

Week 7

February 16-22, 2026

BIBLE STUDY COMPANION GUIDE

Bible Project Video

Law and Covenant: <https://bibleproject.com/articles/what-is-the-law>



Main Sermon Passage

Exodus 20:1–17

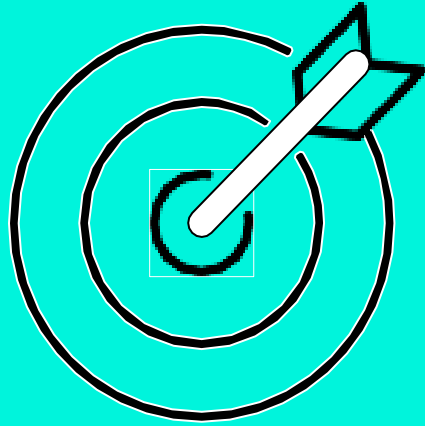
Study Passages of the Week

Exodus 16–19, 21–24; Psalm 23

Theme or Focus

God brings His people to Mount Sinai, where He establishes a covenant and gives the Ten Commandments, “The Ten Words.” These divine boundaries form the foundation of Israel’s identity and moral compass, shaping how a redeemed people should live. The surrounding chapters detail God’s provision, the setting of Sinai, and the covenant ceremony.

Psalm 23 complements this with its imagery of guidance, provision, and covenant relationship with the Lord as Shepherd. Together, the texts emphasize how redemption leads to responsibility.



Memory Verse

“Love the Lord your God with all your heart and with all you soul and with all your strength.” – Deuteronomy 6:5

Reflection & Discussion

Why are the Ten Commandments given after deliverance, not before?

Which commandment feels most significant in your life right now?

How do these laws reflect God’s character and values?

In what ways does obedience honor your covenant with God?

What does Psalm 23 reveal about God’s care?

Fill in the Blanks

The first commandment is “You shall have no other _____ before me.”

God spoke to Moses on Mount _____.

The Ten Commandments were written on _____ tablets.

Psalm 23 begins, “The Lord is my _____.”

God’s law was given to guide the _____ of His people.