

## **Excuses**

### **Ready:**

The LORD said to him, “Who placed a mouth on humans? Who makes a person mute or deaf, seeing or blind? Is it not I, the LORD?” – Exodus 4:11

### **Set**

When I was growing up, my uncle coached basketball at a local Christian school. As practice began one day, he had the team start running laps. One player asked my uncle to excuse him from practice because he “had brought the wrong socks.” My uncle just said, “What?!” and made him start running anyway. We’re not sure if the play was serious, but we know he REALLY did not want to run that day.

In Exodus chapters three and four, God spoke to Moses from the burning bush and told him that he would lead the nation of Israel out of Egypt. Moses started reeling off excuses as to why he was not the right choice. He questioned if he was good enough and if they would believe him, and said he wasn’t good at speaking. “The LORD said to him, “Who placed a mouth on humans? Who makes a person mute or deaf, seeing or blind? Is it not I, the LORD?” (Exodus 4:11).

As followers of Christ, we need to trust that God knows what He is doing. Sometimes, it’s challenging, and excuses emerge. But if we truly trust that He knows what He is doing, then we can trust that He created us exactly how He wanted.

Be it in sports or the rest of life, He knit us together and placed us where we are according to His plan. Do you trust Him? If so, no more excuses. Get going.

### **Go**

- What is the worst excuse you have ever heard?
- Have you ever made excuses? What was the situation?
- Do you trust that God knows what He’s doing? What’s the hardest part of that?

### **Workout**

Exodus 3:7-22

Exodus 4:1-17

### **Overtime**

“Father, forgive me for not trusting You. I know You created me and created me for a reason.

Please help me to seek You, trust You, and fulfill that reason. In Jesus' name, Amen.”



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