

An Explanation of This Document:

What you are about to look through are my notes from this Sunday as well the pastoral guide that I shared about towards the end of our conversation. If you want to jump straight to that just go down to the section titled pastoral guidance. The other sections may have some grammatical errors (hopefully not 😊, but if they do please excuse them) because I wanted to keep my writing as authentic as possible. That part is just some small writings to place everything that has been going forth into a point of view to see how everything connects. The pastoral section shouldn't have many grammatical errors because I placed it through AI to help me. I did that section because I wanted to make sure that it is very clear. I made sure to keep my words and just get assistance on the grammar and structure. This section is created to help us go deeper into our union in a practical way. If there is anything you have questions about, I trust that the Holy Spirit will give us more insight. I'm open to further discussions and push back as well!

Grace and Peace my friends. I hope you enjoy it 😊..

The Apostolic Foundation:

Sunday Gathering at Harvest Christian Church

For almost a month Apostle Bob has been facilitating us into these passages.

“For this reason I too, having heard of the faith in the Lord Jesus which exists among you and your love for all the saints, do not cease giving thanks for you, while making mention of you in my prayers; that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and of revelation in the knowledge of Him. I pray that the eyes of your heart may be enlightened, so that you will know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, and what is the boundless greatness of His power toward us who believe. These are in accordance with the working of the strength of His might which He brought about in Christ, when He raised Him from the dead and seated Him at His right hand in the heavenly places, far above all rule and authority and power and dominion, and every name that is named, not only in this age but also in the one to come. And He put all things in subjection under His feet, and made Him head over all things to the church, which is His body, the fullness of Him who fills all in all.” Ephesians 1:15-23 NASB2020

“For this reason I bend my knees before the Father, from whom every family in heaven and on earth derives its name, that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner self, so that Christ may dwell in your hearts through faith; and that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the width and length and height and depth, and to know the love of Christ which surpasses knowledge, that you may be filled to all the fullness of God. Now to Him who is able to do far more abundantly beyond all that we ask or think, according to

the power that works within us, to Him be the glory in the church and in Christ Jesus to all generations forever and ever. Amen.” Ephesians 3:14-21 NASB2020

Teaching:

In Ephesians 1:17 there is something valuable to notice. Paul is saying Wisdom and Revelation are joined together to bring us into “The” knowledge of God. In the Greek “the knowledge” is actually one word and this word is a noun and it means **recognition, full discernment, acknowledgment, acknowledging**. (See notes section for where I found this) This same word is used in 1 Timothy 2:4 when Paul tells Timothy that God desires for all men to be saved and come to THE KNOWLEDGE of the truth. He also uses this same word in 2 Timothy 3:7 when he says there are a group of people who are ever learning but never come to THE KNOWLEDGE of the truth. He isn’t talking about information when he uses the word knowledge. He’s talking about recognition. He’s talking about identifying him. So Paul is saying wisdom and revelation helps us identify God. Wisdom and revelation helps have full discernment of God. Wisdom and revelation helps us acknowledge God. Wisdom and revelation helps us walk in acknowledgment of God. He also communicates that this recognition of God is not wishy-washy. Meaning that wisdom and revelation helps us have a firm identification of him. Thus saying that there does not have to be mystery but clarity when it comes to our Father. Then he goes on to make more definitive statements saying HIS CALLING, HIS INHERITANCE, and HIS MIGHT! So we have THE KNOWLEDGE of him, HIS CALLING, HIS INHERITANCE, HIS MIGHT. All statements that carry weight and an invitation into the stability of God. So the knowledge of him takes us into his calling, his inheritance, and his might. So wisdom and revelation helps us recognize Jesus.

Notes:

- Check out this link to see how I was able to break down “the knowledge” in the Greek - <https://biblehub.com/greek/1922.htm>
- I also use an app called Logos Bible App that has a ton of resources that helps me study the scriptures.

The Prophetic Foundation:

FirstFruits Gathering at Harvest Christian Church

Title: The Eyes of Your Heart

Date: October 13, 2026

Messenger: Prophet Suzi Armstrong

God continues to call us higher and deeper in him. It is a realm of encounters that is reforming our thinking as the Holy Spirit opens the eyes of our heart and we begin to see and understand in new unprecedented ways. It is radical! Realms of revelation and realms of light. Realms of

wisdom and realms of the miraculous. These are realms that are bringing dramatic change. Do not be afraid. As the Lord called John to come higher and see; we too are being called into higher realms to see. (See Revelation 4 & 5)

Evangelistic Message:

John was called higher and entered into the throne room, but even at the throne he eventually saw the Lamb. The one that the elder said was worthy to break the seal and open the scroll. There are many things that can be highlighted out of John's encounter but I sense the Holy Spirit highlighting one thing for us. Which is this: Even though John got called higher he still came in contact with the Lamb. And it wasn't just a lamb, it was a lamb that looked as if it had been slain... This lamb being Jesus. Jesus invited John higher and Jesus met John in that high place. As we recognize Jesus, come to Jesus, and learn from him true internal rest is experienced. We go from warring in the flesh to resting in, through, and by Jesus as Holy Spirit empowers us. Matthew 11:28-30 says, "Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light." Matthew 11:28-30 NLT

I sense Father saying:

Go to my son all who are weary and heavy laden, and he will give you rest. Take his yoke upon you and learn from him. He's gentle and humble in heart, and you will find rest for your souls. His yoke is way and his burden is light.

I hear Holy Spirit saying:

Go to Jesus all who are weary and heavy laden, and he will give you rest. Take his yoke upon you and let me teach you about him and make you like him. He's gentle and humble in heart, and as you let me make you like him you will find rest for your souls. His yoke is easy and his burden is light.

Pastoral Guidance:

Matthew 11:28–30: Following The Gentle and Humble Shepherd

Matthew 11:28–30 is a promise from our Lord that is from the Father and stamped by the Holy Spirit. How can I say this? Well, Jesus said He only says what He hears Abba Father say. Jesus also teaches that the Holy Spirit's delight is to testify about Him. There we go!

My friend, Ephesians 1:18 says that we are God's inheritance, which means we are Jesus' inheritance. We are the Father's inheritance, and we are the Holy Spirit's inheritance.

If we are Their inheritance, then it makes sense as to why Jesus would say for us to come to Him. I visualize Him reaching His hand out as a good shepherd and saying, "Come to Me."

There is such an invitation from our God to come to Jesus and truly learn of Him. So, I am encouraging you to accept this invitation. My encouragement for you is to set aside time to truly sit with the Father on this passage and see where the Father takes you.

If You Want Further Clarification on How to Do This, Keep Reading:

For the next week, set aside 20 minutes to read Matthew 11:28–30. As you are reading, highlight parts that seem to be jumping off the pages to you. You can even read the verses before and after to get a better understanding of what you are reading.

Once the 15 minutes are up, set aside another 5 minutes to ask the Holy Spirit what He is showing you about Jesus and what He is showing you about who you are in Jesus. Be authentic and organic with Him.

After you write the questions down, be open to how He communicates. Here are a few parameters for you when listening to His voice. Three keys I've learned:

- You want to look to see what He may show you in your heart.
- You want to listen to see what He may say to your heart.
- You want to sense what He may be saying to your heart.

You don't have to wait forever to hear back from Him either. It's not a long-distance call because He lives in you.

He will never say things to make you feel like you are not worth anything. He will say things that are beneficial to you walking with Him and becoming like Him. (See Genesis 1:26–28, Romans 8:28, and John 17:3.) You will experience peace, joy, love, goodness, self-control, faithfulness, gentleness, and patience as you hear Him.

You don't have to force it either. Just write down whatever you get while being open to the Father speaking to you by the Holy Spirit in those three ways.

You may hear actual words that you can't physically hear but can hear in your heart. You may get a vision—a vision is an encounter with God where He speaks to you through it. You may see pictures in your heart that God is showing you and speaking to you through. You may also get a physical feeling or a deep emotional feeling that God is speaking to you through. Just be open; there is no need to be afraid of the Father.

Once you write down what He says, ask Him to make it plain and simple to you. You will leave with clarity and not confusion.

Here's an example of what it could look like in your journal:

You: Holy Spirit, what are You showing me about Jesus?

Holy Spirit: *Here, you write down whatever you are sensing the Spirit to be saying to you.*

You: Holy Spirit, what are You showing me about my identity in Christ?

Holy Spirit: *Here, you write down whatever you are sensing the Spirit to be saying to you.*

You: How do these two things You said to me connect? Make it simple for me, please.

Holy Spirit: *Here, you write down whatever you are sensing the Spirit to be saying to you. Then, just continue to be curious about the conversation.*

Whatever he says you want to be open to him causing his words to become real to you. A great way to partner with what he says is by turning his words to you into a prayer you can pray back to him.

The Next Part of This Encouragement Is This:

As you go throughout the day, be aware of the Holy Spirit inviting you to chat with Him more about what you guys began to talk about during your quiet time with Him.

As you have time throughout the day, meditate on Matthew 11:28–30 and the conversation you had with God during your quiet time, say the prayer you created and talk to Him more about what He shared.

Try to get to places early enough to take 2–3 minutes before you walk into a new space or transition into a new environment. Use that time to ask the Holy Spirit if there is more He wants to talk to you about as it pertains to your previous time with Him.

The question you can ask is this:

1. Holy Spirit, is there more You want to talk to me about from our earlier conversation?

Be as detailed as possible when journaling what He says to you.

Once the week ends, ask the Holy Spirit where He wants you guys to go next in your conversations, if He hasn't already told you, and just enjoy the beauty of walking with your Father.

Enjoy Him because He enjoys you, and be ready to become more like Him. It is such a delight!

Here Is an Example Journal of Me and the Lord

(These are different questions. This is not a formula; it's a tool you can use to help you have deeper intimacy with the Father, Son, and Spirit.)

Me: Father, what is Your heart for us as a family today?

Them: Know that we reign, son, and so, because you are made in My image, you have the same trait in the earth—to reign. You can reign because I reign supreme. (Psalm 24:1, 1 John 4:19)

Me: Well, what does this look like?

Them: Reign over your time and thoughts (Psalm 90:12, Philippians 4:8). Practically, this looks like simply following the Holy Spirit and letting Him conform you into the image of My Son as you are walking with Us.

Me: The thought I have now is that my life needs to be automated so that my day-to-day is conducive to this lifestyle.

Them: Be eager to experience this faith-rest life now, so that you won't be one who falls short by following the same pattern of doubt and unbelief as some have. You don't have to automate your life to live by My Spirit, but I understand what you are saying. (Hebrews 4:11, 1 Peter 5:7)

More Questions You Can Ask

- Holy Spirit, how does what Jesus said in Matthew 11:28–30 pertain to my life right now?
- Holy Spirit, how can what Jesus said in Matthew 11:28–30 help me in this challenging season I am in right now?

I pray that the eyes of our heart are enlightened to see our wonderful Father, His Son, and His Spirit. I pray that, as we see Them, we may see who we are in Them.

Blessings, my friend!