



# The Lord Is Our Healer

Series: "God Sightings", Part 3 of 8

Sunday, September 27, 2026

*Big Idea: The wood (the tree, as some translations say) God showed Moses at Marah made the waters sweet and life-giving just as the benefits coming from the cross of Calvary transform our lives from bitter to sweet.*

*Text: Exodus 15:22-26*

Exodus 15:22-26, "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 sweet. There the LORD made a decree and a law for them, and there he tested them. 26 He said, "If you listen carefully to the voice of 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."

Exodus 15:26b, "I am the LORD, who heals you."

## I. PHYSICAL HEALING FOR OUR BODY.

Exodus 15:26b, "I will not bring on you any of the diseases I brought on the Egyptians, for I am the LORD, who heals you."

## II. HEALING FOR OUR MIND AND EMOTIONS.

**All of God's warriors are wounded warriors.**

## III. HEALING FOR OUR SOUL/SPIRIT.

1 Thessalonians 5:23, "Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be preserved complete, without blame at the coming of our Lord Jesus Christ." {NASV}

1 Peter 2:24-25, “And He Himself bore our sins in His body on the cross, that we might die to sin and live to righteousness; for by His wounds you were healed. <sup>25</sup>For you were continually straying like sheep, but now you have returned to the Shepherd and Guardian of your souls.” {NASV}

#### IV. THREE CONCLUDING REALITIES ABOUT HEALING.

##### 1. We must grapple with the tension between the “already” and the “not yet.”

Romans 8:23, Not only so, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for our adoption as sons, the redemption of our bodies.”

Revelation 21:4, He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.”

Ephesians 2:8a, “For it is by grace you **have been saved**, through faith ....”

1 Corinthians 1:18, “For the message of the cross is foolishness to those who are perishing, but to us who **are being saved** it is the power of God.”

Romans 5:9, “Since we have now been justified by his blood, how much more **shall we be saved** from God’s wrath through him!”

##### 2. We’re called to keep cooperating with God to be as healthy as possible in all three areas (body, soul and spirit).

##### 3. We will experience complete healing one day in heaven in all three areas.

Exodus 15:25a, “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 sweet.”

1 Peter 2:24, "And He Himself bore our sins in His body on the cross, that we might die to sin and live to righteousness; for by His wounds you were healed." {NASV}