No More Excuses

September 17, 2022

Read Chapter 1: No More Hiding behind the Past

1. Discuss the opening statement “I’m the way I am today because of what happened to me in my past.”

Why is it easy to live in the past, be guilt ridden from the past, or allow the past to determine our todays and tomorrows?

1. From chapter 1, what can we learn from Jacob about how the past can catch up with us if we let it and don’t deal with it?
2. How is Joseph the antithesis of who his father had been and who his brothers were?
3. How can we let our past influence us but not control us?
4. What can we learn from the event in Genesis 37:3-4 that will shape the future for Joseph?
5. What events from Joseph’s past could influence who he could become?
6. What do we learn from Genesis 39:1-2a that would help Joseph overcome his past?
7. Discuss the first step of overcoming the past from page 17.

How does that help us overcome the past? Consider Genesis 39:2-6.

1. Despite his past, how was Joseph committed to living in the present according to Genesis 39:7-9?
2. Read Genesis 39:21. What do we learn about God that helps us overcome the past in order to live in the present?

How does Paul’s words in Philippians 3:13-14 help us overcome the past?

1. How can bitterness about something in the past hinder the present? How had Joseph chosen to deal with his past?
2. Dr. Evans writes: “God knows where He’s taking you. And He knows the lessons you need to know in order to be equipped when you get there.” Discuss that in light of Romans 8:28.
3. Why do we sometimes blame others from the past (or present) for our situation that in some way stymies us from being who God wants us to be?
4. How did the names of Joseph’s sons help him overcome the past?
5. How can a thankful heart help us overcome the past?
6. How does letting God be God help us overcome the past? See Rom. 12:17-19.
7. Why is forgiveness an important part of overcoming the past? Gen. 45:5, 7-8
8. What part of your past are you holding onto that you have used as an excuse for who you are today? Will you pray and let God mend that?

Next month: Chapter 2 – *No More Feeling Worthless*