

EVER FULL OF SAP SERIES

Parts 1–13 — One Complete Teaching

Title: “Ever Full of SAP — From Receiving God’s Word to Living It”

Foundation Scripture: Psalm 92:12–15

“The righteous shall flourish like the palm tree... They shall still bring forth fruit in old age; they shall be full of sap, green and flourishing.”

The Central Message

The **Ever Full of SAP** series uses the picture of sap flowing through a living tree to teach a spiritual principle: **God’s Word must get into us, become part of us, and then flow out through our faith, words, obedience, service, and ministry.**

The series develops a progression:

God’s Word → Stored SAP → Faith → Application → Kinetic Movement → Fruit → Lasting Results

Part 1 establishes the central comparison between **potential energy** and **kinetic energy**: God’s Word is compared to stored potential, while acting upon that Word produces movement and fruit.

1. WHAT IS SAP?

Psalm 92:12–15 — Full of Sap

The righteous are pictured as a flourishing tree that remains fruitful even in old age.

The teaching uses **sap as a picture of spiritual vitality and nourishment from God**. Just as sap sustains a tree, God’s Word provides spiritual nourishment that enables believers to remain fruitful.

The first principle:

You cannot produce lasting fruit without a continual supply of spiritual nourishment.

Being “ever full of SAP” means we are not supposed to live spiritually empty. We continually receive from God's Word and God's presence.

2. POTENTIAL ENERGY MUST BECOME KINETIC ENERGY

The series then introduces the energy illustration.

Potential Energy

Something is stored and available.

Kinetic Energy

That stored potential is put into motion.

The teaching applies this spiritually:

God's Word stored in us = potential energy.

God's Word acted upon = kinetic energy.

The Word contains potential, but it is through faith and obedience that the Word is applied and produces results.

Simple illustration:

A person can know what God's Word says but never act on it.

They have **SAP in the tree**, but it has not yet become **fruit in their life**.

Knowing is not the final destination. Doing is.

James 1:22 becomes an important foundation:

Be doers of the Word, and not hearers only.

3. BUILD A ROOT SYSTEM

Part 3 asks a very important question:

“Are we storing potential energy?”

The answer requires labor.

The teaching compares our spiritual life to a tree's **root system**. A strong root system represents disciplined study and spiritual development. Without roots, a tree cannot flourish.

Therefore:

Study is labor.

Study produces understanding.

Understanding produces conviction.

Conviction enables faith.

Faith produces action.

Action produces fruit.

The series emphasizes that salvation is a free gift, while maintaining and developing our spiritual life requires intentional labor in God's Word.

4. SAP IS MORE THAN DELIVERANCE — IT IS RELATIONSHIP

Part 4 moves from **what God gives us** to **our relationship with the Father**.

Salvation is presented as more than simply being delivered from sin. The teaching emphasizes fellowship, intimacy, access, and relationship with God.

The progression is:

5. TURN SAP INTO KINETIC ENERGY

Part 5 makes the central challenge very clear:

“Turn SAP into kinetic energy.”

The teaching focuses especially on believing with the heart and confessing with the mouth, using Romans 10:10 as a major illustration.

Two “drips of SAP”:

1. Believe with the heart.

2. Confess with the mouth.

The teaching connects this with faith coming by hearing the Word and with the power of our words.

But it goes further:

Study + Application = Effective SAP

The goal is not merely to have a full head.

The goal is to have a Word-filled heart that produces obedient action.

6. MOVE THE WORD — DON'T LEAVE IT SITTING STILL

Part 6 gives practical examples of moving from potential to kinetic energy.

The teaching encourages speaking Scripture in the first person and applying God's promises to real circumstances.

It also uses the **envelope illustration** to demonstrate writing down a request and Scripture and using that as a commitment tool in prayer and faith.

The lesson:

Don't merely admire the Word.

Don't merely memorize the Word.

Don't merely talk about the Word.

Move the Word into your life.

That is where potential becomes kinetic.

7. WHAT ARE YOU FILLING YOUR HEART WITH?

The “What's on God's Heart?” teaching adds an important dimension:

What fills you will eventually come out of you.

Matthew 12:34 is used to emphasize that the mouth reveals what is abundant within the heart.

The teaching challenges us to examine what we are allowing into our minds and hearts.

Romans 12:2 is presented as the remedy:

Renew your mind with God's Word.

And Mark 7:14–23 is used to emphasize the importance of what comes from within the heart.

A simple SAP test:

Listen to your words.

What is coming out?

- Faith?
- Truth?
- Hope?
- God's Word?

Or:

- Fear?
- Worry?
- Negativity?
- Pride?

Your overflow reveals your filling.

8. STUDY AND SPEAK YOUR INHERITANCE

Part 8 takes the teaching into the area of **inheritance**.

The series identifies the believer as having an inheritance through Christ and emphasizes knowing, studying, speaking, and applying that inheritance.

The teaching uses these passages:

- John 1:12–13
- Romans 8:17
- Ephesians 3:12
- Hebrews 9:15–17

The challenge:

You cannot effectively use what you do not know you have.

Therefore:

Know your inheritance.

Study your inheritance.

Speak your inheritance.

Apply your inheritance.

The final charge of Part 8 summarizes this movement from stored SAP to applied faith.

9. DRIVE THE VULTURES AWAY

Now the series introduces one of its strongest object lessons.

Genesis 15:11

Abram prepared the sacrifice, and when the vultures came down, **he drove them away.**

The teaching connects this with Jesus' explanation in Mark 4 that birds represent the enemy coming to steal the Word.

Therefore:

If God has placed His Word and promises within us, we must guard what has been given.

The “**vultures**” in the teaching include:

- Doubt
- Fear
- Worry
- Lust
- Pride
- Other things that attempt to steal our focus from God's Word.

Do not simply watch the vultures circle.

Drive them away.

That is kinetic faith.

10. LIVE FROM “IT IS FINISHED”

Part 10 builds upon the sacrifice and inheritance theme.

John 19:30

“It is finished.”

The teaching describes this as the **finished-work capacity**—operating from what Christ has accomplished rather than trying to accomplish the work through our own strength.

Then comes another major principle:

Initiative

Abram was not portrayed as passively watching the vultures.

He acted.

The teaching identifies:

Thoroughness vs. Incompleteness

and

Initiative vs. Unresponsiveness

as character qualities necessary for guarding and applying SAP.

The application:

Blood + Word + Action

Revelation 12:11 is used to show the connection between Christ's sacrifice, our testimony, and our actions.

11. PROTECT THE FLOW

Part 11 adds four-character qualities:

1. Thoroughness

Don't leave things incomplete.

2. Initiative

Act on what needs to be done.

3. Patience

Don't become restless when the manifestation takes time.

4. Decisiveness

Don't become double-minded.

These are specifically connected in the teaching to protecting and maintaining SAP.

The testimony concerning Kinley is then presented as an example of prayer, resistance to fear and doubt, family agreement, patience, and persistence in faith.

Easy way to remember Part 11:

STAND — STAY — STRIKE

Stand by the covenant.

Stay patient and steadfast.

Strike by driving away what attempts to steal the Word.

12. BECAUSE HE LIVES, IT'S NOT IN VAIN

Part 12 brings the series to the **resurrection**.

The central truth is:

Because Jesus lives, our faith and labor are not empty.

1 Corinthians 15 is used to establish that without the resurrection preaching and faith would be empty—but because Christ was raised, the believer's faith has substance and purpose.

Then the teaching brings everything back to SAP:

Potential → Kinetic

God's Word is stored within us, but doing the Word turns potential into movement.

Pentecost is presented as an example of SAP in action:

Peter spoke → people heard → people responded → people acted.

The teaching then emphasizes gathering together, stirring one another toward love and good works, and keeping the spiritual fire burning.

And the final reminder:

Our labor is not in vain.

13. DIGEST THE WORD — DON'T JUST CONSUME IT

Part 13 gives the series a new illustration: **the digestive system of a sheep.**

The teaching establishes several terms:

- SAP — God's Word
- Effective SAP — doing the Word
- Potential energy — the content of God's Word
- Kinetic energy — putting God's Word into motion
- Grazing
- Ruminating
- Casting

GRAZING

The teaching compares grazing to **gathering God's Word through various spiritual tools.**

RUMINATING

Ruminating is compared to **chewing, reflecting upon, and meditating on God's Word with the expectation of application.**

This connects with Joshua 1:8 and the command to meditate on God's Word so that we may do what is written in it.

But then comes an important warning:

DON'T GET “CAST.”

The teaching uses the sheep illustration to warn about an imbalance between eating and exercise.

A sheep that spends too much time eating and ruminating without sufficient movement can become vulnerable to “casting.” The spiritual application is that **study without application creates an unhealthy imbalance.**

James 1:22–25 is therefore central:

Be a doer of the Word.

THE COMPLETE EVER FULL OF SAP PROCESS

Now we can put all 13 parts together.

1. RECEIVE

Take God's Word in.



2. STORE

Build a reservoir of Scripture and understanding.



3. ROOT

Develop a strong spiritual root system through disciplined study.



4. RELATE

Develop fellowship and intimacy with the Father.



5. BELIEVE

Let the Word move from information to faith.



6. SPEAK

Believe with the heart and confess with the mouth.



7. RENEW

Guard what fills your heart and mind.



8. KNOW YOUR INHERITANCE

Discover what God has provided through Christ.



9. GUARD IT

Drive away the “vultures” that try to steal the Word.



10. OPERATE FROM THE FINISHED WORK

Live from what Christ has accomplished.



11. STAND

Practice thoroughness, initiative, patience, and decisiveness.



12. ACT

Turn potential energy into kinetic energy.



13. DIGEST AND APPLY

Grazing → Ruminating → Understanding → Doing → Fruit.

THE BIG IDEA

SAP IS NOT SUPPOSED TO STAY IN THE TREE.

God's Word gets **into us** so God's Word can eventually **flow through us**.

Stored Word becomes applied Word.

Potential becomes kinetic.

Knowledge becomes faith.

Faith becomes action.

Action produces fruit.

Fruit produces lasting results.

THE “EVER FULL OF SAP” FORMULA

READ IT

Get the Word into you.

STUDY IT

Understand what you are reading.

MEDITATE ON IT

Chew on it—ruminate on it.

BELIEVE IT

Become fully convinced.

SPEAK IT

Let your mouth agree with God's Word.

GUARD IT

Drive away what tries to steal it.

DO IT

Put the Word into motion.

SHARE IT

Allow the Word to flow to others.

BEAR FRUIT

Let the Word produce visible results.

FINAL TEACHING CHARGE

Don't become spiritually empty.

Don't become spiritually overloaded without application.

Don't allow the enemy to steal what God has put into you.

Don't allow God's Word to remain stored potential.

Instead:

Be ever full of SAP.

Receive the Word.

Digest the Word.

Believe the Word.

Speak the Word.

Guard the Word.

Do the Word.

Let the Word flow through you.

Bear fruit.

And as Psalm 92 presents the picture, the goal is a believer who continues to flourish and bear fruit—even in old age.

EVER FULL OF SAP

From Word — to Faith — to Action — to Fruit!

The series' final emphasis is especially clear: God's Word is the common denominator throughout the teaching; SAP is stored potential, effective SAP is the Word being done, and kinetic energy is the Word moving outward through discipleship and gospel ministry.

Key closing Scripture:

2 Thessalonians 3:16 — May the Lord of peace Himself grant you peace at all times and in every way.

[Click here.](#) **Resources. Ever Full of Sap Part 1 Potential energy and Kinetic energy**



Ever Full of SAP

Series 1–13

From Receiving God's Word to Living It

"The righteous shall flourish like the palm tree...
They shall still bring forth fruit in old age; they shall be full of sap,
green and flourishing." Psalm 92:12–15

Same
Word.
Deeper Roots.
Greater Fruit.
Ever Full
of SAP!

1

What is SAP?

Psalm 92:12–15



- God's Word is like sap in a tree — it brings life, strength, and fruitfulness.
- You cannot produce lasting fruit without a continual supply of spiritual nourishment.

2

Potential to Kinetic Energy

James 1:22



- God's Word stored in us is potential energy.
- Acting on God's Word produces kinetic energy.
- Knowing is not enough — we must do.

3

Build a Root System

Hebrews 4:2
Romans 15:4



- Study is labor.
- Study produces understanding.
- Understanding produces conviction.
- Conviction enables faith.
- Faith produces action.
- Action produces fruit.

4

More Than Deliverance — It's Relationship



- Salvation is more than being delivered from sin.
- It includes relationship, fellowship, intimacy, access, and growth.
- Salvation leads to a fruitful life with the Father.

5

Turn SAP into Kinetic Energy

Romans 10:10



- Believe with the heart.
- Confess with the mouth.
- Faith comes by hearing the Word.
- Study + Application = Effective SAP.

6

Move the Word Don't Leave It Sitting Still



- Speak Scripture in the first person.
- Use the envelope illustration (write your request and Scripture).
- Move the Word into your life.

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What Are You Filling Your Heart With?

Matthew 12:34
Romans 12:2



- What fills you will come out of you.
- Renew your mind with God's Word.
- Your words reveal your filling.

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Study and Speak Your Inheritance

Romans 8:17



- Know your inheritance.
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Drive the Vultures Away

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- The enemy will try to steal God's Word.
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- Do not simply watch — drive them away!

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Live From "It Is Finished"

John 19:30



- Operate from what Christ has accomplished.
- Blood + Word + Action.
- Be thorough, take initiative. Don't be unresponsive — act in faith.

11

Protect the Flow

- Thoroughness
- Initiative
- Patience
- Decisiveness



- Guard and maintain SAP.
- Stand, stay, and strike.
- Be patient and steadfast.
- Don't be double-minded.

12

Because He Lives, It's Not in Vain!

1 Corinthians 15:13-14



- The resurrection makes it real.
- Our preaching, faith, and labor are not empty.
- Pentecost shows SAP in action.
- Gather together and keep the fire hot.
- God's Word will not return void.
- Our labor is never in vain!

13

Digest the Word Don't Just Consume It

James 1:22



- Grazing = Gathering God's Word through various tools.
- Ruminating = Chewing, reflecting, meditating with expectation of application.
- Don't get "cast" — study without application creates imbalance.
- Be a doer of the Word.

The Big Idea

SAP is not supposed to stay in the tree. God's Word gets into us so God's Word can flow through us.

Stored Word → Applied Word

Potential → Kinetic

Knowledge → Faith

Faith → Action

Action → Fruit

Fruit → Lasting Results

The Ever Full of SAP Formula

1. Read It

Get the Word into you.

2. Study It

Understand what you are reading.

3. Meditate

Chew on it.

4. Believe It

Be convinced.

5. Speak It

Let your mouth agree.

6. Guard It

Drive away the vultures.

7. Do It

Put the Word into motion.

8. Share It

Let it flow to others.

9. Bear Fruit

Let the Word produce results.

Ever Full of SAP — From Word — to Faith — to Action — to Fruit!

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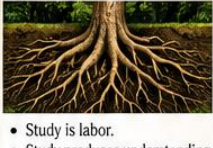


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