



REFERENCES: EXODUS 15:22-25; PATRIARCHS AND PROPHETS, PP. 291-294.

Bitter Water to Better Water

Have you ever been thirsty? Really, really thirsty? The children of Israel thought they might die of thirst.

The Israelites rejoiced as the great pillar of cloud led them out of Egypt and away from their lives of slavery. They followed as it led them across the Red Sea and out into the wilderness. But after three days of walking in the desert, the Israelites had used



Memory Verse

“He will lead them to springs of living water.”

REVELATION 7:17, NIV.

The Message

We thank God for giving us water.

up all the water they brought with them from Egypt, and they hadn’t found any more. The children were thirsty. The grown-ups were thirsty. The animals were thirsty. Everyone in the whole camp of Israel was very, very thirsty.

The cloud led them toward a place called Marah. Moses had been a shepherd in the wilderness for 40 years, and he knew the area well. Moses knew there was water at Marah, but he also knew it tasted so bad that the people wouldn’t be able to drink it. In fact, the word *Marah* meant “bitter.” Something bitter tastes very bad.

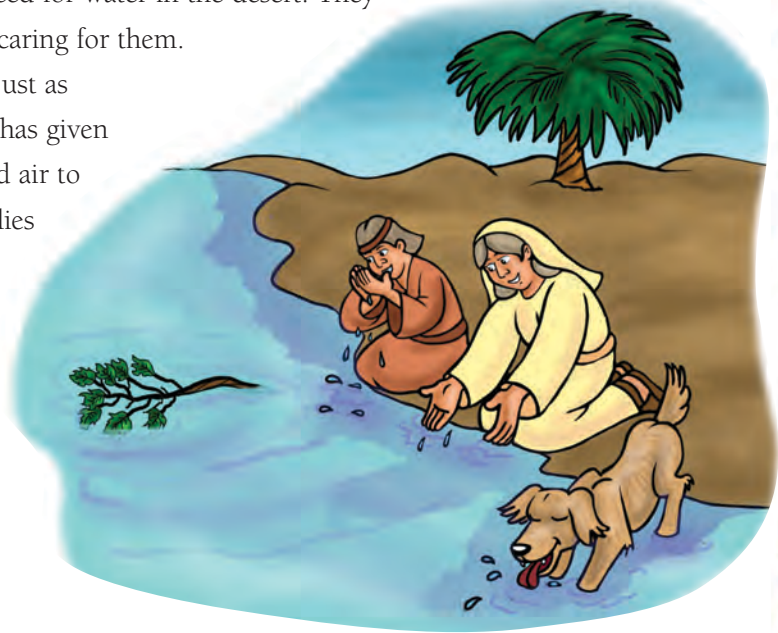
But the people didn't know that, and as soon as they saw the water, they likely grew excited. "Water! Water! There's water up ahead!" they may have shouted.

Some of the people ran forward to the water, but when they tasted it, their happiness turned to disappointment. Now the people felt even thirstier than they had before they saw the bitter water. They began to grumble and complain to Moses.

Moses knew that God had not left His people. He knew that God would take care of their needs. So Moses prayed to God and asked for help, and God told Moses what to do. He told Moses to find a piece of wood and throw the wood into the water. Moses did as God said, and the water turned sweet.

Once again the people rushed forward to the water. This time they were not disappointed. They drank all they wanted of the cool sweet water. Children, grown-ups, and animals drank all the water they wanted. God had worked a miracle to care for their needs, including their great need for water in the desert. They thanked and praised God for caring for them.

God cares for our needs, just as He did for the Israelites. God has given us clean water, good food, and air to breathe. He has given us families and friends to care for us. We may not always get everything we want, but God provides the things we need to be healthy and strong. Let's thank God for taking care of our needs.



Do and Say



SABBATH

Each day this week, read the lesson story together and review the memory verse.

- He** Point upward.
will lead Lock Fingers. Right hand pulls left hand to the right.
them Point to others and then self.
to springs of . . . Pretend to drink from cup.
living water.
Revelation 7:17 . Palms together, then open.

SUNDAY

Encourage your child to share their bag of salt or Body of Water picture they made in Sabbath School with someone and tell them of the Israelites' need for water. Tell them that their body weight is a little more than half water. Give your child two plants and let them water one of them. Ask your child what will happen to the plant that will not get water. Continue watering that one plant until Wednesday.

MONDAY

Say: We worship God when we thank Him for giving us what we need.

Feed your child something salty. Then give them a cup with good, clean water to drink. Thank Jesus for good water. Continue the activity begun on Sunday by watering one of the two plants.



TUESDAY

Read together Exodus 15:22-25. Ask: Why did the people grumble and complain? What did the people do when God gave them sweet-tasting water? Let's thank God right now for our good water.

Continue the activity begun on Sunday by watering one of the two plants.



WEDNESDAY

When you give your child a drink of water, have them say their memory verse again. Ask: How much water does your body need every day? (six cups) Have them fill six cups of water and count them. Say: Let's take a look at the two plants. What's happened? (One has started to wither; the other one is OK.) What does the withered one need? Allow your child to water both plants.

THURSDAY

List and count ways you use water at your house. Allow your child to play in some water (in the bathtub, at the kitchen sink).

Tell about a time God supplied a need of yours, then thank Him for doing so.

FRIDAY

Act out the Bible story with your family. (Make water bitter by adding salt. *Give a drop or two of the salty water on a spoon or in a small cup to everyone to taste.*) Have each person tell what their favorite beverage is; then thank God for giving us good things to drink.

Sing "God Is So Good" (*Little Voices Praise Him*, no. 88).