



CUT THE EXCUSES



"If anyone would come after me, let him deny himself and take up his cross daily and follow me." — Luke 9:23

Let's be honest—men are masters at excuses.

"I don't have time."

"I'm just tired."

"I'll get serious about my faith later."

But following Jesus doesn't leave room for excuses.

It demands surrender.

Jesus didn't say, "Follow me when it's convenient."

He said, "Take up your cross daily."

Daily means discipline.

Daily means dying to comfort.

Daily means choosing obedience over what feels good in the moment.

The truth? Most men don't have a time problem—they have a priority problem.

We make time for what matters.

So if your relationship with God is inconsistent, it's not because life is busy—it's because something else has taken His place.

That's hard to hear—but it's necessary.

Because you can't step into the man God is calling you to be while clinging to the excuses holding you back.

Growth requires friction.

Discipline requires sacrifice.

And following Jesus requires everything.

Not part of your life. Not your leftovers.

Everything.

So what's your excuse?

And more importantly—are you ready to kill it?

Reflection Questions:

- 1. What excuse have I been using to avoid spiritual growth?**
- 2. What is one daily discipline I need to commit to?**
- 3. What am I prioritizing over my relationship with God?**

Challenge:

Start one non-negotiable daily habit with God this week—prayer, Scripture, or silence. No excuses.

Prayer:

Jesus, expose the excuses in my life. Give me the discipline to follow You daily, not occasionally. Help me choose You over comfort. Amen.