

# PAPER WALLS

MOVING BEYOND  
THE EXCUSES  
THAT HOLD YOU BACK

## Because

Whether fueled by fear, insecurity, or a past event, many of us construct a paper wall of excuses that holds us back.

## Discussion Questions

1. How would you characterize yourself in terms of overcoming obstacles? Would you say you press through them? Or do you procrastinate or run when obstacles come up? In light of this message, do you feel most of those obstacles are reasons or excuses? Explain.
2. Have you ever exposed and discarded a personal excuse? If so, what did that process entail?
3. During the message, were you reminded of something you tell yourself as a way of avoiding responsibility or opportunity?
4. Read **Hebrews 12:1–2** aloud. Are there excuses you've made that have kept you from living out your faith? Are there excuses that have kept you from growing? If so, what are they?
5. Have you been lying to yourself? Do you owe you an apology?