



Flourish: Physical Health

March 3, 2024

Speaker: Pastor Joshua Symonette

Scripture: Hebrews 4:1-11, Genesis 2:2

Sermon Overview: God tells us that all but two members of the original Israelites that He brought out of Egypt died in the wilderness. God refused to let them enter the Promised Land (His rest) because they had not obeyed. The instruction they failed to obey was that they did not believe. The writer of Hebrews encourages us, now, to make every effort to enter God's rest by believing and ceasing from our works. Rest is a command from God and not a suggestion.

Sermon Series Question:

1. Where are you planted? Where is your hope planted?

Sermon-Specific Questions:

1. Why do you think our culture places such a high value on work and activity? Read Hebrews chapters three and four. Why do you think God places such a high value on rest? Take an inventory of your activity and rest time during a typical week. Do your habits reflect that you value rest as God does?
2. What is the purpose of God-centered rest? How can you plan rest into your schedule so that it reflects the purposes of God? How is planning to rest an act of faith? Who can you ask to come alongside you as you set new rest goals? How can these people help you in your walk of faith?

Digging Deeper:

1. We need rest in all aspects of our being. Make a list of the different types of rest. Your list could include physical, mental, or emotional (but feel free to add other types). Now, make a list of how you rest in each category. Do you notice any patterns in how you rest? Do

you notice any areas where you need to improve? Spend some time in prayer, seeking God, and asking for His thoughts on your rest habits.

Practical Application:

- Consider looking at our fasting resources at ncc.re/fast. What has your experience been with fasting?
- Join us for the John Wesley fast—Text “fast” to—844-504-0861
- Join a group or a ministry team, or become a mission partner!
- Get in community with a small group. It’s not too late. Check them all out at ncc.re/groups!!