

S U M M E R 2 0 1 5

# THE WATERMARK

A PUBLICATION OF THE ZONE STAFF

## WATER FUN FACTS

A healthy person can drink 3 gallons of water a day.

Drinking too much water too quickly can lead to water intoxication. Water intoxication occurs when water dilutes the sodium level in the bloodstream and causes an imbalance of water in the brain.

Soft drinks, coffee, and tea, while made up almost entirely of water, also contain caffeine. Caffeine can act as a mild diuretic, preventing water from traveling to necessary locations in the body.

The average person in the United States uses anywhere from 80-100 gallons of water per day. Flushing the toilet actually takes up the largest amount of this water.

By the time a person feels thirsty, his or her body has lost over 1% of its total water amount.

Of all the water on the earth, humans can use only about 0.3% of this water.

Such usable water is found in groundwater aquifers, rivers, and freshwater lakes.



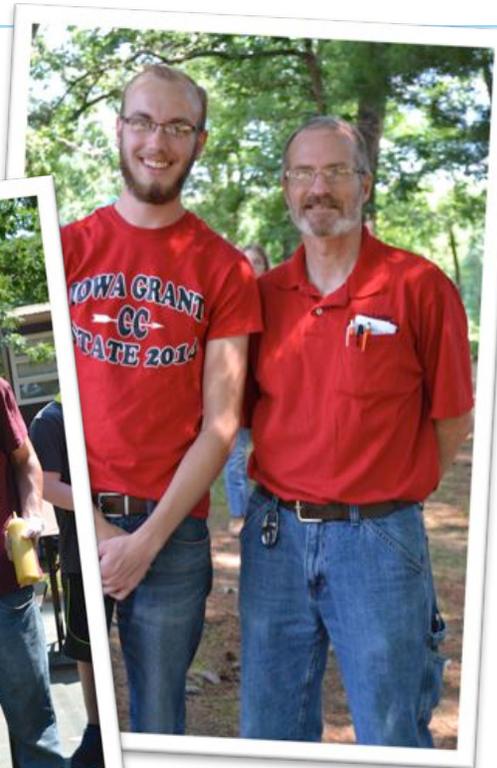
## God's Wrath or a Gateway to Love

Have you ever seen a superhero movie where in the end the villain comes out on top? Well if you have, normally that is not the case. In a typical superhero movie, when the situation gets really bad, the hero emerges just at the right time and overcomes the evils that are present. When all hope is lost, the good guys come and save the day. For the Israelites in the Bible, there are a lot of situations where it might seem like "all hope is lost". In the book of Exodus alone there are many occasions of hopelessness for God's people; accounts of the Israelites being enslaved, running from or fighting their enemies, uselessly wandering in the desert, hungering, thirsting, and even fearing the unknown. The list goes on and on. Why does this always happen to these guys?

## THIS WEEK'S OUTING

### FOURTH OF JULY FIREWORKS IN MONTELLO

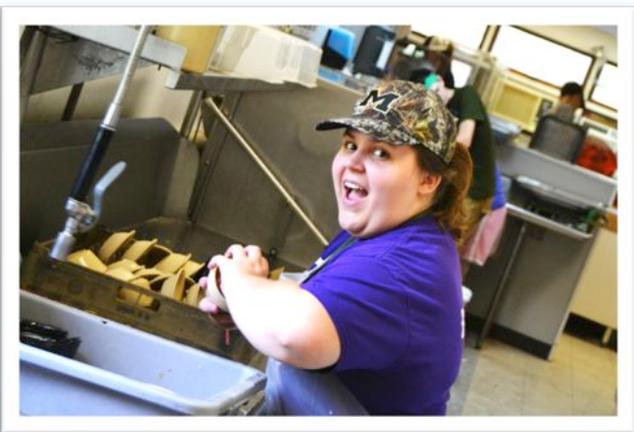
Saturday evening we will have dinner at camp and then travel to town and spend a few hours in the park watching the fireworks! It's gonna be awesome!



In this week’s passage we went over how the Israelites were thirsting in the desert. They were so thirsty that they began to “test” God by requesting Moses to provide a miracle. After God hears about this, he tells Moses to use the same staff that rescued the Israelites to create a fountain of water that will sprout from a rock. Moses does this and waters burst from the rock, quenching the thirst of the Israelites and their livestock. God saves his people, yet again.

Sometimes God answers prayers in ways we would never expect (both in wanted and unwanted ways), but calling upon the Lord is always the correct response. When the Israelites asked Moses, “Why did you bring us up out of Egypt to make us and our children and livestock die of thirst?” they were asking a good question. It’s not bad to doubt when dealing with God. Doubts lead to questions, and

questions lead to answers. I think what God liked about the Israelites is that they were always finding themselves in ‘teachable moments’ with him. For God, the Israelites were the perfect type of students. They would learn from their mistakes, learn from their leaders, educated their families and friends about their Lord, and eventually learn how to call upon his name. God doesn’t want us to test him, but he does want us to come to him. We are to come to him with our doubts, our concerns, all our pain and sorrow, not to prove God, but to develop an abiding relationship with him.



## BIG WORD OF THE WEEK

### Internecine

Definition: (*adj*) destructive to both sides in a conflict.

In a Sentence: The internecine feud between Brian and Lizzy will not end well.