ORDER OF EVENTS	
Exodus 19:3 And Moses went up to God, and the Lord called to him from the mountain, saying, "Thus you shall say to the house of Jacob, and tell the children of Israel:	FIRST TRIP up the mountain and back down
Exodus 19:8b So Moses brought back the words of the people to the Lord ¹⁴ So Moses went down from the mountain to the people	SECOND TRIP up the mountain and back down
Exodus 19:19-20a And when the blast of the trumpet sounded long and became louder and louder, Moses spoke, and God answered him by voice. ²⁰ Then the Lord came down upon Mount Sinai, on the top of the mountain.	 Moses asked the Lord for the words/covenant or instructions promised in verse 5. God answers Moses by speaking aloud the Ten Commandments recorded in Exodus 20:1-17. The people tell Moses to talk to God in Exodus 20:18-20
Exodus 19:20b And the Lord called Moses to the top of the mountain, and Moses went up. Exodus 19:21 And the Lord said to Moses, "Go down and warn the people, lest they break through to gaze at the Lord	 THIRD TRIP Moses goes up the mountain and receives Exodus 20:22-26,and 21:1-23:33 called the "Book of the Covenant" (24:7) 3. Moses is sent down to get Aaron and others and bring them up (here and Ex 24:1-2). 4. According to Exodus 24:3-4, BEFORE they go up, Moses tells the people the "Book of Covenant." 5. AND Moses builds an altar and sprinkles blood on the people Exodus 24:5-8.
 Exodus 19:24 Then the Lord said to him, "Away! Get down and then come up, you and Aaron with you. But do not let the priests and the people break through to come up to the Lord, lest He break out against them."25 So Moses went down to the people and spoke to them. Exodus 34:4Then Moses rose early in the morning and went up Mount Sinai, as the Lord had commanded him; and he took in his hand the two tablets of stone. Exodus 34:29 Now it was so, when Moses came down from Mount Sinai (and the two tablets of the Testimony were in Moses' hand when he came down from the mountain) 	 FOURTH TRIP THEN Moses, Aaron, Nabab, Abihu and the 70 elders go up (Exodus 24:9-11) and come down. According to Exodus 24:12-18 Moses and Joshua (32:17) go up to get the tablets of stone and stay 40 days. But Moses alone "sees" the LORD (24:2). When Moses comes down, we have the Golden Calf episode Exodus 32:1-33:23 FIFTH TRIP: Moses goes up to receive the second copy of Ten Commandments. He stays once again for 40 days and 40 nights. This time it records that Moses' face was shining.