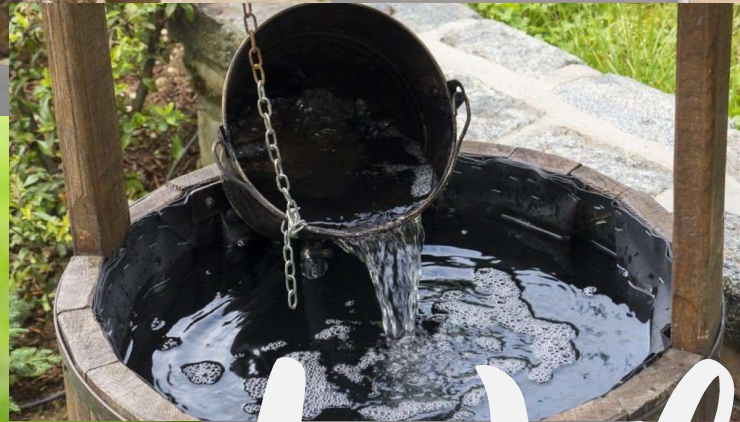


# Wellness

**Retief Uys**  
**01 May 2022**



Intro...



# Wells



Last week: **Choose well I Mary or Martha?**

**Luke 10:42** “...but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.”



Slow

**“S” → Stop, Sit, Still, Surrender**

**“L” → Look, Listen**

**“O” → Offering, Open up**

**“W” → Wait and Wonder**

A close-up photograph of water being poured from a metal spout into a shallow, circular metal bowl. The water is splashing and creating ripples. The background is a soft, out-of-focus green, suggesting an outdoor setting with grass or foliage. The word "Wellness -" is overlaid in a large, white, cursive font across the middle of the image.

Wellness -

How well is your water?

An aerial, grayscale photograph of a coastal scene. In the foreground, a sandy beach is visible with several people walking. The ocean extends to the horizon, with gentle waves breaking. In the background, a range of mountains, including a prominent flat-topped peak, is visible under a hazy sky.

Remember: *We are wells*

**John 4:13** Jesus said, “Everyone who drinks from this water will get thirsty again.14 But whoever drinks from the water that I will give him will never get thirsty again—ever! In fact, the water I will give him will become a well of water springing up within him for eternal life.”



## Warning: *We are wells*

**James 3:9** With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God's likeness. 10 Out of the same mouth come praise and cursing. My brothers and sisters, this should not be. 11 Can both fresh water and salt water flow from the same spring? 12 My brothers and sisters, can a fig tree bear olives, or a grapevine bear figs? Neither can a salt spring produce fresh water.

# 1. Exodus:

- ✓ Old Testament Exodus
- ✓ Context and story
- ✓ Exodus 13, 14 and 15

**Exodus 13:3** Then Moses said to the people, “Remember this day when you came out of Egypt, out of the place of slavery, for the LORD brought you out of here by the strength of His hand. Nothing leavened may be eaten. 4 Today, in the month of Abib, you are leaving.

...17 When Pharaoh let the people go, God did not lead them along the road to the land of the Philistines, even though it was nearby; for God said, "The people will change their minds and return to Egypt if they face war." 18 So He led the people around toward the Red Sea along the road of the wilderness. And the Israelites left the land of Egypt in battle formation.

...21 The LORD went ahead of them in a pillar of cloud to lead them on their way during the day and in a pillar of fire to give them light at night, so that they could travel day or night. 22 The pillar of cloud by day and the pillar of fire by night never left its place in front of the people.



**Egyptian pursuit: Exodus 14:9** The Egyptians—all Pharaoh's horses and chariots, his horsemen, and his army—chased after them and caught up with them as they camped by the sea beside Pi-hahiroth, in front of Baal-zephon...Then the Israelites were terrified and cried out to the LORD for help. 11 They said to Moses: "Is it because there are no graves in Egypt that you took us to die in the wilderness? What have you done to us by bringing us out of Egypt? 12 Isn't this what we told you in Egypt: Leave us alone so that we may serve the Egyptians? It would have been better for us to serve the Egyptians than to die in the wilderness." 13 But Moses said to the people, "Don't be afraid. Stand firm and see the LORD's salvation. He will provide for you today; for the Egyptians you see today, you will never see again. 14 The LORD will fight for you; you must be quiet."



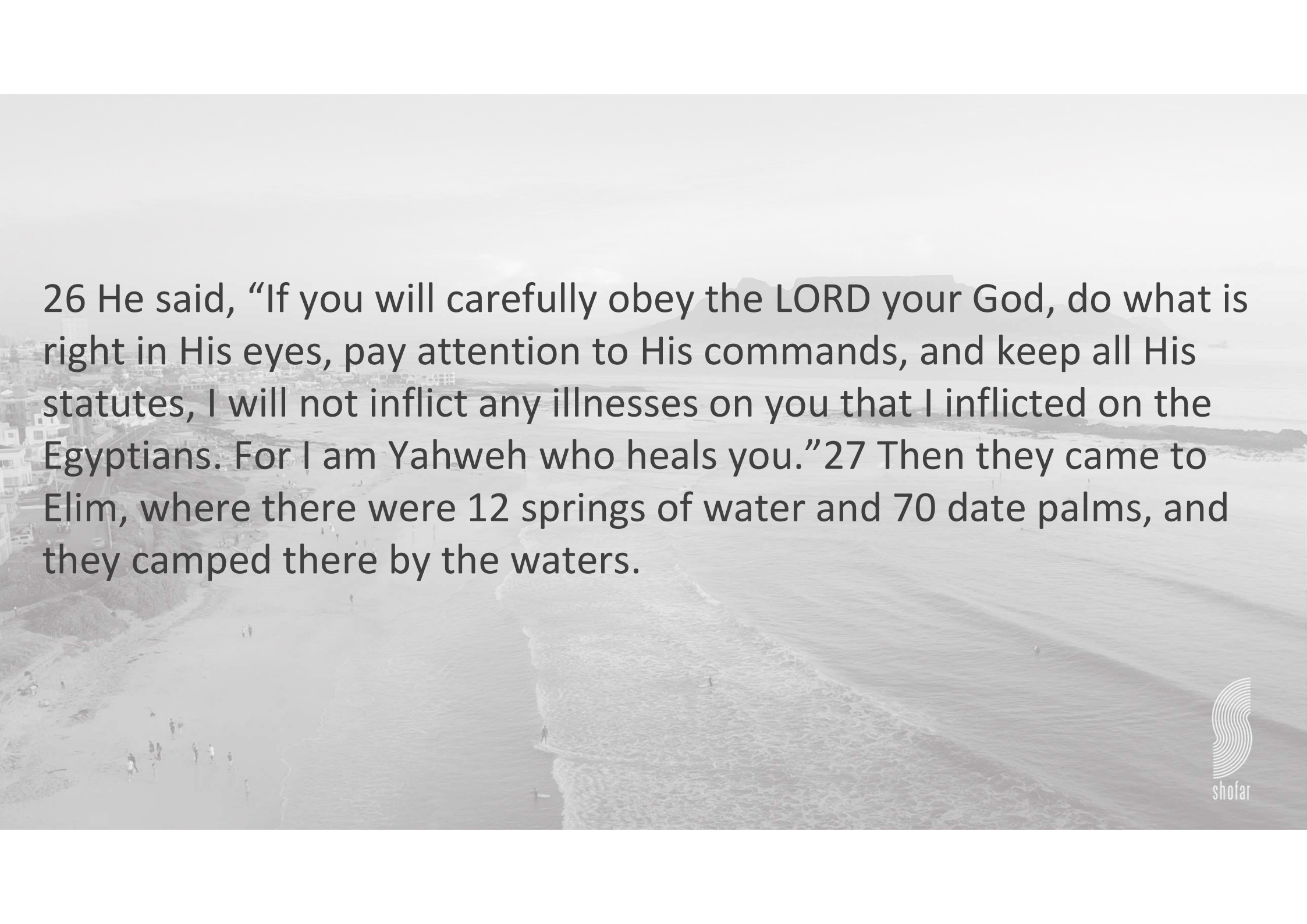
...15 The LORD said to Moses, “Why are you crying out to Me? Tell the Israelites to break camp. 16 As for you, lift up your staff, stretch out your hand over the sea, and divide it so that the Israelites can go through the sea on dry ground.

...29 But the Israelites had walked through the sea on dry ground, with the waters like a wall to them on their right and their left. 30 That day the LORD saved Israel from the power of the Egyptians, and Israel saw the Egyptians dead on the seashore. 31 When Israel saw the great power that the LORD used against the Egyptians, the people feared the LORD and believed in Him and in His servant Moses.



## Exodus 15: Water Provided

22 Then Moses led Israel on from the Red Sea, and they went out to the Wilderness of Shur. They journeyed for three days in the wilderness without finding water. 23 They came to Marah, but they could not drink the water at Marah because it was bitter—that is why it was named Marah. 24 The people grumbled to Moses, “What are we going to drink?” 25 So he cried out to the LORD, and the LORD showed him a tree. When he threw it into the water, the water became drinkable. He made a statute and ordinance for them at Marah and He tested them there.

An aerial, grayscale photograph of a beach. The ocean waves are breaking onto a sandy shore where several people are walking. In the background, a coastal town with buildings is visible under a hazy sky.

26 He said, “If you will carefully obey the LORD your God, do what is right in His eyes, pay attention to His commands, and keep all His statutes, I will not inflict any illnesses on you that I inflicted on the Egyptians. For I am Yahweh who heals you.”<sup>27</sup> Then they came to Elim, where there were 12 springs of water and 70 date palms, and they camped there by the waters.





# We need the Tree

**For the wells in us...**

## 2. The Well in us:

✓ Bitter or better?

### 2.1 The Tree:

*The Tree needs to bring wellness [sweetness, life] to our wells and hearts so that we may both drink and also produce sweet zoe life waters.*

**Galatians 3:13** “Christ redeemed us from the curse of the law by becoming a curse for us—for it is written, ‘Cursed is everyone who is hanged on a tree’” – *referring to the law in Deuteronomy*



- ✓ The cross of Christ was sometimes referred to in Jewish contexts as a “**tree.**” **Acts 5:30** states, “The God of our fathers raised Jesus, whom you killed by hanging him on a tree”.
- ✓ **Acts 10:39** says, “They put him to death by hanging him on a tree”.
- ✓ **The concept of cursing and blessing in association with a tree is found in the larger narrative of Scripture. #wellness 😊**
- ✓ In **Genesis 3** Eve and then Adam eat fruit from a tree from which they were forbidden to eat. In **Revelation 22:14** the eternal state includes those who eat from the tree of life.
- ✓ A **tree was involved in the entry** of sin into humanity (through the tree in the Garden), the **answer to sin** for humanity (through the cross), and the **ultimate removal of sin** in eternity (through the tree of life).

## 2.2 Careful for unbelief and bitterness:

What leads to bitterness?

- a. Forgetfulness | Unbelief
- b. Entitlement
- c. Lack of Lordship and submission
- d. Complaining and grumbling
- e. Lack of acceptance grace | **Hebrews 12:15** See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.



## Hebrews 12:15 TPT

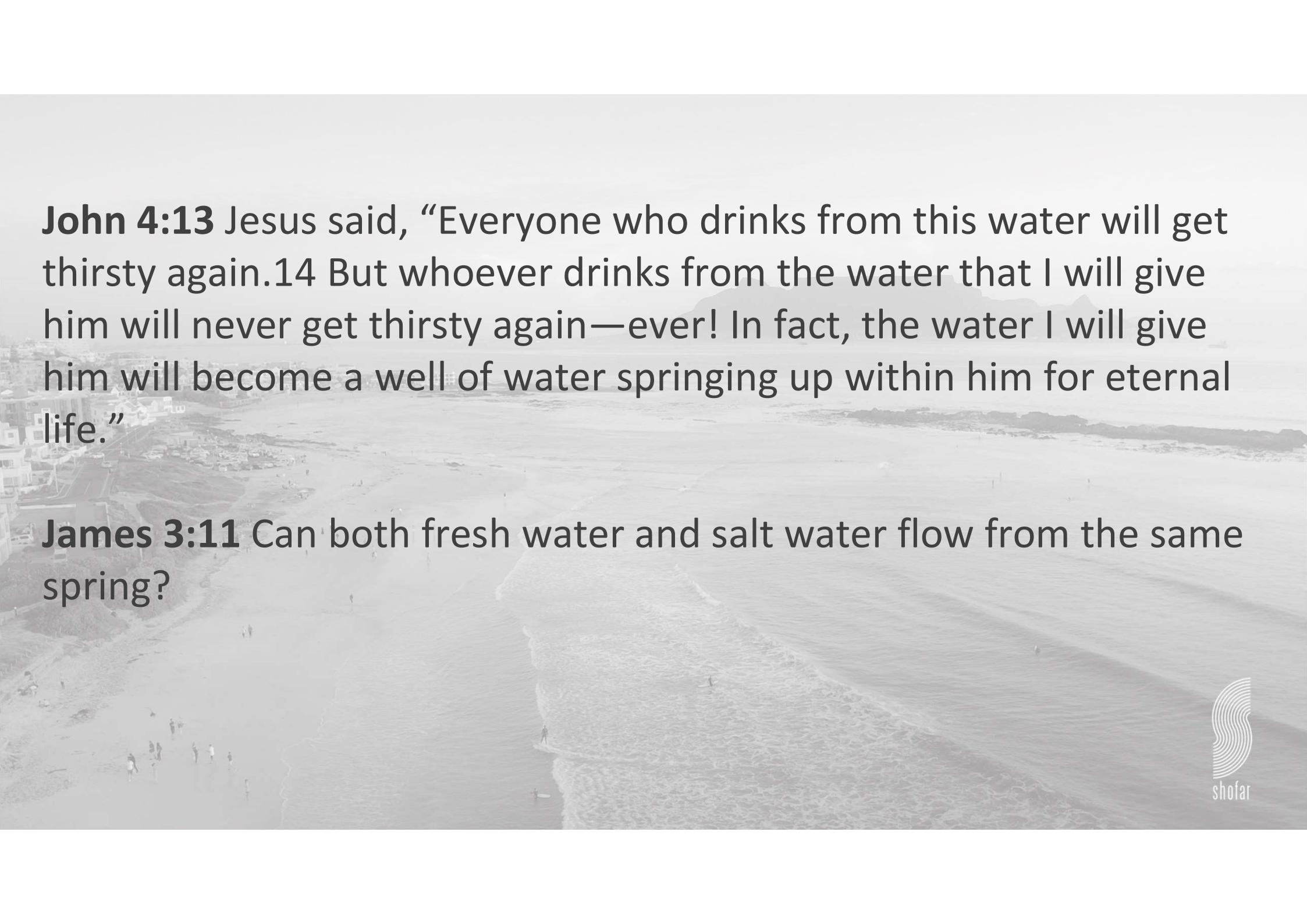
Watch over each other to make sure that no one misses the revelation of God's grace. And make sure no one lives with a root of bitterness sprouting within them which will only cause trouble and poison the hearts of many.

### 3. Wellness: Sweet or bitter, Life or death?

Let's apply the TREE!

#### What to do?

- a. Cry out! Pray
- b. Throw Jesus into the well [hearts | situation | understanding]
- c. Obedience to Christ
- d. Thanksgiving, truth, faith

An aerial, grayscale photograph of a beach and ocean. In the foreground, a sandy beach is visible with several people walking and some surfers. The ocean has gentle waves breaking onto the shore. In the background, a coastal town with buildings and a road is visible along the left side, and distant hills or mountains are on the horizon under a clear sky.

**John 4:13** Jesus said, “Everyone who drinks from this water will get thirsty again.14 But whoever drinks from the water that I will give him will never get thirsty again—ever! In fact, the water I will give him will become a well of water springing up within him for eternal life.”

**James 3:11** Can both fresh water and salt water flow from the same spring?





*Let's Pray*