



Date: 07/13/25

Speaker: Sarah Olea

1. Scripture:

- John 3:14-15, John 3:30 (AMP), John 12:32

Notes:

- If I'm exalting the Lord, He will put me into different positions to be seen. However, it must be Him receiving the glory.
- Give our desires over to the Lord. Allow our desires to be fulfilled through our desire to serve the Lord.
- Check our motives. Are we doing things to please Him or to please ourselves?

2. Scripture:

- John 4:23-24 (AMP), Matthew 6:5-8, Psalm 139:23-24

Notes:

- God is spirit, invisible to the eye, so we must worship Him in spirit. Being in the spirit is something that comes from the heart, our inner self. It's genuine, not something set as a performance.
- God is absolute, unwavering truth. So we must worship Him in truth according to all that He has revealed to us.

3. Scripture:

- John 3:3, Matthew 6:33, Hebrews 12:14

Notes:

- We **must** be born again. We **must** seek Him first. We **must** obey God. We **must** love God and people without excuse.
- Salvation is complete when we accept Jesus as our Lord and savior. Sanctification is where our work is as we are set aside as holy.
- God has already told us how to obey Him.
- We cannot duplicate the fruits of the spirit. We cannot live righteously without Him.
- If it is a must, it is a requirement not a choice.
- Love is the foundation of the musts that we have to live out. If we do these in love, it doesn't feel like a requirement anymore. It's something you get to do.

4. Scripture:

- Mark 12:29-31, 1 John 4:19, Luke 6:36

Notes:

- Your mind includes your thoughts and understanding. If you love someone with all your mind, it will be seen through how you interact with them and how we speak.
  - Do we think about God throughout our day?
- We **must** unselfishly love others.
  - Are we loving others with expectation or loving freely?
- We **must** reflect God's mercy to others and to ourselves.

5. Scripture:

- 1 Thessalonians 5:18 (AMP), Isaiah 61:3, Hebrews 10:35-36

Notes:

- We must pray, praise and persist (produces spiritual maturity).
- Do not give up fearless confidence which does have a reward.
- We **must** examine ourselves, not others. Before correcting others, we must examine our own hearts. We have to be responsible for our own thoughts, actions and speech.

6. Scripture:

- Hebrews 10:23 (AMP), Deuteronomy 5:29 (NLT)

Notes:

- We must be present and positioned. God moves when we are in position. Fasting will help us position ourselves.
- Weary and distraction is a strategy to remove us from that positioning.
- Let us (a must as a believer) hold onto our faith.
- For continued blessings and alignment of His will, we must fear the Lord (have reverence for him) and keep His commandments.

### Additional Resources

If you're looking for something to read during your fast, here are some options.

- Listen to A Shepherd Looks at Psalm 23 by W. Phillip Keller on Audible.  
[https://www.audible.com/pd/B002V8DIU8?source\\_code=ASSORAP0511160007](https://www.audible.com/pd/B002V8DIU8?source_code=ASSORAP0511160007)