



PART 4: 5 STEPS TO PUNCHING THROUGH YOUR PAPER WALLS

INTRODUCTION

Whether fueled by fear, insecurity, or a past event, many of us construct a paper wall of excuses that holds us back. We often pass these excuses off as reasons, but in reality they are lies we tell ourselves about ourselves. It's time to break through the excuses you make that keep you from being who God created you to be.

KEY SCRIPTURE

2 Corinthians 10:5

Ephesians 2:10

James 5:16

John 8:31-32

DISCUSSION QUESTIONS

- Is it possible that you're missing out on God's plan for you because you've walled yourself in with excuses?

5 STEPS TO PUNCHING THROUGH YOUR PAPER WALLS

1. **Identify** them.
 - What excuses are you making?
 2. **Interrogate** them.
 - Why do you make this excuse?
 - What or who are you afraid of?
 - Are you being lazy? Selfish? insecure?
 3. **Re-label** them.
 - Say out loud, "That's not a reason. That's an excuse!"
 4. Ask, "What do I **lose** if I continue to excuse?"
 - What's at stake?
 - What are the consequences?
 - Who or what are you missing out on?
 - Whose respect do you lose?
 5. **Tell** somebody.
 - Who can you tell?
- Which of these steps seems most difficult and why?

Application Prayer: Jesus, I want to see me the way you see me, so I can be who you created me to be, for the sake of the world and the people around me. I choose your truth over my excuses. Thank you for setting me free!