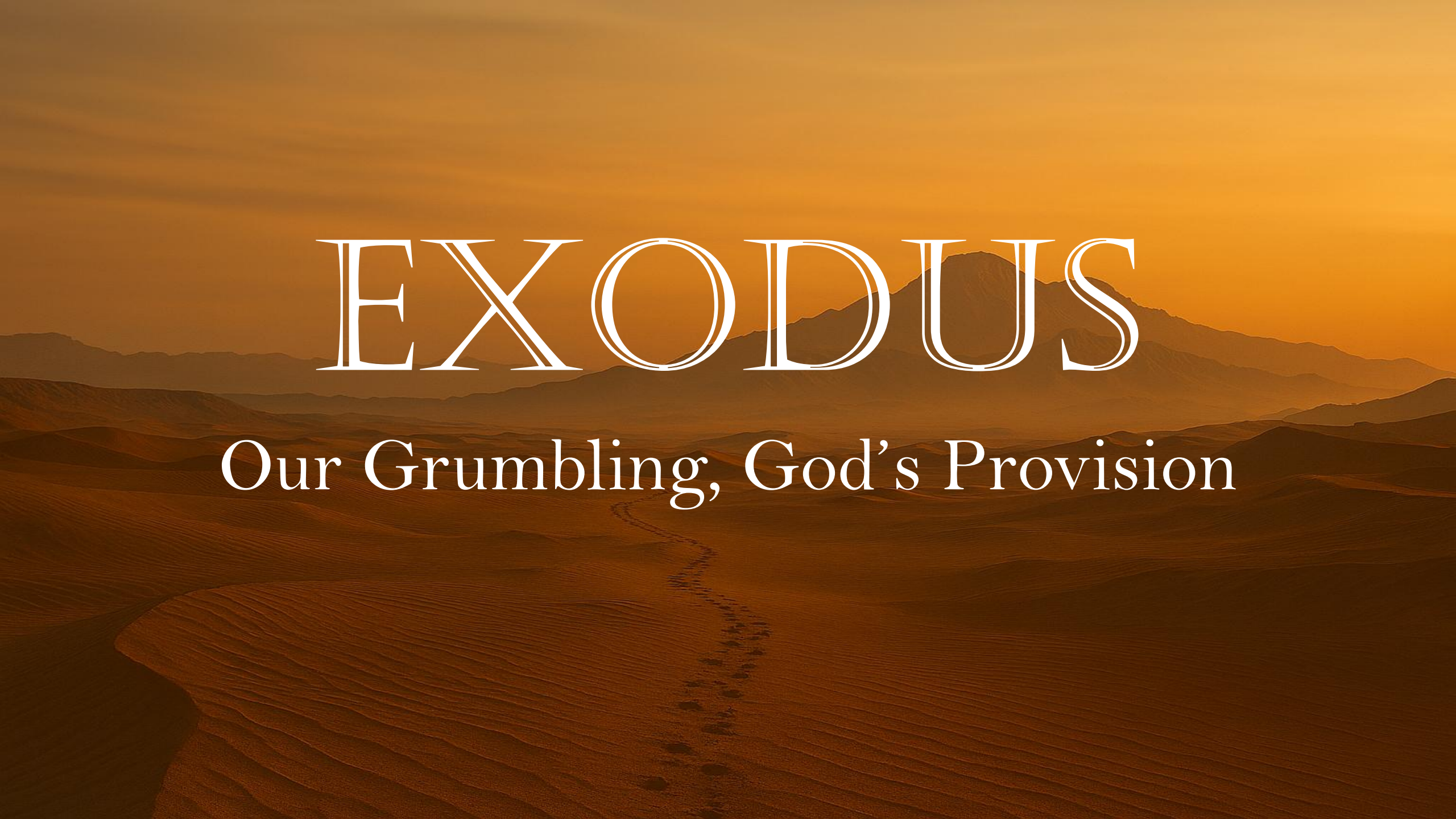
“...strike the Rock”.

Exodus 17:6

The Final Thought

Jesus is the antidote to our
grumbling.



The background of the image is a vast desert landscape. In the foreground, there are rolling sand dunes with distinct ripples in the sand. A faint, winding path or trail of footprints leads from the bottom center towards the middle ground. In the background, there are layers of mountains and hills, some appearing as dark silhouettes against the bright sky. The sky is a gradient of warm colors, from a deep orange near the horizon to a lighter, hazy yellow at the top, suggesting a sunset or sunrise. The overall mood is serene yet majestic.

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