



Week 2: Excuses

We all make excuses and allow them to cloud our vision. Here is the list of excuses from Huff Post. If you struggle with any of these, describe why you make that excuse on the line.

1. Money _____
2. I don't have time _____
3. I'm overwhelmed _____
4. It's not the right time to start _____
5. Fear _____
6. I'm too old/young _____
7. It's just who I am _____
8. It's too hard _____
9. What will others think? _____
10. Fear of failure _____

Think about a time when you made an excuse. Grab a journal and walk through the following steps with that scenario:

- Allow the Word of God to change your mind.
- Believe that you CAN DO all things through Christ.
- Break up with the victim mentality.
- Take responsibility and apologize for wrong actions.
- Replace excuses with truth.

Since an excuse is a lie, we have to replace it with truth in order to walk in freedom. Circle the following truths that are the most difficult for you to believe. Process why it is hard for you to believe that statement and ask God to help you believe.

1. God is my provider.
2. My priorities are in alignment; I make time for what is important to me.
3. God is with me.
4. I will step out and try.
5. Perfect love casts out fear.
6. My age doesn't determine my potential.
7. God can do anything - including change me.
8. God is more powerful than anything I face. His strength gets to shine where I am the weakest.
9. I live to please the Lord and no one else.
10. I believe I will succeed.