



*Mountains
of Meeting*

Making Time to Meet with God

Exodus 19:1-25



Mount Sinai



⁸ Now the LORD God had planted a garden in the east, in Eden; and there he put the man he had formed.

⁹ The LORD God made all kinds of trees grow out of the ground—trees that were pleasing to the eye and good for food. In the middle of the garden were the tree of life and the tree of the knowledge of good and evil.

¹⁰ A river watering the garden flowed from Eden; from there it was separated into four headwaters.

¹¹ The name of the first is the Pishon; it winds through the entire land of Havilah, where there is gold. ¹² (The gold of that land is good; aromatic resin and onyx are also there.) ¹³ The name of the second river is the Gihon; it winds through the entire land of Cush. ¹⁴ The name of the third river is the Tigris; it runs along the east side of Ashur. The fourth river is the Euphrates.

Genesis 2

Mountain	Elevation
Mount Carmel	525 metres / 1,724 ft
Mount Tabor	575 metres / 1,886 ft
Mount Moriah	740 metres / 2,428 ft
Mount Zion	765 metres / 2,510 ft
Mount of Olives	826 metres / 2,710 ft
Mount Gerizim	881 metres / 2,890 ft
Mount Sinai	2,285 metres / 7,497 ft
Mount Hermon	2,814 metres / 9,232 ft





Mount Sinai

19 On the first day of the third month after the Israelites left Egypt—on that very day—they came to the Desert of Sinai. ² After they set out from Rephidim, they entered the Desert of Sinai, and Israel camped there in the desert in front of the mountain.

³ Then Moses went up to God, and the Lord called to him from the mountain and said, “This is what you are to say to the descendants of Jacob and what you are to tell the people of Israel:
⁴ ‘You yourselves have seen what I did to Egypt, and how I carried you on eagles’ wings and brought you to myself.

⁵ Now if you obey me fully and keep my covenant, then out of all nations you will be my treasured possession. Although the whole earth is mine, ⁶ you will be for me a kingdom of priests and a holy nation.’ These are the words you are to speak to the Israelites.”

⁷ **So Moses went back** and summoned the elders of the people and set before them all the words the Lord had commanded him to speak. ⁸ The people all responded together, “We will do everything the Lord has said.”

So Moses brought their answer back to the Lord.

⁹ The Lord said to Moses, “I am going to come to you in a dense cloud, so that the people will hear me speaking with you and will always put their trust in you.” Then Moses told the Lord what the people had said.

¹⁰ And the Lord said to Moses, “Go to the people and consecrate them today and tomorrow. Have them wash their clothes ¹¹ and be ready by the third day, because on that day the Lord will come down on Mount Sinai in the sight of all the people.

14 After Moses had gone down the mountain to the people, he consecrated them, and they washed their clothes. **15** Then he said to the people, “Prepare yourselves for the third day. Abstain from sexual relations.”

16 On the morning of the third day there was thunder and lightning, with a thick cloud over the mountain, and a very loud trumpet blast. Everyone in the camp trembled.

¹⁷ Then Moses led the people out of the camp to meet with God, and they stood at the foot of the mountain. ¹⁸ Mount Sinai was covered with smoke, because the Lord descended on it in fire. The smoke billowed up from it like smoke from a furnace, and the whole mountain trembled violently. ¹⁹ As the sound of the trumpet grew louder and louder, Moses spoke and the voice of God answered him.



²⁰ The Lord descended to the top of Mount Sinai **and called Moses to the top of the mountain. So Moses went up**

²¹ and the Lord said to him, “Go down and warn the people so they do not force their way through to see the Lord and many of them perish. ²² Even the priests, who approach the Lord, must consecrate themselves, or the Lord will break out against them.”

²³ Moses said to the Lord, “The people cannot come up Mount Sinai, because you yourself warned us, ‘Put limits around the mountain and set it apart as holy.’”

²⁴ The Lord replied, “Go down and bring Aaron up with you. But the priests and the people must not force their way through to come up to the Lord, or he will break out against them.”

²⁵ **So Moses went down** to the people and told them.

¹⁸ When the people saw the thunder and lightning and heard the trumpet and saw the mountain in smoke, they trembled with fear. They stayed at a distance ¹⁹ and said to Moses, “Speak to us yourself and we will listen. But do not have God speak to us or we will die.” ²⁰ Moses said to the people, “Don’t be afraid. God has come to test you, so that the fear of God will be with you to keep you from sinning.”

²¹ The people remained at a distance, **while Moses approached the thick darkness where God was.**

24 Then the LORD said to Moses, “**Come up to the LORD, you and Aaron, Nadab and Abihu, and seventy of the elders of Israel.** You are to worship at a distance, ² but Moses alone is to approach the LORD; the others must not come near. And the people may not come up with him.”

¹² The LORD said to Moses, “Come up to me on the mountain and stay here, and I will give you the tablets of stone with the law and commandments I have written for their instruction.”

¹³ **Then Moses set out with Joshua his aide, and Moses went up on the mountain of God.** ¹⁴ He said to the elders, “Wait here for us until we come back to you. Aaron and Hur are with you, and anyone involved in a dispute can go to them.”

Exodus 24

⁷ Then the LORD said to Moses, “**Go down**, because your people, whom you brought up out of Egypt, have become corrupt. ⁸ They have been quick to turn away from what I commanded them and have made themselves an idol cast in the shape of a calf. They have bowed down to it and sacrificed to it and have said, ‘These are your gods, Israel, who brought you up out of Egypt.’

Exodus 32

¹⁵ **Moses turned and went down the mountain** with the two tablets of the covenant law in his hands. They were inscribed on both sides, front and back.

¹⁶ The tablets were the work of God; the writing was the writing of God, engraved on the tablets.

¹⁷ When Joshua heard the noise of the people shouting, he said to Moses, “There is the sound of war in the camp.”

Exodus 32

34 The LORD said to Moses, “Chisel out two stone tablets like the first ones, and I will write on them the words that were on the first tablets, which you broke. ² Be ready in the morning, and then come up on Mount Sinai. Present yourself to me there on top of the mountain. ³ No one is to come with you or be seen anywhere on the mountain; not even the flocks and herds may graze in front of the mountain.”

⁴ So Moses chiselled out two stone tablets like the first ones **and went up Mount Sinai early in the morning**, as the LORD had commanded him; and he carried the two stone tablets in his hands.

Exodus 34

29 **When Moses came down from Mount Sinai** with the two tablets of the covenant law in his hands, he was not aware that his face was radiant because he had spoken with the LORD.

Exodus 34





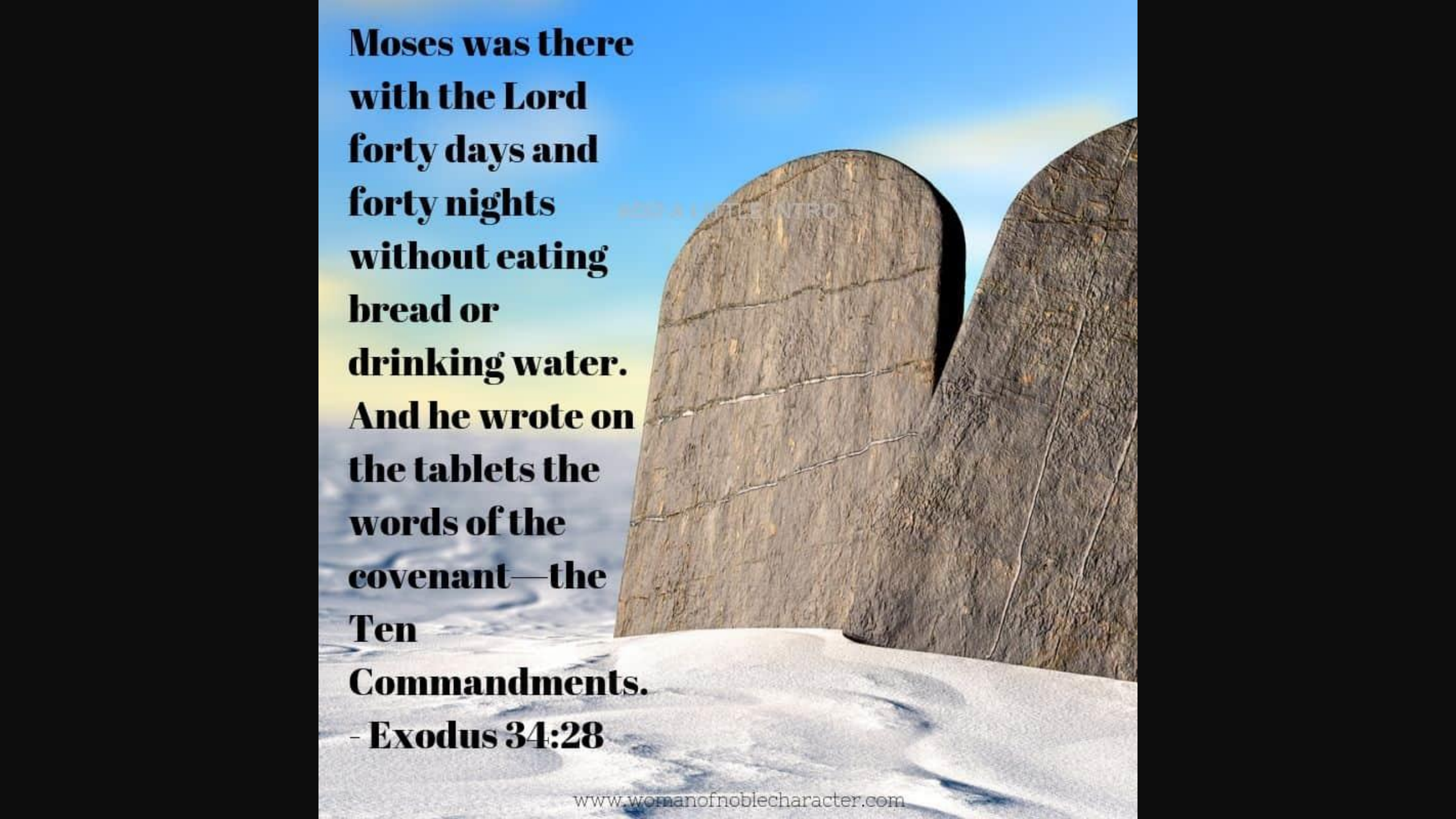
***"WHEN I WENT UP
INTO THE MOUNTAIN
TO RECEIVE THE
TABLETS OF STONE,
THE TABLETS OF
THE COVENANT
WHICH THE LORD
MADE WITH YOU,
THEN I STAYED ON
THE MOUNTAIN
FORTY DAYS AND
FORTY NIGHTS. I
NEITHER ATE BREAD
NOR DRANK WATER."
DEUTERONOMY 9:9***



**THEN I FELL DOWN BEFORE THE LORD FOR
FORTY DAYS AND FORTY NIGHTS, AS I HAD
DONE THE FIRST TIME. I DID NOT EAT BREAD
OR DRINK WATER BECAUSE OF ALL THE SIN
YOU HAD COMMITTED IN DOING WHAT WAS
EVIL IN THE SIGHT OF THE LORD AND
PROVOKING HIM TO ANGER.**

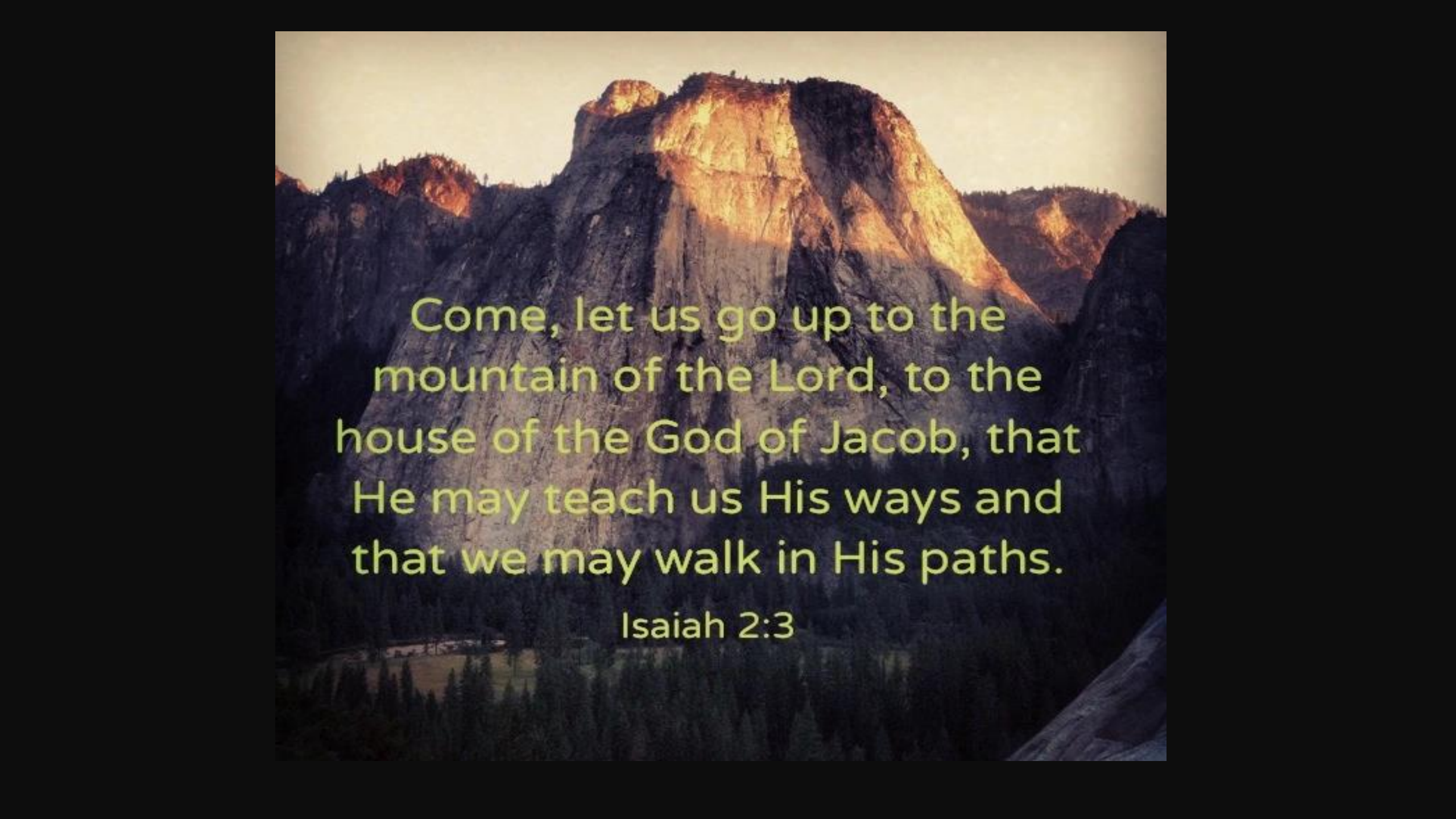
- DEUTERONOMY 9:18



The image shows two large, rounded, stone tablets standing upright in a desert landscape. The tablets are dark brown and have a textured surface with some faint, illegible markings. They are set against a clear blue sky. The foreground is a sandy, light-colored desert floor. The text is overlaid on the left side of the image.

**Moses was there
with the Lord
forty days and
forty nights
without eating
bread or
drinking water.
And he wrote on
the tablets the
words of the
covenant—the
Ten
Commandments.
- Exodus 34:28**





Come, let us go up to the
mountain of the Lord, to the
house of the God of Jacob, that
He may teach us His ways and
that we may walk in His paths.

Isaiah 2:3



Big Idea: We need to get away with God in
our busy lives.