

COMMANDMENT 04

Introduction: We live in a production economy where worth = output. The Sabbath command cuts into that lie weekly: God works and God rests—and we’re made in His image. Sabbath retrains us to say, “I am not my bricks,” and to live from identity, not for it.

ICE BREAKERS

- ☐ What’s your go-to answer when someone asks, “What do you do?” How much of “you” is wrapped up in that?
- ☐ Share a time you tried to slow down and it felt... wrong. What made rest feel irresponsible?

EXPLORE

Exodus 5 shows Egypt’s lie (you are your bricks). Genesis 2 and Exodus 20 ground Sabbath in creation (God works and rests). Deuteronomy 5 ties Sabbath to liberation (you were slaves—no more). Matthew 3 centers identity: the Father’s voice before performance. Matthew 11 and John 15 invite rest and abiding that produce fruit.

- ☐ Read Exodus 5:10-19; Genesis 2:1-3; Exodus 20:8-11; Deuteronomy 5:15; Matthew 3:16-17; Matthew 11:28-30; John 15:4-5, and Isaiah 58:13-14.
 - What does Exodus 5:10–19 reveal about how Pharaoh assigns worth?
 - In Genesis 2:1–3, what do you learn about God, and your identity, when you see God rest?
 - What two reasons for Sabbath do you see when you compare Exodus 20:8–11 and Deuteronomy 5:15?
 - How does Matthew 3:16–17 (before Jesus’ ministry) reshape your idea what gives value?

DISCUSSION QUESTIONS

- ☐ Where do you feel most defined by output (grades, sales, responses, likes)?
- ☐ What “Pharaoh voices” (external or internal) push you to keep producing—work, image, relationships, even religious rules?
- ☐ “Hurry and joy are incompatible.” Where is hurry stealing your joy right now?
- ☐ We often carry unwanted labels (not enough, too much, failure, disappointment). Which labels have you been tempted to live under? How have they shaped your decisions?
- ☐ What do your Sabbath practices tell others about God? What are they a witness to?

PRAYER & PRACTICE

Challenge one another to read Matthew 3:17 aloud with your name: “You are my child, whom I love; with you I am well pleased.” Sit quietly for one minute. Then do the same each day this coming week.

Close in prayer. Thank God for the gift of Sabbath that helps us to reform our identity again in Him. Confess places you’ve lived like a machine, seeing yourself as only your output. Ask the Spirit to free you from Pharaoh’s voice around you and inside you and to teach you to abide. Then check in and see if there is any way you can support one another this week.

