

“WITHOUT EXCUSES”

Motion without excuses

“Better to be patient than powerful, better to have self control than conquer a city.” (Prov. 16:32)

STEP 1: ACHIEVED RESULTS

What specific action did you commit to take last week? What was the results?

STEP 2: REFLECTIONS

Instructions: Take turns reading the following paragraphs. As you read, underline the ideas that stand out to you.

From the book **“A Life Without Excuses”** P. Dinora Jiménez tells us that during a trip with her husband, they observed how the waves of the ocean would break the beach. They noticed that there are areas that are more dangerous than others, and for that reason the authorities place warning signs so that people don’t swim there, but people decide whether to obey or not; and the same thing happens with emotions that are not controlled, and it’s necessary to put limits and warning signs.

There are two types of emotions: Positive emotions like, happiness, gratitude, and satisfactions. These help with our way of thinking, reasoning, acting and make us feel good.

Negative emotions like, fear, guilt, anger, shame, or sadness, manifested in big proportions can produce a harmful effect in our lives; they can cause us to run away, fight, they can paralyze us or even bring us sickness. Doctors and psychologists say that many of the sicknesses that we suffer are the result of bad emotional health. Emotions itself are not bad, the important thing is to learn how to manage them and not give them free rein, since these can be like the waves that break and can take everything in its path.

God created human beings with feelings and emotions. We are not robots without feelings, or act without thinking. We laugh, cry, get sad, eat, etc. We need to love and be loved. Our emotions are involved in everything that we do. The danger is when our emotions get out of control and become toxic.

What’s dangerous in what we feel loses control and becomes toxic, hurtful and creates dangerous emotions that make us live in stress and anguish. For example, when we carry hate, guilt, envy, and resentment, when we don’t know how to handle change, problems at home, with loss or traumatic events from the past.

HOW DO EMOTIONS AFFECT US?

If we don’t know how to control, manage and let go of hurtful emotions, three toxic emotions appear with the purpose of getting us sick, bringing depression, making us lose important relationships like marriage, we lose our goals, dreams and health. You need to let go of the following:

Guilt. *“So now there is no condemnation for those who belong to Christ Jesus.” (Rom. 8:1)* Guilt happens when we think we did something wrong or when we feel we should have done something, but we didn’t do it. As consequences we attempt against ourselves by punishing ourselves.

Positive guilt helps us realize that we acted wrong, it allows us to analyze, repent, correct and learn from what happened. Negative guilt is what leads us to continuously think of what was wrong. It's to hurt us mentally, we continuously blame ourselves. This guilt makes us feel like we don't deserve good things, that we are not worthy, it even makes us reject God's blessings.

Don't take personal what wasn't your mistake. Believe God, put everything in his hands, remember that he is an expert at removing everything we have been carrying for years. On another hand, if you really failed, if you hurt others, or if you gave sin a place; the Bible says if you confess your sins and repent wholeheartedly, God cleanses you and forgives you. You don't need to continue carrying that guilt. Receive the forgiveness that God's grace gives to you.

Shame. It's the fear of being ridiculed by rejection. It's to hide because you believe you are a failure, to believe that we are not wanted by anyone or that we are not worthy of being on this earth. Shame paralyzes and it stops us from fulfilling our actions, dreams and goals; it keeps us stuck and in frustration.

The feeling of shame is not only because of a mistake made or fear of making a mistake, there are people that are naturally more shy than others. Any situation in which they may find themselves either exposed or ridiculed they will react with shame.

This emotion steals from us, it captures us, it relegates us, it makes us dormant, it torments us and it isolates us from the world. But that's not God's plan for our lives. Jesus was publicly embarrassed so that we would no longer need to be embarrassed. *«As the Scriptures tell us, "Anyone who trusts in him will never be disgraced". (Rom. 10:11).*

¡Be free from shame in your past or in your present! ¡Let the work of Jesus in the cross cover you and make you a secure, strong and courageous person!

Fear "For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.". (2 Tim. 1:7). A person who lives in constant fear avoids confrontation and ends up being insecure and remains closed minded. Fear makes us lose opportunities, lose the possibility of meeting new people, create relationships and it even limits us to receive the blessings that God has for us.

¡Don't lose what God has for you and your family by not knowing how to control your emotions!

Benefits of eliminating toxic feelings:

1. A new season will come and what was retained in your life.
2. You will begin to experience real freedom.
3. You will become a secure and courageous person in Jesus Christ.

Steps to follow:

1. **Make God's promises yours.**
2. **Repent for feeling the emotions of guilt, shame and fear.**
3. **Change your environment and surround yourself with people of faith and good attitude.**
4. **Have a real encounter with Jesus.** The root of emotional problems is spiritual, and you need the supernatural healing power of God.

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STEP 3: REFLECT AND RESPONSE

Choose something that you underlined as important to you. Take a minute to share with everyone what you chose and why it is important to you.

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STEP 4: AUTO EVALUATION

Respond the following section of self-evaluation:

On a scale from 1 to 10 ¿How much have you let go of these toxic emotions? _____

Why did you give yourself this score?

What benefits would you obtain from improving your score?

What people do you know that are a good example of this quality? What do you admire the most from this person?

What specific action can you take immediately to improve your score?

STEP 5: SHARE YOUR ACTION STEPS

Take a moment to share your responses from the self-evaluation section, include the action that you plan to take to improve in that area. We ask that everyone participates.

Instructions for the host:

1. Make the calling:

“Lord Jesus I recognize that I have sinned and that you died for me. Today I repent and ask for forgiveness. I give you my life and my heart so that you may be my Lord and personas Savior, amen”.

2. **Impartation:** Pray and activate what you have learned today.
3. **Pray for the offering.**
4. **Invite all the members of your HOP to take the classes that Apostle is teaching on Tuesdays, which will help and equip them to maintain spiritual success in all areas in these last days.**