

# TALK IT OVER

## I QUIT

### I QUIT MAKING EXCUSES - WEEK 1

Talking through the message during the week helps you turn what God is saying to you into action steps. These talking points, questions and scriptures are designed to help you take the next step. If you are leading a group through this guide, don't feel like you have to answer every question. Pick out those questions that will stir up conversation and action among your group.

- What are some of the most common excuses you make?

**With your Bible or YouVersion, read Luke 14:15-24.**

Jesus tells the parable of the great banquet in this passage.

- What do you think about with the excuses that were given by the guests in this passage? Can you identify with any of them?
- Why do you think excuses are so easy for us to make?
- What things about your life do you think God wants to be different? How will these changes draw you closer to God?
- What are some of the dangers of continually making excuses when it comes to doing the things God desires you to do?

**Read Exodus 4:10-12 and 2 Corinthians 12:9-10.**

These verses show us how to make excuses history.

- What next steps do you need to take to help you quit making excuses?
- Which of those steps are things you cannot do without God's grace? In what ways do need to trust God to do what you cannot do?
- How would your life be different if you stopped making excuses and started obeying God?
- What are some of the things holding you back from totally relying on God in every area of life?
- To become the person God created you to be, what do you need to start doing? What do you need to stop doing?

## NEXT STEPS

Here are some specific things you can do this week that will help you quit making excuses and start obeying God:

One of the most important ways you can quit making excuses is to totally rely on God and trust Him to do what you cannot do. There are several passages of scripture that encourage us to put our trust in God and discuss God's ability to do all things. Let God's word encourage and empower you to trust Him this week by reading Job 42:2, Jeremiah 32:17, Luke 10:27-29, Isaiah 43:18-19 and John 15:5-8.

Make a list of things you know you can do and the things that you cannot do. Take your list and pray over it. Ask God to help you with the things you cannot do and commit to placing your full trust in Him. Keep your list in a place where you can refer to it often and update it when God comes through for you and helps you accomplish those things you could not do.

### Talk It Over with God:

- Confess to God the most common excuses that you make. Commit to stop making excuses.
- Ask God what He wants to be different in your life. Commit to doing whatever is necessary to make those changes.
- Ask God to help you with the things you cannot do. Commit to building your trust in Him.
- Ask God to help you quit making excuses. Seek His strength and guidance to help you.
- Commit to God that you will rely on Him in all areas of life. Praise Him and thank Him for all He has done for you.

## I QUIT—1

### I QUIT MAKING EXCUSES

- **AS SOON I DECIDE TO BE DIFFERENT, SATAN GIVES ME EXCUSES TO STAY THE SAME.**

... "A certain man was preparing a great banquet and invited many guests. <sup>17</sup>At the time of the banquet he sent his servant to tell those who had been invited, 'Come, for everything is now ready.' <sup>18</sup>"But they all alike began to make excuses." Luke 14:16-18

- **WHAT DOES GOD WANT TO BE DIFFERENT ABOUT YOUR LIFE?**
- 
- 

- **WHY DOES GOD WANT THIS PART OF YOUR LIFE TO BE DIFFERENT?**
- 
- 

### I QUIT MAKING EXCUSES

Moses said to the Lord, "O Lord, I have never been eloquent, neither in the past nor since you have spoken to your servant. I am slow of speech and tongue." <sup>11</sup>The Lord said to him, "Who gave man his mouth? Who makes him deaf or mute? Who gives him sight or makes him blind? Is it not I, the Lord? <sup>12</sup>Now go; I will help you speak and will teach you what to say." Exodus 4:10-12

- **DO WHAT YOU CAN DO.**
- **TRUST GOD TO DO WHAT YOU CANNOT DO.**

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness..." For when I am weak, then I am strong.

2 Corinthians 12:9a, 10b

## TALK IT OVER

- What excuses do you use to keep from making the changes you know God wants you to make?
- Share what you know God wants to be different about your life. How will these changes draw you closer to God?
- Of the steps you need to take, which ones will you really need God's strength to make?

Taking time to discuss the message can help you take your next step. Quit making excuses and talk it over with someone. Find more at [www.lifechurch.tv/talkitover](http://www.lifechurch.tv/talkitover).

# TALK IT OVER

## I QUIT I QUIT COMPLAINING - WEEK 2

Talking through the message during the week helps you turn what God is saying to you into action steps. These talking points, questions and scriptures are designed to help you take the next step. If you are leading a group through this guide, don't feel like you have to answer every question. Pick out those questions that will stir up conversation and action among your group.

- What are some of the things that you complain about the most?

**With your Bible or YouVersion, read Job 10:1 and Exodus 16:2-4.**

These verses give examples of complaining found in the Bible.

- What do you think are some of the causes of your complaining?
- How is complaining to God an act of disobedience?

**Read Numbers 11:1-4 and Numbers 14:27-30.**

These passages show us the cost of complaining.

- What influence has complaining had on your life?
- In what ways do you feel your complaining has offended the heart of God?
- What are some of the significant consequences caused by your complaining?

**Read Philippians 2:14-18 and Ephesians 4:29.**

We learn in these verses how to restrain our complaining.

- How do you think your life would change for the better if you stopped complaining? What about even if your situation stays the same?
- What are some ways you can stop complaining and start rejoicing in all situations?
- What are some of the ways God has continually provided for you that you can rejoice about?

## NEXT STEPS

Here are some specific things you can do this week that will help you quit complaining and start rejoicing:

Complaining isn't easy to overcome, but here are a few steps you can take to stop complaining. First, become aware of how much you are complaining by keeping track of it. Second, intentionally say positive words. Third, distance yourself from people who complain too much. Finally, seek God's help by praying and asking Him to show you ways to stop complaining.

The Bible has much to say about the dangers of complaining and how we can overcome it. Take time this week to read the following verses and allow the power of God's Word to help you quit complaining: Proverbs 3:5-7, Lamentations 3:39, James 5:9, Romans 12:2, 1 Corinthians 10:10, Isaiah 59:1-2, Philippians 4:8-9, and 1 Thessalonians 5:9-10.

### Talk It Over with God:

- Confess to God those things you complain the most about. Give those things to God and allow Him to work in these circumstances.
- Ask God to show you ways that will help you remove complaining from your life.
- Ask God to change your heart from one that complains to one that rejoices.
- Thank God for the many blessings He has given you and the ways He has provided for you. Rejoice and praise Him.
- Ask God to help you remove your negative thoughts and replace them with positive ones. Commit to using positive words.

## I QUIT—2 I QUIT COMPLAINING

*I loathe my very life; therefore I will give free rein to my complaint and speak out in the bitterness of my soul. Job 10:1*

*In the desert the whole community grumbled against Moses and Aaron. 3 The Israelites said to them, "If only we had died by the Lord's hand in Egypt! There we sat around pots of meat and ate all the food we wanted, but you have brought us out into this desert to starve this entire assembly to death." Exodus 16:2-4*

### THE COST OF COMPLAINING

#### 1) COMPLAINING OFFENDS THE HEART OF GOD.

*Now the people complained about their hardships in the hearing of the Lord, and when he heard them his anger was aroused. Then fire from the Lord burned among them and consumed some of the outskirts of the camp. Numbers 11:1-2*

#### 2) COMPLAINING CARRIES SIGNIFICANT CONSEQUENCES.

*"How long will this wicked community grumble against me? I have heard the complaints of these grumbling Israelites. 28 So tell them, 'As surely as I live... 30 Not one of you will enter the land I swore with uplifted hand to make your home... Numbers 14:27-28, 30*

## RESTRAINING OUR COMPLAINING

### · WHAT? DO NOT COMPLAIN.

*Do everything without complaining or arguing... Philippians 2:14*

*Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. Ephesians 4:29*

### · WHY? SO YOU CAN BECOME MORE LIKE CHRIST.

*Do everything without complaining or arguing, 15 so that you may become blameless and pure, children of God without fault in a crooked and depraved generation... Philippians 2:14-15*

*...For out of the overflow of his heart his mouth speaks. Luke 6:45*

### · HOW? CHOOSE TO REJOICE NO MATTER WHAT.

*But even if I am being poured out like a drink offering on the sacrifice and service coming from your faith, I am glad and rejoice with all of you. 18 So you too should be glad and rejoice with me. Philippians 2:17-18*

## TALK IT OVER

- Analyze your complaining habits together. What do you complain about? Who do you complain to? Where does it happen?
- What have been some consequences and costs for complaining in your life?
- How do you need to become more Christ-like in your thought patterns and communications? What can you rejoice about?

Quit complaining about your life and take the next step toward a better one. Take time to talk it over with someone can help you become more like Christ. Find more at **[www.lifechurch.tv/talkitover](http://www.lifechurch.tv/talkitover)**.

# TALK IT OVER

## I QUIT

### I QUIT LIVING IN FEAR - WEEK 3

Talking through the message during the week helps you turn what God is saying to you into action steps. These talking points, questions and scriptures are designed to help you take the next step. If you are leading a group through this guide, don't feel like you have to answer every question. Pick out those questions that will stir up conversation and action among your group.

- What was your greatest fear growing up? How did you overcome that fear?

**With your Bible or YouVersion, read 2 Timothy 1:7 and Exodus 4:1.**

These verses show us that fear does not come from God, but rather from placing faith in the "what if's."

- Which fears do you currently struggle with the most?
- How have you seen your fears influence your actions and thoughts?
- What are some of the "what if's" that fuel your fears?
- What things are you not trusting God with that you need to?

**Read Psalm 56:2-4, Psalm 24:4 and Isaiah 26:3.**

These verses teach us how to face the "what if's" of fear.

- What things hold you back from acknowledging your fears and putting your full trust in God?
- How different could your life be if you put your full trust in God and seek Him daily?
- What are some of the fears that God has delivered you from?
- In what ways are you seeking God on a regular basis?

## NEXT STEPS

Here are some specific things you can do this week that will help you quit living in fear:

Pastor Craig said one of the best ways to overcome fear is to seek God until He takes that fear away. One of the best ways to seek God is to spend more time with Him. The more time you spend with Him, the closer you will become. Commit to spending more time with God beginning this week. You may need to double or even triple the normal amount of time you spend with Him in reading the Bible and in prayer.

As you spend more time seeking God through reading His word, there are a number of verses in the Bible that talk about overcoming fear and the strength we receive from God. Read the following verses and allow the power of God's word to give you strength and courage in overcoming your fears: Joshua 1:3-9, 1 Chronicles 28:20, Isaiah 41:10-13, Isaiah 54:4, Matthew 10:26, Matthew 10:28, Romans 8:15, 2 Corinthians 4:7-11, Philippians 1:12-14 and Hebrews 13:5-6.

### Talk It Over with God:

- Tell God your fears and explain to Him how they are impacting your actions and thoughts. Seek His comfort.
- Commit to God that you will strive to remove the "what if's" that are fueling your fears. Ask for His help.
- Commit to God that you will put your full trust in Him to help you overcome the fears in your life.
- Thank God for the fears He has delivered you from. Praise Him.
- Commit to God that you will seek Him more by spending more time in prayer and in reading His word.

# TALK IT OVER

## I QUIT I QUIT COMPARING - WEEK 4

Talking through the message during the week helps you turn what God is saying to you into action steps. These talking points, questions and scriptures are designed to help you take the next step. If you are leading a group through this guide, don't feel like you have to answer every question. Pick out those questions that will stir up conversation and action among your group.

- What are some of your most common comparisons?

**With your Bible or YouVersion, read 2 Corinthians 10:12, Luke 18:11-12 and 1 Samuel 18:6-9.**  
These passages explain why God hates when we compare ourselves to other people.

- What do you think are some of the causes of your comparisons?
- Where areas of life do you need to be more content? What can you do to become more content?
- Where do you struggle most with pride? How has that pride impacted you?
- Why do we so often resent God's goodness in the lives of others and ignore God's blessings in our own lives?

**Read Philippians 4:11-13 and Ephesians 2:10.**

These verses show us how to stop comparing by knowing what we have and knowing who we are.

- What are some of the blessings God has given you that you are most thankful for?
- How can you show a greater appreciation of the things God has given you?
- Why do we so often forget who we really are in Christ?
- In what ways did God create you to be unique? How would you describe who you are in Christ?

## NEXT STEPS

Try one of these specific things this week to help you quit comparing yourself to others:

One way to stop comparing yourself to others is to know who you are. Pastor Sam shared in his message several verses that tell us who are in the eyes of God. Take time this week to read the following verses and allow yourself to be reminded of who you truly are: 1 John 3:3, Ephesians 1:6, John 1:12, Romans 8:17, 1 Corinthians 12:27, Ephesians 1:1, Colossians 1:14, Colossians 2:10, Romans 8:1, 2 Corinthians 5:17, Colossians 3:12 and Ephesians 2:10.

Another way to stop comparing yourself to others is to know what you have. Take time this week to write down some of the things that God has given you that you are most thankful for. Place your list in a place where you can easily view it. Read your list during those times when you find yourself resenting God's goodness in the lives of others and ignoring God's blessings in your own life.

### Talk It Over with God:

- Confess to God what your most common comparisons are. Ask God to help you stop comparing yourself to others.
- Share with God where you are not content. Ask God to help you become more content in these areas.
- Thank God for all He has done in your life and for the many blessings He has given you.
- Tell God how pride has impacted your life. Ask Him to help you in removing all pride from your life.
- Thank God for making you the unique person you are. Praise Him.

I QUIT - 4  
I QUIT COMPARING

Welcome (My LC Story) & Thanks to Craig  
Cool Spiritual Big brother

(((Preparing the message)))

**Things we compare**

- \_\_\_\_\_ Possessions (car, house, clothes, salary)
- \_\_\_\_\_ Appearance (hair, body shape, eyes, biceps)
- \_\_\_\_\_ Performance (Job, wife, husband, mom, dad)
- \_\_\_\_\_ Circumstances (kids no kids, loved one sick/died)

(((Marketing Story)))

Something inside of us wants to know am I good enough, pretty enough, smart enough... We have an insatiable desire to be told we are....accepted and loved! Thus we compare!!!

Comparison in the Bible

- Moses saying I cant be the guy (Exodus)
- Peter comparing to John (John)

WHY DOES GOD HATE WHEN WE COMPARE?

COMPARISON IS THE DEATH OF CONTENTMENT!

*We do not dare to classify or compare ourselves with some who commend themselves. When they measure themselves by themselves and compare*

2 Corinthians 10:12

pop DARE! It kills joy, robs meaning, destroys marriages,

Success in life is not a matter of being inferior or superior it is simply being who

God wants you to be not who you wish you were. 2X s

Trying to be something were not is chasing a mirage (hands grasping in the air)

(((WEL Flasher Story)))

COMPARISON MAKES US PRIDEFUL

*The Pharisee stood by himself and prayed: 'God, I thank you that I am not like other people—(make connections)robbers, evildoers, adulterers—or even like this tax collector. 12 I fast twice a week and give a tenth of all I get.'* Luke 18: 11-

12

C.S. Lewis said it this way: "We say that people are proud of being rich, or clever, or good-looking, but they are not. They are proud of being richer, or cleverer, or better looking than others. If everyone else became equally rich, or clever, or good-looking, there would be nothing to be proud about."

2. COMPARISON MAKES US RESENTFUL

6 *When the men were returning home after David (who was David) had killed the Philistine, the women (guys after the game)came out from all the towns of Israel to meet King Saul with singing and dancing, with joyful songs and with tambourines and lutes. 7 As they danced, they sang:*

"Saul has slain his thousands, " and David his tens of thousands. "

8 *Saul was very angry; this refrain galled him. "They have credited David with tens of thousands," he thought, "but me with only thousands. What more can he get but the kingdom?" 9 And from that time on Saul kept a jealous eye on David. 1 Samuel 18:6-9*

WE RESENT GOD ' S GOODNESS IN OTHERS LIVES AND IGNORE GOD ' S BLESSING IN OUR OWN LIFE!

We become resentful!

SO WHAT DO WE DO?

1. Know what you have

*(From Prison) I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. 13 I can do all this through him who gives me strength. Philippians 4:11-13*

(((Wrap back to marketing story)))

Gary (aka Drunk Gary) HNV  
Dave in WEL  
Ken at NOC

\_\_\_\_\_ at OWS

When your tempted to say \_\_\_\_\_ appreciating your:  
House, Car, Clothes, Kids, Intellect, etc....

2. **Know who you are**

*For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do* Ephesians 2:10

Today I pray you learn who you are because in knowing who you are you know what you don't have to be

Quote by George MacDonald, the man C.S. Lewis called his mentor: "I would rather be what God chose to make me than the most glorious creature that I could think of; for to have been thought about, born in God's thought, and then made by God, is the dearest, grandest, and most precious thing in all thinking."

Use Psalm 139:13 from memory in this quote

Samuel Johnson "People need to be reminded a lot more than they need to be instructed"

---

**Let me REMIND you who you are:**

I am loved 1John 3:3

I am accepted Ephesians 1:6

I am a child of God John 1:12

I am a joint heir with Christ, Romans 8:17

I am a member of Christ's body. 1 Corinthians 12:27

I am a Saint Ephesians 1:1

I am redeemed and forgiven Colossians 1:14

I am complete in Jesus Christ Colossians 2:10

I am free from condemnation Romans 8:1

I am a new creation because I am in Christ 2Corinthians 5:17

I am chosen of God, holy and dearly loved Colossians 3:12

I am God's workmanship Ephesians 2:10

((Disney Grace & Hannah were Princesses))

Today I pray you learn who you are because in knowing who you are you know what you don't have to be

---