



## LESSON 7 // NO MORE EXCUSES—PART 2

**Big Idea:** Many of us have a variety of excuses that keep us from moving forward in the way that God intends. In addition to the five excuses we looked at in our last lesson, we can add the following that are often a challenge to us: the hurdle of “feelings,” the “It’s too hard” obstacle, the “I’ll do it later” lie, the “I don’t think it was meant for me” mindset and the “You don’t know my situation” appeal. Let’s lay aside these and other excuses and move forward into God’s best!

**Philippians 4:13 (Amplified)** *I can do all things [which He has called me to do] through Him who strengthens and empowers me [to fulfill His purpose—I am self-sufficient in Christ’s sufficiency; I am ready for anything and equal to anything through Him who infuses me with inner strength and confident peace].*

### Start Talking:

Why is it often hard to overcome excuses? What have you found that helps you deal with them successfully?

### Start Thinking:

**Read Exodus 3:11 and Judges 6:15.** What are some ways you tend to “disqualify yourself” from moving forward with what God has called you to do? In what ways has God qualified you?

**Read Galatians 5:22-23.** How can the “fruit of the Spirit” described in these verses help you keep moving forward even if your emotions try to hold you back?

**Read Ecclesiastes 11:4-6.** What negative impact can procrastination have in your life? How should this motivate you to overcome it?

**Read Philippians 4:13.** How does this verse encourage you to overcome a “fixed mindset” that can limit your ability to move forward?

### Start Praying:

Pray for the confidence in God and His Word to believe He has qualified you for the work He’s called you to do—starting with small things He has given you to do in this season of your life.

### Start Doing:

Write out two passages from Scriptures Pastor Dale shared in this series that can help you overcome excuses that most often hold you back from moving forward (see suggested verses below). Commit to meditating on and applying these to overcome your excuses.

Grab hold of promises and exhortations found in verses like Philippians 4:13 or Hebrews 4:16. Some other great passages include the following: Psalm 119:105; Isaiah 41:10; Matthew 6:19-21; 7:7-8; 7:13-14; Romans 12:2; Ephesians 5:16-17; Philippians 3:13-14; 1 Timothy 4:15; 2 Timothy 1:7. These can help change your thinking and attitudes so that you don’t allow excuses to keep you from God’s best!