

Sermon Discussion Guide – March 15, 2026

Exodus 23:20–24:11 | Covenant Confirmed

The God Who Comes Down

PERSONAL REFLECTION

For quiet time, journaling, or prayer this week

1. Where in your life right now does God feel far off or unapproachable? What would it mean to believe — really believe — that He has already come down to you?
2. The Israelites had been trembling at the foot of the mountain for chapters. Then blood was shed and they ate a meal with God. What has to be true about you for that kind of nearness to be possible? Is that truth landing in your heart or just your head?
3. "Yahweh+" — the temptation isn't to abandon God but to quietly spread your trust across multiple things. What are the "+s" in your life right now? What are you trusting alongside God rather than trusting Him alone?
4. Sit with Exodus 24:11 — "they beheld God, and ate and drank." Just that. What does it stir in you? Longing? Disbelief? Relief? Bring that honestly to God in prayer.

SMALL GROUP / COMMUNITY GROUP

For honest conversation and shared discernment together

1. Josh said the story of the Bible is the story of "a God who doesn't demand that we come up to Him but who comes down to us." Where have you been living as if the opposite were true — as if intimacy with God is something you have to climb up and earn?
2. The covenant is sealed with blood before the people fully agree to it. God moves first. How does that reorder the way you think about your own standing with Him — especially in seasons of failure or distance?
3. The law is described as dictating their experience of the freedom already won for them. Does that framing change how you relate to spiritual disciplines, rhythms, or obedience? Does it feel like freedom-shaping or burden-adding in your actual life right now?
4. That meal on the mountain is strange and stunning — people who should not be there, eating and drinking in the presence of God. When did you last actually enjoy being with God rather than just performing for Him or managing your relationship with Him?
5. **Pushback:** Is it possible we've made intimacy with God too feeling-dependent — where if we don't sense His nearness, we assume it isn't real? How do we hold together the objectivity of the covenant and the genuine longing for felt communion?



FAMILY & FRIENDS TABLE

Simple enough for kids, rich enough for everyone — great for households, roommates, or anyone sharing a meal

1. If you could have dinner with anyone — anyone in all of history — who would it be and why? Then: what do you think it would have felt like to sit down and eat a meal with God Himself on that mountain?
2. The people had been scared of God for a long time. Then something changed and they got to come close. What do you think made the difference? (Guide toward: the blood, the sacrifice — something had to make it right.)
3. Is there anything that makes you feel like you have to keep your distance from God — like you're not quite good enough to come close? What would you want to say to someone who feels that way?

Big Idea: *You are blood-covered and welcomed. The meal is already set. Come close.*