“Feelings are indicators, not dictators. They can indicate where your heart is in the moment, but that doesn't mean they have the right to dictate your behavior and boss you around. You are more than the sum total of your feelings.”  
— Lysa TerKeurst, Unglued

Retreat Details:

“But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory.” 2 Corinthians 3:18 (NKJV)

Exodus 14
Exodus 15:22-27

Marah: ________________________________

Marah represents ________________________________

“All Scripture tells the story of Christ and his gospel.” – Pastor Dan Nold

The Hebrew word for tree is “es” which means a piece of wood in this context.

A synonym of “es” is: _____________________________

“How can you say to your brother, ‘Brother, let me take the speck out of your eye,’ when you yourself fail to see the plank in your own eye? You hypocrite, first take the plank out of your eye, and then you will see clearly to remove the speck from your brother’s eye.” Luke 6:42 (NKJV)
What is your Marah?

Exodus 15:27
Elim was a lush place with _______ springs of fresh water and _______ palm trees!

MIRROR MOMENT: In your bitter disappointment, God wants to show you the “plank” in your eye that you need to release and throw down so that you can see His glory as well as the new thing He wants to do.

“I am the LORD; that is my name! I will not yield my glory to another or my praise to idols. See, the former things have taken place, and new things I declare; before they spring into being I announce them to you. Sing to the LORD a new song ...” Isaiah 42:8-10a

During the Time of Reflection

1. Take your index card and “throw it down” in the garbage.
2. Choose a Word from the Lord on the table.
3. Bring it to someone for prayer.

Further Study:

1. Read: Rule 4 (pages 39-48)
2. Exodus 13-16 and then re-read Exodus 15: 22-27. Reflect on God’s glory (goodness) in leading them to Elim.

Taken from nutrition-and-you.com - “Dates have essential nutrients, vitamins, and minerals that are required for normal growth, development and overall well-being.”

- Dates replenish energy and revitalize the body instantly.
- Dates are rich in dietary fiber.
- Dates contain antioxidants known as tannins which possess anti-infective, anti-inflammatory, and anti-hemorrhagic (prevent easy bleeding tendencies).
- Dates are a good source of vitamin-A.
- Dates are an excellent source of iron and potassium.
- Dates are rich in minerals like calcium, manganese, copper, and magnesium.
- Dates have moderate levels of B-complex group of vitamins as well as vitamin K.
3. Read 2 Corinthians 3:13-18 in a couple different versions of the Bible. Meditate on verse 18 and journal about what the Holy Spirit shows or speaks to you there.

4. Write out the verse that is on your “Word from God” card that you picked out at Heart to Heart this week. Meditate and pray on it. Ask the Lord what the new thing is that He has for you as you let go of the old.