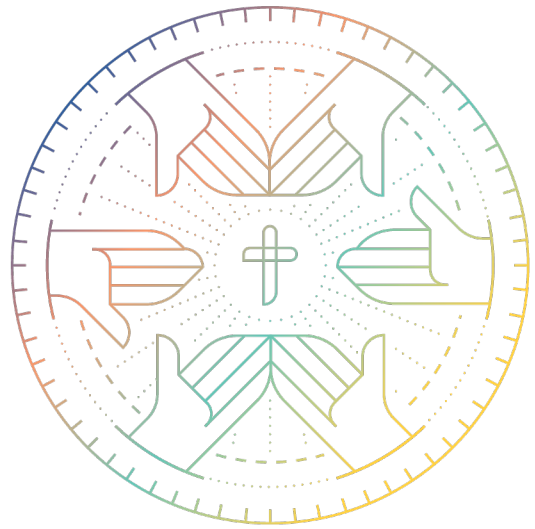


# Group Life.

W E A R E B E T T E R T O G E T H E R



## SMALL GROUP GUIDE

No Turning Back: “Covenant Life: Living with a Holy God”  
Scripture Focus: Exodus 20-31

## ICEBREAKER

When you hear the word covenant, what comes to mind—contract, promise, relationship, rules, something else?

OR

Do you tend to relate to God more through rules, through relationship, or through rest? Why?

## INTRODUCTION

In Exodus 20–31, God does more than rescue Israel—He forms them. He gives His Law to shape their love for Him and one another, establishes the Tabernacle so He may dwell in their midst, and anchors their life together in Sabbath rest. Redemption was not the finish line; it was the beginning of covenant life. The Law was never the destination—it was the road. What was written on stone now finds fulfillment in Christ and is written on hearts by the Spirit (Hebrews 8:6). All of it points forward to Jesus—the One who perfectly mediates, dwells with us, and gives true rest.

## INTO THE WORD

### **Movement 1 – God Forms His Redeemed People**

**Read Exodus 20:1-17.** Why do you think redeemed people still need instruction on how to live? What does it reveal about God that the first four commandments are about our relationship with Him?

### **Movement 2 – God Dwells Among His People**

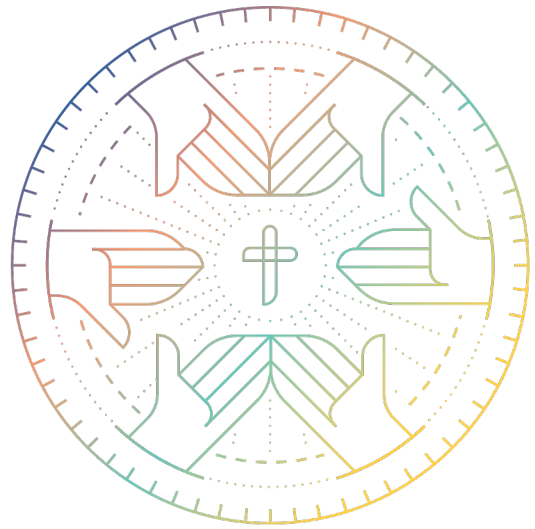
**Read Exodus 25:8, John 1:14, and Revelation 21:3.** What do these verses teach us about God’s desire to be with His people?

### **Movement 3 – God Invites His People to Rest**

**Read Exodus 31:12-14, Hebrews 4:10, and Matthew 11:29.** What is revealed when after God teaches His people how to live, He commands them to rest? Where do you feel the tension between striving and resting today?

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W E A R E B E T T E R T O G E T H E R



## EMBRACE AND EMBODY

The God who rescues His people gives them His ways, makes His dwelling among them, and invites them to rest in His covenant. The Law, the Tabernacle, and the Sabbath all point us to Jesus.

### Group Reflection Questions:

- Where is God currently shaping your obedience?
- Where is He reminding you that He is not far?
- Where is He calling you to cease striving and rest?

## OPTIONAL GROUP PRAYER

Ask the group to close their eyes and listen. **Read Romans 15:4.** Then ask the group to silently reflect on where they need hope today. After a time of reflection, initiate a group prayer and encourage group members to choose an area—His ways, His presence, His rest—and pray aloud.

## TAKE YOUR NEXT RIGHT STEP

*(Prayerfully consider one of the following next steps)*

- **Worship God:** Ask the Holy Spirit to reveal any areas in your life that are outside of His guardrails. Then in faith and surrender, choose obedience.
- **Seek God Daily:** Prior to reading, journaling or prayer, acknowledge the Holy Spirit's presence in that very moment. Respond with humility and awe as you seek Him and find Him.
- **Make God Known:** Integrate a Sabbath rhythm into your schedule and actively choose to rest in a place you have been striving. When people take notice, share with them about the rest you are experiencing in Jesus.

## CLOSING PRAYER

*Father, You are our redeemer, guide, and the giver of life. In You alone can we experience the true freedom You created us for. Thank You for forming us through Your commands, Your presence, and Your Word. Please help us to obey Your guardrails, to experience a closeness with You, and to rest eternally in Jesus, all through the power of Your Holy Spirit. In Jesus' name, Amen!*