

# OIL FROM THE PRESS

— A JOURNEY OF INTIMACY WITH JESUS —



Susan Staeger | Olive Press Mentoring Group



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—— A JOURNEY OF INTIMACY WITH JESUS ——

A companion workbook to the e-course  
“Oil from the Press”

Susan Staeger, Founder  
Olive Press Mentoring Group

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## FORWARD

It is a privilege and a joy to introduce the heart and work of my dear friend, Susan Staeger. To know Susan is to know a woman who burns with an unshakable passion for intimacy with Jesus. She speaks truth with unwavering conviction, prays with a fire that stirs faith, leads with courage that inspires, and loves with the tender heart of a shepherd.

I have watched her boldly proclaim the gospel as a dedicated Bible teacher; stand fiercely in the gap for those entrusted to her mentorship; and cheer others on with unrelenting hope as they walk out the fullness of their call. She does so with kindness, passion and a striking sense of humor.

What sets Susan apart is the way she has chosen to yield every part of her life to the refining fire of God's presence. After a powerful encounter with Jesus, she surrendered wholeheartedly to Scripture, prayer, and worship, removing anything that diluted His voice in her life. Out of that surrender flows the message you now hold in your hands, a message straight from the Father's heart. As Susan herself testifies, once you encounter the love of Jesus, you are never the same, you only long for more of Him.

This course meets you in that desire. Yet is so much more than words on a page, it is a heartfelt invitation into a deeper, life-changing intimacy with Jesus. As you action this book, I believe you will be stirred, challenged, and strengthened by the truths Susan has so faithfully taught in these pages and lives out in her day-to-day life.

~ **Heidi McPherson**  
**President, Heidi McPherson Ministries**



## OLIVE PRESS MENTORING GROUP ALUMNI RECOMMENDATIONS

*"You did not choose me, but I chose you and appointed you that you should go and bear much fruit, and that your fruit should remain, that whenever you ask the father in my name, he may give you. John 15:16. Sue brings her all to this ministry. She is a fruit bearer, and her passion is for others to be mighty fruit bearers in all that they do. Her heart aligns with the heart of the Father, as she teaches and equips those who hunger for their passion for Christ Jesus. The wisdom she pours out is not her own; it is through the Holy Spirit, and who wouldn't want that wisdom? I highly recommend this group, it will give you a sense of true freedom to step out in your identity as well as step into your true destiny."*

**~Kelly Harrar, New Jersey**

*"I highly recommend The Olive Press Mentoring Group with Sue Staeger. Each of the eight modules, from Core Values to the Emmaus journey, is filled with deep biblical truth and practical application. Sue leads with wisdom, authenticity, and a heart for God's presence, guiding participants through themes like ministering to the Lord, keeping first love indestructible, and walking through seasons of heartache or confusion. No matter where you are on your Christian journey, this program will strengthen your faith, deepen your intimacy with Jesus, and equip you to walk in God's will with greater clarity and confidence."*

**~Pastor Elaine Rice. Keystone Ministries Int'l., Inc., Pennsylvania**

*"As women, we are always putting others first. Whether you're a mother, grandmother, a wife, or a friend, we know how to be a good Martha. Olive Press will challenge you to go deeper, to come in lower, to be closer to him. Having walked through this process myself, I highly recommend carving out the time for yourself to sit at Jesus' feet like Mary did, to be processed and refined like Oil through HIS press."*

**~Jenny Cupp, "For His Glory" JC A Jewel in His Crown, New Jersey**

*"In the summer of 2024, I was fortunate to join in a 7-week Christian mentoring course by Olive Press Mentoring Group with Sue Staeger. Each lesson written by Sue was Holy Spirit led and so powerful. Sue is a woman of integrity and genuine in her desire to see women walk in the way God has for each of them. These lessons, discussions and the homework assignments had such an amazing impact on me. I grew in deeper relationship with the Lord, learning and understanding the importance of the practice of ministering to the Lord. Through all of this, I have gained a fuller knowledge of who I am, who God wants me to be, I've made needed changes and have been changed. I have grown and continue to do so. If you've been saved many years or a few days, I highly recommend Olive Press Mentoring Group to all who have desire for spiritual growth."*

**~Jane Biggs, Founder, Spring Leaf Life Coaching, New Jersey**

*"Sue pours her whole heart into this course and leads us on a breathtaking journey of intimacy with Jesus. It is evident that she spends much time at His feet, and her deepest desire is for every believer to experience that same first-love devotion. The Indestructible First Love module alone is absolutely life-changing, but truly, every part of this course is life-giving. If you take the time to listen, engage with the Scriptures, and prioritize intimacy with Jesus, your personal life and ministry will be catapulted into new depths. Ministering to the Lord is something so desperately needed in our daily walk, and Sue tenderly reminds us that everything we need flows from that place of worship and surrender. I cannot recommend this course highly enough—it will transform your walk with God and ignite your passion for His presence."*

**Kelly Master, Kelly Master Ministries, South Carolina**



## PREFACE

Welcome, beloved Woman of God,

You are holding more than a companion workbook to the e-course, “Oil from the Press”—you are holding an invitation to transformation. ***Oil from the Press*** was born from a place of deep personal pressing, where the Lord met me in my own distractions, perfectionism, and striving, and whispered, “I want to know you.”

This 8-module journey is not for the faint of heart—it is for the hungry. For the woman who longs to know and be known by Jesus not only in the power of His resurrection, but also in the fellowship of His suffering. It is for the one who desires to break free from the noise and discover the secret place, where oil flows from intimacy and lamps burn with holy fire.

My name is Sue Staeger. I am the founder of The Olive Press Mentoring Group, and I am a certified mentor who walks with women into the quiet places where Jesus waits. Through Holy Spirit empowered mentoring, teaching and retreats, I’ve seen Him heal, restore, and awaken hearts to first love. I’ve seen women set free from the life-long bondage of perfectionism and their ears and eyes open to hear and see what the Lord has planned for their lives. In the Olive Press, Jesus’ voice becomes crisp and clear.

Olive Press Mentoring Group was born from a deep longing to seek the oil of His presence. My mission remains singular and sacred: to raise up women to lead from the overflow—women clothed in readiness, lamps lit, hearts ablaze with Holy Spirit passion and fire.

My prayer is that as you journey through this e-course, you will not just learn—you will encounter. May you be transformed by His Word, His presence, and His call to deeper first love. May you come away more deeply in love with Jesus than you could ever have imagined.

“Be dressed and ready for service, with your lamp lit and burning brightly.” —Luke 12:35. It is my honor to mentor you,

Welcome to The Olive Press.

~**Susan G. Staeger**  
**Founder, Olive Press Mentoring Group**



## TABLE OF CONTENTS

**Forward**

**Alumni Recommendations**

**Preface**

**Page 9.** Module 1. Olive Press Core Values. The Beatitudes.

**Page 15.** Module 2. Stewarding the Presence. Parable of the 10 Virgins.

**Page 20.** Module 3. One Thing Is Needed. Martha of Bethany.

**Page 26.** Module 4. Ministering to the Lord. Mary of Bethany.

**Page 31.** Module 5. Making First Love Indestructible. Set me as a seal.

**Page 36.** Module 6. First Love Lost. The Downfall of the Ephesian Church.

**Page 43.** Module 7. Jesus Steps over Heartache and Betrayal to Do the Father's Will in Gethsemane.

**Page 48.** Module 8. The Road to Emmaus: Jesus Makes Himself Known in the Breaking of the Bread.

Olive Press Mentoring's mission is to raise up women to lead, dressed and ready for service with their lamp lit and burning brightly. Luke 12:35

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*Module 1. Olive Press Core Values. Matthew 5:3-10.*  
*Introduction*

Setting the standard of Core Values is a pressing matter (pun intended). As you dive into Module 1, you will take a look at the Sermon on the Mount's Beatitudes in a way you may have never considered them before.

The Sermon on the Mount is often portrayed as a message delivered to a large crowd. And while there may have been many people present, Scripture tells us that Jesus called His disciples to Himself, sat down, and began to teach them these principles. This was paramount. This was intimate. This was for his closest disciples.

The Beatitudes are the way the Lord wants us to live our lives - and I would suggest that they are a launch pad to walking in the Fruit of the Spirit found in Galatians 5.

Take your time as you listen and read. Do the next step assignment, answer the questions.

Be ready to be transformed in the way you think and act as a follower of the Lamb of God.

**Welcome to Module 1.**



## *Module 1. Olive Press Core Values. Matthew 5:3-10.*

Blessed are: "Makarios" – supremely blessed, fortunate, well off, blessed and happy.

**Core value 1.** Blessed are those WHO ARE POOR IN SPIRIT for the kingdom of heaven belongs to them – verse 3.

"Poor in Spirit" - means begging for the current of Holy Spirit's breath and breeze.

Living in the Olive Press is the pursuit of a life that is fully dependent upon the Lord Jesus.

I rest in the truth that without HIS breath in my lungs I am utterly lost. With HIS breath in my lungs, I am utterly saved and an heir of the Kingdom of Heaven.

"The Kingdom of Heaven belongs to them" - means the royal reign of the abode of God for eternity. In other words, lay it all down to gain it all freely directly from the Father's hand.

**Core value 2.** Blessed are THOSE WHO MOURN, for they will be comforted – verse 4.

"Those who mourn" - means the feeling or act of grieving, wailing, feeling guilt.

Living in the Olive Press is embracing repentance of my sin, mourning how my sin nailed HIM to the cross, confessing my sorrow and rejecting the "she's so strong" syndrome.

As God-fearing women called to lead – we can fall into the trap of "I'll be alright." This is a mindset that must be rejected. We are not "alright" without HIM, and we are only "alright" because of HIM.

"For they will be comforted" - means to invite or call near, exhort, intreat, pray.

Embracing the core value of mourning opens the door for the Holy Spirit – the comforter – to come in and restore our joy through deep intimacy with the Trinity.



## *Module 1. Olive Press Core Values. Matthew 5:3-10.*

**Core value 3.** Blessed are THE MEEK, for they will inherit the earth - verse 5.

“The Meek” - means a demeanor of being gentle, meek, kind.

Living in the Olive Press brings tenderness to our inward and outward person – only ripe, tender olives are pressed into oil. As God-fearing women who lead, we consider others better than ourselves; we live to serve the Lord by serving others.

“for they will inherit the earth” - means to obtain by inheritance, full heirs of the whole of the terrene globe, including the occupants.

All Jesus paid at the cross (the ultimate pressing) is “willed” to those who live just as HE lived. It isn’t “ours for the asking” it is “ours for the living.” Meekness is the open door to look and be like our Lord.

**Core value 4.** Blessed are THOSE WHO HUNGER AND THIRST AFTER RIGHTEOUSNESS, for they will be filled – verse 6.

“Those who hunger and thirst after righteousness” - means being absolutely famished and to suffer from thirst for justice and God’s approval.

Living in the Olive Press is standing for the gospel, what is right and good according to the Word of God – God’s justice requires us to live a life that is pursuing HIS heart and seeking HIM in the secret place. Living in the Olive Press means abundance on the other side of our sacrifice and suffering.

“They will be filled” - means to gorge. The abundance – the overflow - of the Lord’s presence – “the oil” will be so evident in our lives – there will be abundance of oil for our lamps to burn brightly until HE comes. And those around us will either be drawn to HIM or they will hide from HIM because of you. You are called TO BURN BRIGHTLY. THAT TAKES A STORE OF OIL.



## *Module 1. Olive Press Core Values. Matthew 5:3-10.*

**Core value 5.** Blessed are those WHO SHOW MERCY, for they shall be shown mercy. verse 7.

“Who Show Mercy” - means compassionately merciful, full of pity. Living in the Olive Press is embracing our complete dependence on the Lord, and our need for the Father’s love and the power of the Holy Spirit – our eyes (the lamp of the body) are filled with the fresh and pure oil of the Lord – so they burn with mercy for those around us.

Living in the Olive Press draws us into transformation - a pliable, pure substance in the Lord’s hand. Will this be easy? NO – there is nothing easy about the pressing of the Olive Press. We surrender our flesh to gain HIM. He is mercy.

“They shall obtain mercy” - means mercy and compassion by word and deed specifically by divine grace. The mercy and compassion that will be given to us from the Lord (through the word of God, through each other, even from complete strangers) will be the fruit of what we have sown into everyone and everything around us. There is a promised, guaranteed return.

**Core value 6.** Blessed are those who are PURE IN HEART for they will see God – verse 8.

“The pure in heart” - “katharos kardia” (which is where we get cardiac catheterization) means clean, clear, pure mind, heart and body – free of all mixture, void of any undesirable elements. Think of olive oil – pure extra virgin oil is translucent, its scent distinct – if it is cloudy and the scent stale – we know the oil is contaminated and rancid.

Living in the Olive Press produces oil that is pure and fresh – the outer shell of the olive is crushed and the oil within is skillfully crafted without contamination. Purity of heart is the oil that keeps our lamps burning. This is obtained by the daily return to the secret place.

“For they will see God” - means God will allow himself to be seen.

Living in the Olive Press is being in the secret place more than anything else – he purifies us and then his voice, his touch, and vision of HIM becomes clear and distinct. The pure in heart are trusted by the Lord. He opens our eyes (the lamp of the body) to see into HIS heart and to know his plans. My heart’s cry is for HIM to know and trust me.



## *Module 1. Olive Press Core Values. Matthew 5:3-10.*

**Core value 7.** Blessed are THOSE WHO MAKE PEACE, for they will be called sons of God – verse 9.

“The Peacemakers” - means bold declarer of God’s truth in a manner that brings wholeness and healing, peace-loving. In other words, we reconcile those in our life to the Lord. We are not “peacekeepers” we are “peacemakers”.

Living in the Olive Press empowers us to speak the truth of the gospel and of the Word of God – and offer an olive branch (if you will), an invitation into life with the Lord as sons. “They will be called Sons of God” - means their name shall be son of God; sharing the nature of the Father.

When Jesus went to Gethsemane – the Olive Press at the base of the Mount of Olives where he delivered this Sermon – it was to make peace between you and the Father. Jesus finished that work on the cross. Every day, I have the privilege of going back to the Olive Press and once again laying down my will, flesh, and emotions to declare the message of peace through the Cross of Christ. Yes, we need fresh oil every single day of our lives.

**Core Value 8.** Blessed are THOSE WHO ARE PERSECUTED BECAUSE OF RIGHTEOUSNESS, for the kingdom of heaven is theirs – verse 10.

“Those who are persecuted because of righteousness” - means to be pursued, pressed, given to suffer because of your hunger and thirst for justice and the approval of God (not the approval of man). See Core Value 4.

Living in the Olive Press and the purity of your intimacy with the Lord will only truly be tested in persecution. When we’ve placed our lives in the Olive Press of HIM – the secret place, prayer, devotion to all these core values – there will be nothing left to crush when the pressing of the world comes. We will respond with each of these core values – instinctively. (Won’t that be amazing?!)

“For the kingdom of heaven is theirs” - means the royal reign of the King is yours.

When you live in the Olive Press, there is nothing that separates you from Him. Did you notice we’ve come full circle from #1? We are bookended with receiving the kingdom of heaven.



## *Module 1. Olive Press Core Values. Matthew 5:3-8.*

Embracing the Olivet discourse as our mentoring core values is an invitation to die to ourselves – and to come alive in the power of the resurrection. Only the dead get resurrected and walk in the power of the resurrection.

**Next step assignment:** Sit with the Lord and ask HIM which core value you excel in. Then ask HIM which core value HE wants to form more deeply in you. Tell as much about this journey as you wish. Write your answer in the space below.

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### **Discussion questions:**

When considering that one core value that feels central to who you are, how does it influence your routines, your reactions, and the way you carry yourself in different environments?

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As you consider the core value—or Beatitude—that the Lord desires to deepen within you, what areas of your heart, mindset, or habits need to shift so you can fully surrender to His transforming work?

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