



4. The Method - Sabbath of the Heart

Pastor Cory Reeves

...He commanded them not to depart from Jerusalem, but to
_____ for the Promise of the Father... Acts 1:4

“Putting away all differences, all desire for the supremacy, they
came close together in Christian fellowship. They drew nearer and
nearer to God ...These days of preparation were days of deep
_____ searching.” Acts of the Apostles 37

"There remains therefore a _____ for the people of God.
For he who has entered His rest has himself also
_____ from his works as God did from His."

Hebrews 4:9-10

It (the Sabbath) was designed to bring men into communion with God; but when the mind was absorbed with wearisome rites, the object of the Sabbath was thwarted. Its mere outward observance was a _____. Desire of Ages 286

"Come to Me, all you who labor and are heavy laden, and I will give you _____." Matthew 11:28

"_____ in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me." John 15:4

This Week's Homework: Practice the Pause – Carry Sabbath Rest
When you get triggered this week, don't fight back or reach for your old coping mechanisms. Drop the heavy backpack and practice the Sabbath of the Heart by walking through these three steps:

Step 1: _____ the Trigger. (Stop. Don't react. Hit pause.)

Step 2: _____ in Jesus. (Leave the arrow with Him.
Don't try to fix it yourself.)

Step 3: Pray to be Filled with the _____
_____.

A Prayer for the Week: "Jesus, I am tempted to try and fix this myself. I am tempted to get angry, to hide, or to numb the pain. But I already gave this wound to You. You are my Advocate. I am choosing to drop the backpack, rest in You, and let You handle this. Fill me with Your Spirit. Amen."