



## **Sabbath Rule: Reclaiming Our Identity**

Exodus 1:1-14; 20:8-11 | May 28, 2023

***Please use your mobile device or a journal to take extra notes.***

A. Three Spiraling Oppressions (*Exod. 1:5-14*)

1. **ECONOMIC** oppression
2. **FAMILY** oppression
3. **IDENTITY** oppression

• Oppression is **ALWAYS** supernatural. (*Eph. 6:12*)

B. **SABBATH** is God's strategy for **RECLAIMING** our identity in Him.  
(*Exod. 20:8-11*)

C. Four Movements to Sabbath

1. **STOP** (*Ps. 46:10*)
2. **REST** (*Ps. 23:1-3*)
3. **DELIGHT** (*Ps. 119:16*)
4. **WORSHIP** (*Ps. 138:1-2*)