

**Ascend, new series:** 6 week series of Biblical guidance on growing in intimacy with God; Exodus 24:9-18 presents a picture of the desired outcome - being on the top of the mountain with God (maximum closeness of relationship with God). This week will be used to set up the picture that we can all get closer to God and live in a heightened relationship with God. Too many of God's children settle for bottom-of-the-mountain relationship with God. Hopefully this week will help people to realize there is "More" of God to experience and more that is available,

Title: "Ascending the Mountain of God"

Tension: Feels like God is far off; not able to hear His Voice; lack of intimacy with God; people have reduced being in a life-giving relationship with God to "doing church"; Too many people settle for a 'bottom of the mountain' relationship with God when a 'top of the mountain' relationship is possible; there is so much "MORE" that God wants for us, as shown in today's Scripture

Exodus 24 - Israelites on way to Promised Land, God has delivered them miraculously in numerous ways; teaching them what relationship with him is to look like, and entering into Covenant [He be their God, and they will be His people]

[Exodus 24:9-18 New International Version \(NIV\)](#)

**9** Moses and Aaron, Nadab and Abihu, and the seventy elders of Israel went up **10** and saw the God of Israel. Under his feet was something like a pavement made of lapis lazuli, as bright blue as the sky. **11** But God did not raise his hand against these leaders of the Israelites; they saw God, and they ate and drank.

**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."

**15** When Moses went up on the mountain, the cloud covered it, **16** and the glory of the Lord settled on Mount Sinai. For six days the cloud covered the mountain, and on the seventh day the Lord called to Moses from within the cloud. **17** To the Israelites the glory of the Lord looked like a consuming fire on top of the mountain. **18** Then Moses entered the cloud as he went on up the mountain. And he stayed on the mountain forty days and forty nights.

What it must to have been like to be on that mountain...

Share about 'intimacy' with God - nothing compares

close familiarity or friendship; closeness.: "the **intimacy between** a husband and wife".

*synonyms:* closeness, togetherness, affinity, rapport, attachment, familiarity, friendship, amity, affection, warmth, confidence in relationship

Previous Passage:

## Exodus 24:3-8 New International Version (NIV)

"<sup>3</sup> When Moses went and told the people all the Lord's words and laws, they responded with one voice, "Everything the Lord has said we will do." <sup>4</sup> Moses then wrote down everything the Lord had said. He got up early the next morning and built an altar at the foot of the mountain and set up twelve stone pillars representing the twelve tribes of Israel. <sup>5</sup> Then he sent young Israelite men, and they offered burnt offerings and sacrificed young bulls as fellowship offerings to the Lord. <sup>6</sup> Moses took half of the blood and put it in bowls, and the other half he splashed against the altar. <sup>7</sup> Then he took the Book of the Covenant and read it to the people. They responded, "We will do everything the Lord has said; we will obey."

**This passage points to God's love language...**

### ***Words of affirmation***

One way to express love emotionally is to use words that build up. Solomon, author of ancient Hebrew Wisdom Literature, wrote, "The tongue has the power of life and death" (Proverbs 18:21, NIV). Many couples have never learned the tremendous power of verbally affirming each other.

Verbal compliments, or words of appreciation, are powerful communicators of love.

They are best expressed in simple, straightforward statements of affirmation, such as:

"You look sharp in that suit."

"Do you ever look incredible in that dress! Wow!"

"I really like how you're always on time to pick me up at work."

"You can always make me laugh."

Psychologist William James said that possibly the deepest human need is the need to feel appreciated. Words of affirmation will meet that need in many individuals.

### ***Quality time***

By "quality time," I mean giving someone your undivided attention. I don't mean sitting on the couch watching television together. When you spend time that way, Netflix or HBO has your attention — not your spouse. What I mean is sitting on the couch with the TV off, looking at each other and talking, devices put away, giving each other your undivided attention. It means taking a walk, just the two of you, or going out to eat and looking at each other and talking.

Time is a precious commodity. We all have multiple demands on our time, yet each of us has the exact same hours in a day. We can make the most of those hours by committing some of them to our spouse. If your mate's primary love language is quality time, he / she simply wants you, being with her/him, spending time.

### ***Receiving gifts***

Almost everything ever written on the subject of love indicates that at the heart of love is the spirit of giving. All five love languages challenge us to give to our spouse, but for some, receiving gifts, visible symbols of love, speaks the loudest.

A gift is something you can hold in your hand and say, "Look, he was thinking of me," or, "She remembered me." You must be thinking of someone to give him or her a gift.

The gift itself is a symbol of that thought. It doesn't matter whether it costs money. What is important is that you thought of him or her. And it is not the thought implanted only in the mind that counts but the thought expressed in actually securing the gift and giving it as the expression of love.

But what of the person who says, "I'm not a gift giver. I didn't receive many gifts growing up. I never learned how to select gifts. It doesn't come naturally for me."

**Congratulations, you have just made the first discovery in becoming a great lover. You and your spouse speak different love languages. Now that you have made that discovery, get on with the business of learning your second**

**language.** If your spouse's primary love language is receiving gifts, you can become a proficient gift giver. In fact, it is one of the easiest love languages to learn.

### ***Acts of service***

By acts of service, I mean doing things you know your spouse would like you to do. You seek to please her by serving her, to express your love for her by doing things for her. Consider actions such as cooking a meal, setting a table, emptying the dishwasher, vacuuming, changing the baby's diaper, picking up a prescription, keeping the car in operating condition —[Chris: making him coffee, putting toothpaste on his toothbrush, leaving a note, calling or texting just because, making him special valentines muffins : )] they are all acts of service. They require thought, planning, time, effort and energy. If done with a positive spirit, they are indeed expressions of love.

A willingness to examine and change stereotypes is necessary in order to express love more effectively. Remember, there are no rewards for maintaining stereotypes, but there are tremendous benefits to meeting the emotional needs of your spouse. If your spouse's love language is acts of service, then "actions speak louder than words."

### ***Physical touch***

We have long known that physical touch is a way of communicating emotional love. Numerous research projects in the area of child development have made that conclusion: Babies who are held, stroked and kissed develop a healthier emotional life than those who are left for long periods of time without physical contact.

Physical touch is also a powerful vehicle for communicating marital love. Holding hands, kissing, embracing and sexual intercourse are all ways of communicating emotional love to one's spouse. For some individuals, physical touch is their primary love language. Without it, they feel unloved. With it, their emotional tank is filled, and they feel secure in the love of their spouse.

Implicit love touches require little time but much thought, especially if physical touch is not your primary love language and if you did not grow up in a "touching family." Sitting close to each other as you watch your favorite television program requires no additional time but may communicate your love loudly. Touching your spouse as you walk through

the room where he is sitting takes only a moment. Touching each other when you leave the house and again when you return may involve only a brief kiss or hug but will speak volumes to your spouse.

Once you discover that physical touch is the primary love language of your spouse, you are limited only by your imagination on ways to express love.

**God's love language is obedience.** What preceded this passage where they ascended the mountain was a vow to obedience...intimacy with God does not happen apart from obedience...:

Jesus= John 4:34 New International Version (NIV)

34 "My food," said Jesus, "is to do the will of him who sent me and to finish his work."

**Guidance for Life's Adventure/Closing**