

“Good Health - What’s That??” Part 4

Hebrews 4:9-11 *There remains, then, a Sabbath-rest for the people of God; for anyone who enters God’s rest also rests from his own work, just as God did from his. Let us, therefore, make every effort to enter that rest, so that no one will fall by following their example of disobedience.*

Good Health = Diligence + Disciplined Exercise + Nutritious Food + Rest

Rest:

▶ Rest is a _____.
Exodus 16:29; Mark 2:27

▶ True rest takes _____.
Hebrews 4:11

▶ True rest is found _____.
Matthew 12:8; 1 John 3:19; Matthew 11:28-30

What do you need to rest from?

WEEKLY PSA CHALLENGE -

PRAY – Pray for the CEF 5-Day Club at Bayside this week and for Alex, Erick, and Ryan as club leaders.

STUDY – Psalm 1

ACT – Set up a half-day Sabbath THIS WEEK!

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