



Discussion Guide — The Infinite Game (Week 5)

Date: February 8, 2026

Series: The Infinite Game

Message: Build In Breaks

Scripture: Exodus 20:8-11; Deuteronomy 5:12-15 (The Message)

Opening Prayer

Gracious God, You bless time and call it holy. Teach us to stop, to rest, to delight, and to worship so we can keep choosing the good with You. Amen.

Introduction & Context

Sabbath is God's built-in "timeout" so we can keep playing the long game of faith. In Exodus 20, God commands a weekly stop patterned after Creation (God rests) and echoed in Deuteronomy 5 (God frees). Sabbath isn't a reward for finishing the list; it's consecrated time that forms us into a people who work six, stop one, and remember who (and Whose) we are.

Scripture

Read Exodus 20:8-11 (MSG) and Deuteronomy 5:12-15 (MSG) aloud, leaving a brief silence afterward.





Discussion Questions

1) Framing the “Built-In Break”

1. Where do you notice life pushing you into “go, go, go”? What does that pace do to your relationships, prayer, or joy?
2. If Sabbath is a “timeout,” what outcomes would you expect from a good timeout (clarity, breath, strength, unity)? Which of those do you most need right now?

2) Two Lenses: Creation & Exodus

1. **Creation lens (Ex 20):** God rests and blesses time. What does it change in you to believe God delights—not just demands?
2. **Exodus lens (Dt 5):** Sabbath remembers liberation. Who gets to rest because you do—family, coworkers, those you lead? Where might your stopping become someone else’s freedom?

3) What Sabbath Is (and Isn’t)

1. Which counterfeit Sabbaths have you tried (collapsing, numbing, “recharging to grind harder”)? How did they leave you?
2. Sabbath aims at **Stop, Rest, Delight, Worship.** Which movement is most natural for you? Which is most resistant—and why?

4) Naming the “Pharaohs”

1. Where do you feel the tyranny of **productionism** (“I am what I produce”) or **perfectionism** (“The list must be done”)?
2. What would it sound like to answer those tyrants with the truth: “I am beloved. God is God; I am not”?

5) Designing a Reachable Sabbath

1. Given your current season, what would a *realistic* Sabbath block look like this week (3–6 hours or 24 if possible)?
2. Pick **two** practices that fit your wiring (e.g., unhurried meal + nature walk; nap + psalm; art + worship). How will you mark the start and set one boundary (e.g., no work email)?





Put It Into Practice (2–3 minutes in group)

- **Name your block:** Day/time this week.
- **Name your boundary:** One tech/work limit.
- **Name your delight:** One activity that reliably sparks gratitude.
- Share your plan with the group (briefly). Pair up for a mid-week check-in text.

Closing Prayer

Lord of rest and rescue, teach us to stop. Bless our Sabbath with Your delight. Free us from hurry and from thinking the world relies on us. Form us into a people who work with love and rest with You. Amen.

Key Takeaway

Sabbath is not time off from life; it is time with God that makes faithful life possible.

Next Step — P.A.R. (Pray • Act • Reflect)

Pray — Ask the Spirit to reveal one “Pharaoh” (production, perfection, people-pleasing) you’re laying down this week and one delight you’ll receive with God.

Act — Keep a reachable Sabbath block *this week*:

- Mark the start (candle + short prayer).
- Practice **two** movements (Stop/Rest/Delight/Worship).
- Hold **one** boundary (e.g., no work email).

Reflect — 5 minutes at the end of your block:

- Where did I sense delight? Where did resistance show up?
- What small tweak will make next week’s Sabbath more joyful and reachable?

Created from original content with the assistance of ChatGPT.

