

**Rules, Regulations, and Restrictions – Up, Down, and Across
Exodus 20:1-21**

God, the one who delivered Israel out of the land of Egypt from the house of slavery, gives the people the law (starting with the “Ten Words”) at mount Sinai. It is a powerful display where the mountain filled with smoke, there was thunder & lightning, and trumpets blasting, which left the Israelites trembling in awe and fear. They ask Moses to be their mediator for they feared death by having God talk to them directly.

Questions for Small Group Discussion:

1. How do you normally think of Rules, Regulation, and Restrictions?
2. How are the first four commandments different, or set apart, from the last six?
3. In order to be saved through the law, what must I do?
4. What is the role of a mediator?
5. Compare and contrast Moses and Jesus. How is Jesus the better and perfect mediator?

<u>Commandment</u>	<u>Flesh</u>	<u>Spirit</u>
20:3 No other gods before me	Forgetful, Fickle	Remember, Faithful
20:4-6 No idols, images, carvings	Fear, Cravings, Misplaced Trust	Devoted, Dedicated to God
20:7 Do not misuse My Name	Blasphemous, Irreverent	Reverent, Glory, Honor
20:8-11 Remember the Sabbath	Frantic, Harried, Anxious, Worried	Rest in The LORD
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20:12 Honor your parents	Burdensome, Stubborn	Love, Kindness, Helpful
20:13 Do not murder	Murderous / Suicidal, Hate	Peace, Gentleness
20:14 Do not commit adultery	Lustful Eyes, Impure Thoughts	Faithful in Thought and Deed
20:15 Do not steal	Opportunistic, Indulgent	Goodness, Self-Control
20:16 Do not bear false witness	Deceitful / Liar, Uncaring, Manipulative	Truthful, <u>Always</u>
20:17 Do not covet	Consumed by Want, Wrongful Desires	Content, Satisfied