

I. TEACHING NOTES

OPENING THOUGHT

My purpose is to _____ God.

My mission is _____ right now.

Week 1 Declaration I am who God says I am.

Week 2 Declaration God sees me in every season.

Week 3 Declaration God is forming my character for my calling.

Week 4 Declaration God has surrounded me with the right people.

Week 5 Declaration God is revealing my next step.

Week 6 Core Truth Before God does something through me,

He wants to do something _____ me.

Point 1 Spiritual Preparation Is Not

Knowing God's assignment is not the same as having
the _____ to fulfill it.

Luke 5:16

"But Jesus often withdrew to lonely places and prayed."

One area where I need to seek God more intentionally:

Point 2 _____ **Declares Dependence**

Ezra 8:21

“There, by the Ahava Canal, I proclaimed a fast, so that we might humble ourselves before our God.”

“God, I need You more than I need _____.”

What burden am I trying to carry in my own strength?

Point 3 **God Often** _____

Before He Changes Our Circumstances

Romans 12:2

“Be transformed by the renewing of your mind...”

Where might God be preparing me right now?

Point 4 Spiritual Strength Grows In

Matthew 18:20

“For where two or three gather in my name, there am I with them.”

Who are the people helping me seek God in this season?

Point 5 _____ Produces Courage

Proverbs 3:5–6

“Trust in the Lord with all your heart...”

What act of obedience requires courage from me right now?

II. REFLECTION

1. Sunday Recap

What stood out most to me?

One truth I need this week:

2. Spiritual Inventory

Evaluate your current spiritual habits.

Prayer Life

- Consistent
- Occasional
- Struggling

Bible Reading

- Daily
- Several times per week
- Inconsistent

Dependence on God

When facing challenges, I tend to:

- Pray first
- Plan first
- Worry first
- Ask others first

Listening to God

How much intentional space do I create to hear God's voice?

- A lot
- Some
- Very little
- Almost none

3. Listen to God

"God, what are You asking me to do?"

III. READING PLAN

Day 1: Esther 4:15–17

→ Esther seeks God before she acts.

Day 2: Ezra 8:21–23

→ Fasting expresses dependence on God.

Day 3: Matthew 6:16–18

→ Fasting is about the heart, not appearance.

Day 4: Luke 5:12–16

→ Jesus regularly withdrew to pray.

Day 5: Proverbs 3:5–6

→ Trusting God produces confidence.

Day 6: Philippians 4:4–9

→ Prayer replaces anxiety with peace.

IV. TAKE ACTION

Spiritual Preparation Plan

This week I will intentionally create space for God through:

- Prayer
- Bible Reading
- Worship
- Journaling
- Fasting
- Silence and Listening
- Other:

My Fast Commitment

This week I will fast:

- One meal
- One day
- Three days
- Social Media
- Entertainment
- Other:

Purpose of my fast:

My Next Step of Dependence

Instead of carrying this burden alone:

I will trust God by:

Prayer

Father,
Teach me to depend on You more than I depend on myself.
Forgive me for trying to accomplish spiritual assignments
through human strength.
Help me seek You before I act, pray before I worry, and trust
You before I understand.
Prepare my heart for the mission You have placed before me.
Give me courage that comes from surrender and faith that
comes from knowing You are with me.
For such a time as this.
In Jesus' name, Amen.

SMALL GROUP QUESTIONS

Dependence Before Action

1. Seeking God First

- Why do you think Esther stopped to fast and pray before approaching the king?
- What does that teach us about preparing for difficult situations?

2. Dependence vs. Self-Reliance

- What is your natural tendency when facing a challenge:
- Pray, plan, worry, avoid, or control?
- How can dependence on God change the way we respond?

3. Spiritual Preparation

- Can you think of a time when God prepared you internally before changing your circumstances?
- What did He teach you during that season?

4. Community Matters

- Esther invited others to fast with her.
- Why is it important to seek God with other believers instead of always trying to carry burdens alone?

5. Courage Through Surrender

- What is one area of your life where God may be asking for deeper trust and surrender?
- What would obedience look like this week?

WEEK 6 DECLARATION

I am who God says I am.

God sees me in every season.

God is forming my character for my mission.

God has surrounded me with the right people.

I will walk in courage and obedience.

I will seek God before I take my next step.

For such a time as this.

