

## MOVING BEYOND No More Excuses – Part 1

### ON TV:

- First, there are those of us who made a resolution or two and we are **still holding to them**.
- Second, there are those of us who made a resolution or two **but haven't kept them**.
- And third, there are those of us who **refuse to make resolutions** because we always find a way to disappoint ourselves early in the new year.

### ON TV: In 1947 the top three resolutions were:

- Improve my disposition, be more understanding, control my temper
- Improve my character, live a better life
- Stop smoking, smoke less.

### ON TV: Today, the top three resolutions are:

- Lose weight
- Get organized
- Spend less, save more

### ON TV: Excuses

ON TV: The reality is that **from a distance** an excuse looks like an actual reason.

### ON TV: “Because”

ON TV: We can't see it six inches away from our own mirror.

ON TV: My excuse is...

ON TV: Are you at least willing to consider that perhaps some of your reasons, some of your reasons... some of your “*because*s” **are actually just excuses that you've created**?

ON TV: At the root of an excuse is **blaming something internal on something external**.

ON TV: Is it possible you're missing out **because you've walled yourself in**?

ON TV: There is a **relationship between our ability to follow Jesus** and our willingness to push through our excuses and to acknowledge that our reasons are just excuses.

ON TV: Excuses tell us what **we can't do**.

ON TV: Do you want excuses to be the **boss** of you?

ON TV: They will be the boss of us **until we acknowledge** they're not reasons; they're just excuses.

ON TV/**OUTLINE**: “Let us **throw off** everything that hinders and the sin that so easily entangles...”  
*Hebrews 12:1b*

ON TV: Sin was anything that hurt someone, and sin was anything that hurt you.

ON TV: Lying to yourself is a sin because lying to yourself hurts you.

ON TV: An excuse is really just a **lie we tell ourselves about ourselves**.

ON TV/**OUTLINE**: “...and let us **run with perseverance** the race marked for us.” *Hebrews 12:1b*

**ON TV:** People who make excuses and hide behind excuses, rarely make much of a difference.

**ON TV:** Excuses are often just **selfishness disguised as humility**.

**ON TV/OUTLINE:** *"1b ...let us throw off everything that hinders and the sin that so easily entangles and let us run with perseverance the race marked for us. 2a Fixing our eyes on Jesus, the author and perfecter of our faith..."*  
Hebrews 12:1b-2a

**ON TV:** There is a relationship between **our ability to run our race with endurance** and **our willingness to acknowledge and admit** that we're living with excuses.

**ON TV:** We all need to **stop** making excuses.

**ON TV:**

**#1:** Have you ever **exposed and got rid of** a personal excuse before?

**#2:** During the message today were you reminded of something you tell yourself **as a way to avoid responsibility or opportunity**?

**#3:** Have you been lying to yourself; and do you owe yourself an apology?