

April 6-12, 2026

Exodus 14-17

“STAND STILL, AND SEE THE SALVATION OF THE LORD”

Summary: *Exodus 14. Israel goes out of Egypt—Israel passes through the Red Sea on dry ground—The Lord overthrows the Egyptians in the midst of the sea.*

Exodus 15. The children of Israel sing the song of Moses—They extol the Lord as a man of war and rejoice in their deliverance from Egypt—The waters of Marah are healed—The Lord promises to free Israel from the diseases of Egypt.

Exodus 16. Israel murmurs for want of bread and lusts for the fleshpots of Egypt—The Lord rains bread from heaven and sends quail for meat—Israel is given manna each day, except the Sabbath, for forty years.

Exodus 17. Israel murmurs for want of water—Moses smites a rock in Horeb, and water gushes forth—Aaron and Hur uphold Moses' hands so that Joshua prevails against Amalek.

Supplemental Jewish and Holy Land Insights

Where might the crossing of the Red Sea have occurred?

At the northern area of the Red Sea is the Gulf of Eilat. There, Nuweiba Beach is the most likely location where God parted the Red Sea for the Israelites to escape the Egyptian army. **(Exodus 14:23-28)** In the Red Sea depths only at Nuweiba is a high bottom like a mountain, peaking at a depth of only 110 ft. below sea level. 11 miles) long and about 2000 ft) wide it is along the mainland of Nuweiba to the shores of Saudi Arabia, looking like an underwater bridge. It has been estimated that 20,000 chariots plus the horses that pulled them were lost with the Egyptian army at the bottom of the Red Sea. In 1970, before the Egyptian government prohibited the removal of artifacts, John Wyatt conducted exploration at Nuweiba revealing chariots, wheels and axles, human and horse skeletal remains on the sea floor. An eight-spoke wheel hub Mr. Wyatt retrieved from the site was brought to the Egyptian Antiquities

Director, Nassif Mohammed Hassan. Hassan declared Mr. Wyatt's find as an authentic eight-spoke wheel only used during the 18th Egyptian Dynasty dating to the time of the Exodus. According to Lennart Moller of the Karolinska Institute in Stockholm and the author of The Exodus Case, human and animal remains and chariot wheels are evidence that Nuweiba Beach is the site of an ancient disaster. **(Jim Muehlhausen, www.pharoatribune.com/archives/article_600e09f6-9ace-52fb-969c-73058d42560b.html#tncms-source=article-nav-next)** Also, an American researcher, Ryan Mauro, discovered chariot wheels at the bottom of the sea near Nuweiba, as well as metal wheels, wheel axles and carriage cages about 2.5 km from the shore. Ramesses II was the King Pharaoh who let the Children of Israel go in the 19th dynasty. **(www.jewishtraveler.co.il/miracle-parting-red-sea-take-place)**

What Is the meaning of Moses' Song?

The Children of Israel had good sense to sing songs of celebration as they made their exodus from Egypt. They had been delivered from slavery; God appeared on

their behalf; the ten plagues; then the pillar of cloud and fire guiding their way; the parting of the Red Sea and the ultimate destruction of Pharaoh's army. The Israelites were no strangers in being part of the miracles of God. Once safely on the other side of the Red Sea, Moses led the people in a song of praise and thanksgiving! It may be the first song of its kind recorded in the Bible. Miriam's part in "leading the choir" is primarily acknowledged because of the role she played in saving the life of her brother, Moses. Miriam's story also serves as an example of how we can always nurture faith in God's plan for our lives, and how to give thanks to Him at all times. Miriam encouraged the other Israelite women to join her in giving thanksgiving and praise to God for His deliverance – through song. **(Exodus 15:20-21)**

What is "Manna," and the "Bread of Life?"

Manna is sometimes referred to as the "bread" that kept the Israelites alive. It was the substance miraculously supplied as food to the Israelites in the wilderness. The Bible Dictionary states that manna is a small, round food substance with the taste of honey wafers **(Exodus 16:14-31)** or of fresh oil **(Numbers 11:7-8)**. It fed the children of Israel in the wilderness **(Exodus 16:4-5, 14-30, 35; Joshua 5:12; 1 Nephi 17:28)**. The Israelis call it *man-hu* in Hebrew, which means, "What is it?"—because they did not know what it was **(Exodus 16:15)**. It was also called "angels' food" and "bread from heaven" **(Psalm 78:24-25; John 6:31)**. It should be considered as a symbol for the Messiah, who is the Bread of Life **(John 6:31-35)**. Continuing the subject of bread, "From Talmudic times, it was the special duty of the housewife to bake the bread for the Sabbath. This bread, usually prepared from white flour, is also called "*hallah*." Two such loaves are placed on the festive Sabbath table as a symbol for the double

portion of manna which the Israelites in the wilderness received every Friday, and because of the Showbread in the Temple, which was displayed each Sabbath."

(Encyclopedia Judaica Jr.) The expression "Bread of Life" is about the leaven which makes the dough "rise" or come to life. During Passover, the Israelites were to have nothing in their presence that had leaven or could rise. That was done to concentrate on how the Lord had them rise out of bondage and to look forward to a future "rising" that would be greater than deliverance from Egypt.

Who is the real "Fountain of Living Waters" that comes from the "Rock of Salvation?"

When the children of Israel complained that there was not enough water, Moses provided them with a miracle source of water as he struck the rock. The greatest lesson he learned – so that he could teach the Israelites—was that he, Moses, was not their "deliverer." The deliverance always comes from "The Rock of Salvation," "The Fountain of Living Waters." "The reading from the Torah describes the sacrifices brought by the princes at the dedication of the sanctuary, and the kindling of the candelabrum; special *haftarot* are prescribed for the Sabbaths of *Hanukkah*. In the Ashkenazi rite, a hymn called *Ma'oz Zur* (O Fortress, Rock of my salvation) is sung."

(Encyclopedia Judaica Jr.)

What is the ancient sign of the ordinance of Wine and Bread?

In a religious Jewish home, every Sabbath Eve begins with an ancient ritual of a blessing and pouring of a little pure wine (or living [spring] water if wine is not available). It is called *Kiddush*. It is followed by a blessing, breaking, and eating of a little piece of the "*Hallah*" bread. This procedure is called "*Motzi*." The father or grandfather in the home always partakes first, and then others

receive the *Kiddush*, followed by *Motzi*. "The table is set for the festive meal, with the Sabbath candles glowing in polished holders. The family stands and the father raises the brimming silver cup to say *Kiddush*, the blessing and sanctification over wine. This age-old ceremony is in fulfillment of the biblical command, "Remember the Sabbath day to keep it holy." (**Exodus 20:8**)" "*Kiddush* is recited on the evening of the Sabbath, or the festival, before the start of the meal. Nothing may be eaten before *Kiddush*. On Sabbath eve, the first paragraph of *Kiddush* includes a phrase from the end of the first chapter of Genesis and the passage at the beginning of the second which describe God's completion of Creation and His sanctification of the seventh day as a day of rest. *Kiddush* continues with the benediction for wine, preceded by the word *savri* (Attention!) so that all present, men and women, may fulfill the requirement of *Kiddush* by listening carefully to the recital of the prayer and by responding "Amen" afterwards." (**Encyclopedia Judaica Jr.**) The prayer includes an anticipation of a future deliverance, greater than the exodus from Egypt.

What is the basic organization of a leadership council?"

Moses was supported by great men. Consider the leadership of the children of Israel, a council of three, with Moses, Aaron & Hur, a Council of Twelve Elders and a Council of Seventy. It is comparable to the leadership of the Church of Jesus Christ of Latter-day Saints. The latter-day Israelites led now by the tribe of Ephraim (Joseph) are also organized with a "First Presidency of three, a Quorum of Twelve and a Council of Seventy. Through the discovery of the Dead Sea Scrolls, we find the motivation of those many call the Essenes was to move away from wickedness and establish a singular community of righteousness. Their organization had a shadow of biblical organization. Their leader was called the "Teacher of Righteousness" and he had two assistants. There was also a council of "Twelve Overseers." They had an order following the 'righteous king', which is said in Hebrew, "Melech Zedek," and a lesser order named after "Aaron."