



BIBLE VERSE

“Let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus.”
Heb. 12:1-2

WHAT IS AN EXCUSE?

1. Excuses are like paper walls.
2. An excuse looks like a reason.
3. An excuse is a lie we tell ourselves about ourselves.
4. Excuses are often selfishness disguised as humility.
5. People who make excuses are rarely making a difference.

PAPER WALLS

LET'S RECALL:

- How would you describe what a "paper wall" is?
- Why do you think excuses feel so real to us?
- Can you think of a paper wall that is keeping you from a deeper relationship with Jesus? With others?

LET'S BE REAL:

- Excuses are comfortable. They allow us to go on with life unchanged. What excuse is keeping you too comfortable right now ?

BREAKTHROUGH

FIX YOUR EYES ON JESUS

USE THE R.E.A.P Method to study this verse as a group.

R - READ the text as a group What stands out to you?

E - EXAMINE the text. What does it mean? Answering questions like 'who, what, where, when, and why?' can help.

A - APPLY what you discover. How does this truth affect any excuses you might have?

P - Pray about what you have chatted about. Use the prayer below if you'd like.



AND LET US RUN WITH PERSEVERANCE THE RACE MARKED OUT FOR US, FIXING OUR EYES ON JESUS, THE PIONEER AND PERFECTER OF FAITH. FOR THE JOY SET BEFORE HIM HE ENDURED THE CROSS, SCORNING ITS SHAME, AND SAT DOWN AT THE RIGHT HAND OF THE THRONE OF GOD. (HEB.12:1B-2)

Dear Lord,

I have so many reasons why I don't want to do certain things. Especially, the hard, but good things you've called me to do.

Will you please reveal to me the places where my reasons 'why not' are actually paper walls keeping me from joy? I want to live a life without feeling walled in.

Amen.

