An object at rest will remain at rest and an object in motion will maintain a constant velocity unless acted upon by a net external force.

A net external force means the sum of all forces acting on the object.

Now that the object is on the ground, there is a force pushing it outwards from the surface. This is the force normal.

Adding both the force gravity and force normal will result to zero, therefore the object is at rest.

It looks like the princess has been taken hostage by these nefarious goblins!

Now you must use your forces to push the block towards the watchtower for this daring rescue!