

## From the Do to the Who: How Understanding Your True Identity Sets You Free to Live the Life of Purpose You Were Created For with Sarah Roberts

### Warrior Arise! Podcast [Show Notes]

*The mission of the Warrior Arise! Podcast is to inspire, empower, and equip you to think, feel, and act like the powerful Warrior you are so you can Live and Lead bravely, freely, and authentically in your unique purpose and destiny. In each episode, I'll impart hope, passion, and wisdom from my own journey from struggling, striving, and surviving to thriving. You will glean my expertise as a highly sought-after therapist and coach for more than a decade. You'll also hear vulnerable, authentic conversations with fellow Warriors who will share their stories of living in and leading with courage, freedom, and authenticity in a passion fueled and purpose centered life.*

*As a result, you will awaken to your true essence and power and uncage from patterns of thinking and behaving that hinder you so you can live in deeper satisfaction and soar to next level success in life, work, and business! Victory and prosperity are our inheritance. Promise land living is your birthright. As Warriors, we must claim ownership and step into what is ours to possess.*

This episode is full of wisdom and inspiration as Sarah shares her passion for Jesus and living in her purpose and calling. She discusses how most of us are in bondage to the doing mentality and how the performance mindset keeps us in struggle, striving, and surviving in life and out of true relationship and intimacy with God. She shares how to break free from the 'do' and live from the 'who' because once you know at a heart level, who you really are and how loved you are by God, you awaken to a whole new way of living.

#### **In this Episode, Sarah:**

- Shares how she broke free from struggle and surviving in her own life through learning to live Spirit led instead of task driven.
- Shares her embodiment of God's word into her passionate and purposeful way of life and how her ministry has been instrumental to her personal transformation.
- Enlightens us with her experience of how breaking away from the standards of the world can lead to a thriving life filled with the sense of God's constant love and wisdom.
- Walks us through her personal experiences of building a relationship with God and how she helps others do the same so they can live in freedom and fullness!

As a daughter of a coach and the wife of a coach, God has blessed Sarah with the burden and passion for connecting women in sports to Jesus. She began working for FCA in 2003 serving women of sport through speaking, writing, huddles, and building relationships. In her time with FCA, she has served in many roles from Oklahoma to Georgia including the FCA women's director, University of Oklahoma softball chaplain, NBA/NFL wives chaplain, and FCA female staff development. Sarah is the author of three devotion books for the female athlete, coach, and coach's spouse. She is also the co-host of The Huddle Up podcast with her husband, Chris. Sarah and Chris have been married 23 years and have 5 kids, a daughter-in-law, and one grandson.

#### **Quotes from this Episode:**

"My passion is studying God's word, my gift is teaching God's word but my calling is living God's word." - Sarah Roberts

"It never gets old watching God move in such a mysterious way." - Sarah Roberts

"I see that we are so led by the world instead of the Word." - Sarah Roberts

**"Our performance is not who we are. Our identity is not based on that." - Sarah Roberts**

"What truth are you exchanging for a lie? You need to pull that out and ask, what is the truth? And what is the lie?" - Sarah Roberts

**"People know about God. People know religion. But, they don't have a relationship." - Sarah Roberts**

"There's nothing you can do to make God love you any more. And, there's nothing you can do to make God love you any less." - Sarah Roberts

"God doesn't love as a verb. He is love." - Sarah Roberts

#### **Resources:**

Twitter: <https://twitter.com/fcatrophywife>

LinkedIn: <https://www.linkedin.com/in/sarah-roberts-1a6b9346/>

#### **Golden Timestamp:**

**18:51 - 19:48** Sarah relates God's acknowledgement of His Son, Jesus Christ to the identity crisis that people are mostly experiencing now and what we can learn from the story.

**36:03 - 37: 10** When hanging by a thread seems to be the only option, hang on to the thread of God.

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