

Everyday FAITH Family Page

H2Oh!

Law/Gospel

When I suffer, I am tempted to believe that the God who has saved me is actually against me. I should be condemned when I accuse God of abandonment.

God does not condemn me. Instead, God loves and cares for me, forgiving my unbelief and providing me with what I don't deserve, all for the sake of His Son, Jesus, who died and rose again for me.

Bible Words

[Cast] all your anxieties on Him, because He cares for you.
1 Peter 5:7

Fun Facts

God delivered manna to Israel with the morning dew. When the dew dissipated, a fine, flake-like frost stayed on the ground. "Manna" comes from the question asked when the people first saw it, "What is it?" (Hebrew: *man hu*). Manna was "like coriander seed, white" and tasted like wafers made with honey (Exodus 16:31). God said to gather only the amount needed each day, but to gather twice as much the day before the Sabbath. He did not send manna that day so that they could rest. If they gathered too much, it bred worms and stank by morning, except on the Sabbath (Exodus 16:20).

Miraculous H2Oh! Water from the Rock

Exodus 17:1-7

In miracle after miracle, the Lord saved the Israelites from slavery and Egyptian retribution. He led the people toward Canaan. He provided water and daily deliveries of manna and quail as food in the desert. He made bitter water sweet. Every step showed His love and care for them.

Still, when difficulties arose, the Israelites fell back into unbelief. In today's narrative, thirst revealed their true colors as sinners. The people quarreled with Moses at Rephidim over water. Suffering tempted them to forget God's gracious provision and curse Him instead. They believed God did not love them and had abandoned them.

But, once again, God showed His forgiving love and care for them. The Lord told Moses to strike a rock with his staff and water flowed from it. Our Lord provided the water they needed, the literal source of life. The New Testament says that Christ was the Rock that gave water to the Israelites (1 Corinthians 10:1-4). While this isn't obvious when reading Exodus 17, it brings the narrative into focus.

So What?

For the Israelites, and for us, unbelief lurks right around the corner. To help us, we need both Law and Gospel. The Law shows us our sin and our need to repent. The Gospel shows us God's love, mercy, and forgiveness in the death and resurrection of Jesus, our Savior.

If suffering causes us to doubt God's love for us, we need to repent and receive God's grace. Even though we do not deserve it, God grants it, just as He gave the Israelites water from the rock.

This text reminds us in a simple and clear way that there is never a point in our Christian lives when Jesus becomes unimportant. He is never a footnote. He is the water from the rock that we need every moment of every day. Without the spiritual sustenance that we receive through the forgiveness Jesus won for us on the cross, we would never survive.

Prayer

Jesus, our Rock, forgive our sins by Your grace and help us to trust You for all our needs. Amen.

cph.org/SundaySchool

Permission to copy for use with H2Oh! curriculum. Scripture: ESV®.
Copyright © 2018 Concordia Publishing House.

