HOPE ANTHEM CHURCH

RESIST THE RUSH WEEK 5
"A Rested Development"
PASTOR CAMERON PRESSON
08.31.25

HEBREWS 4:1

God's promise of entering his rest still stands, so we ought to tremble with fear that some of you might fail to experience it.

THE _____ IS NOT THE ISSUE, THE _____

TO _____ IS.

_____ (ENGLISH) // _____ (HEBREW - OT) // _____ (GREEK - NT)

- TO _____, _____, _____ ALL TOGETHER

WHAT HAPPENS WHEN WE _____ THE _____?

OUR _____ _____:

they repair muscles and tissues, replenish energy stores, lower stress and inflammation, improve brain function and mood, and support heart, immune, and cellular health.

OUR _____ _____:

allowing for clearer thinking and focus, better memory and learning, emotional stability and reduced stress, increased creativity and insight, and renewed motivation and mental energy.

OUR _____ _____ _____:

as we intentionally connect with God, we are filled up so we can pour out, recognize areas in need of alignment, and experience God's presence more deeply than any other day of the week.

HOW DO I _____?

_____ _____

_____ _____

_____ _____

_____ _____ _____

_____ _____ _____

EXTRA NOTES:

QUESTIONS TO CONSIDER AND REFLECT ON THIS WEEK:

1. *Have you ever truly taken a sabbath? What do you remember about it? How did you feel after?*

2. *What is the biggest roadblock to you honoring the sabbath?*

3. *How could you "delight" in your sabbath? What can you look forward to doing during rest?*

WHAT'S YOUR NEXT STEP? SCAN HERE TO LEARN MORE!

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