

Part Three: Excuse Factory

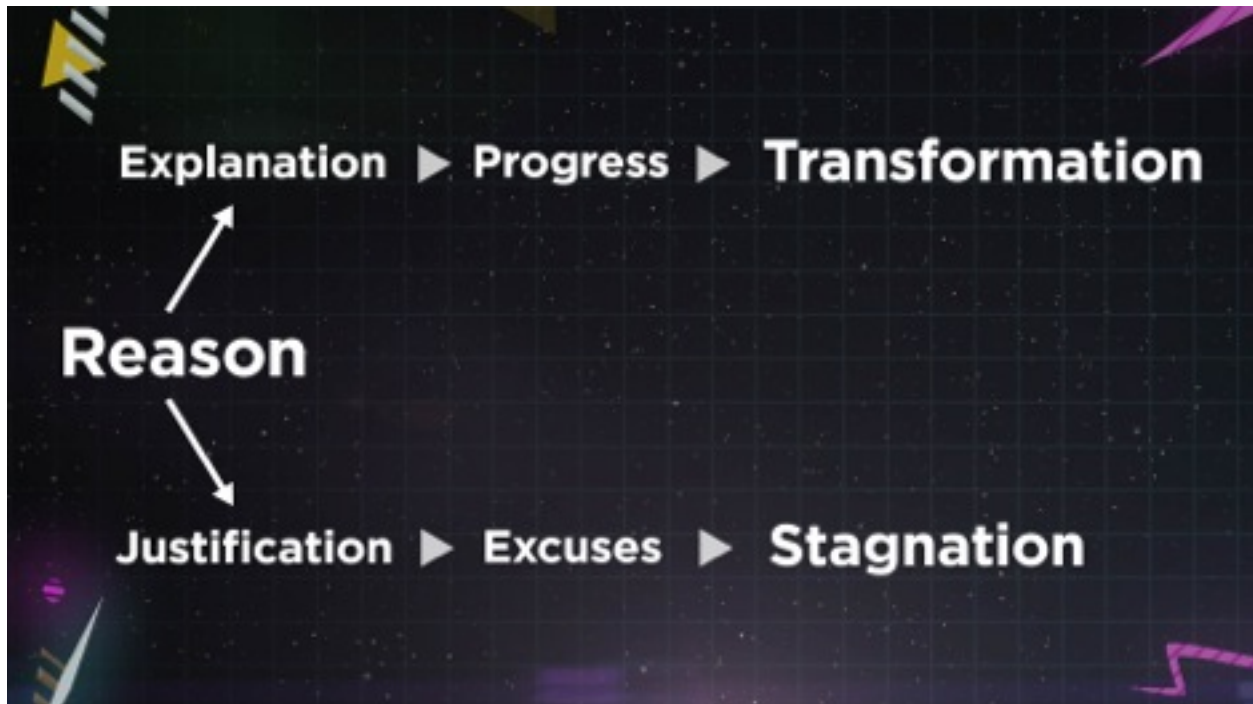
If you really audit your thoughts, you'll realize that you probably make a lot of excuses as to why you can't be healthier, more positive, more faithful, more hopeful, more kind, more determined, more effective...more whatever. This week, we'll look at why it's time to stop making excuses, and how to do it.

Scripture: Luke 14:15-24 NLT

Bottom Line: You can make excuses or you can make progress but you can't make both.

Discussion Questions

1. What's the worst excuse you've ever heard a friend (or your kids) make?
2. Almost every excuse is rooted in a reason. The chart below explains how reasons can produce either stagnation or transformation. Share some specific examples of when you've seen these dynamics at work in your life.
3. In the message, Carey reviewed some of the most frequent excuses people make. What's your most frequent excuse?
4. Read Luke 14-15-24. All of the people who Jesus invited had good reasons to skip the banquet. Can you think of anything your excuses might be causing you to miss out on?
5. What would happen to you in the next month if you simply stopped making your most frequently used excuses. What could be different? What would be different?





Moving Forward

Even if you take your thoughts captive and identify the source of each thought, excuses will still try to immobilize any progress you want to make in your life.

This week, track your excuses. Because you can make excuses or you can make progress, but you can't make both.

Changing Your Mind

For none of those I first invited will get even the smallest taste of my banquet. Luke 14:24