

We have been looking at the story of God's people in Exodus and how God has invited us to sit, trusting God to do all the work. He fights for us; He provides for us just like he did the Sons of Israel. Then God invites us to follow His paths. In Exodus 16 we see the Sons of Israel had a difficult time trusting God. They complain to Moses, Aaron, and God about not having food to eat. God hears them and provides for them out of His generous love. God then gives the Sons of Israel instructions: "Don't take more than you need." He does this to test if the Sons of Israel really trust Him. Sadly, some prove that they don't.

Exodus 17 picks up after God provides manna and quail. Moses and the Sons of Israel are walking again, but now their thirsty and without water. The Sons of Israel cry out in anger to Moses just like in Exodus 16. Once again, God provided for His people giving them water to drink from a rock.

In verse 7 it says, "And he (Moses) called the place Massah and Meribah because the Sons of Israel quarreled and because they tested the LORD saying, 'Is the LORD among us or not?!'" This one verse reveals a lot about the Sons of Israel and their relationship with God. It reveals that they do not trust God with their whole heart. They are walking day after day, enduring the heat and conditions around them. And God continues to provide for them and lead them. But they don't see that. They only see the hardship they face and think that God is not fighting for them.

Even after everything God has done for them – after being told to be still because God would fight for them at the Red Sea, being led by a pillar of cloud and fire, and God providing food for them – they struggled to sit with God. Since they struggled to sit, they also struggled to walk God's paths and follow His instructions.

We struggle with this too. Because we don't trust God to do what God does – fight for His people – we don't trust God's ways to be good. This leads us to rely on ourselves when facing hardship instead of God.

Jesus told the people of His time, "Come to *me*, all who labor and are heavy laden, and /will give you rest. Take *my* yoke upon you, and learn from *me*, for I am gentle and lowly in heart, and you will find rest for your souls. *My* yoke is easy, and *my* burden is light (Matt. 11:28-30, ESV)." Jesus is reminding us to sit and find rest in Him. He then invites them to take His yoke upon them and to learn from Him. Jesus invites all people to trust in His promises, including that He will save us from sin and death. He then invites all people to trust He will provide forgiveness and rest.

When we endure, we are invited to sit with Jesus who endured all things for us. We are then invited to walk His paths – the paths of endurance – alongside Him. As you face difficulties, troubles, and struggles in this world, remember that God always provides for You, His loved child, and that He invites you to walk His path – which leads to rest in this world and the next – alongside Him.

Prayer

"Dear God, thank You for providing me rest. Help me to sit in Your presence and trust in Your promises when I face hardship. Fill me with Your Spirit so that I may walk alongside You on Your good paths. Remind me that Your way is the way to rest. In Jesus' name, Amen."