



What's Your Excuse? - Week 3

"The truth about ourselves is often the thing we avoid like the plague."

Icebreaker: Share a time when you used an excuse to avoid doing something. What was the outcome?

Group Discussion Questions

1. Reflect on the Theme of Excuses: How do excuses often serve as barriers to spiritual growth? Can you identify a specific excuse that has hindered your walk with Jesus?
2. Scripture Exploration: In John 8:31-36, Jesus speaks about truth and freedom. How do these verses challenge the way we perceive our own spiritual freedom?
3. Personal Application: Pastor Reid shared his struggle with excuses regarding working out. Can you relate to this in your spiritual life? What steps can you take to move from decision to action in following Jesus?
4. Theological Reflection: Discuss the concept of "truth" as presented in the sermon. How does understanding truth as reality, rather than illusion, impact our spiritual journey?
5. Emotional and Spiritual Response: How did the sermon challenge your understanding of personal sin and freedom? Share any personal revelations or convictions you experienced.
6. Community Impact: In what ways can our church community help each other overcome excuses and take actionable steps in faith? How can we support each other in this journey?



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Scripture Exploration

- Read John 8:31-36. What is the significance of Jesus speaking to those who "believed in him"? How does this context affect the message?
- In verse 32, Jesus mentions "truth" setting people free. What do you think "truth" means in this context?
- How do the people Jesus addresses in this passage respond to His message about freedom? Why is their response significant?

Personal Reflection

- How does Jesus' statement "If you hold to my teaching, you are really my disciples" (John 8:31) challenge your understanding of discipleship?
- Consider the contrast between truth and lies, freedom and slavery as presented in the sermon. How do these contrasts help clarify your understanding of spiritual freedom?
- Reflect on the statement "The lies we tell ourselves about ourselves." How can this concept impact your spiritual growth?

Personal Application

- Identify an area in your life where you might be making excuses instead of taking action. What steps can you take this week to confront and overcome these excuses?
- How can acknowledging and embracing the truth about yourself lead to greater freedom in your spiritual journey?
- Think about your community or church group. How can you support others in overcoming excuses and taking steps toward spiritual growth?