Why not promise to do something you can actually accomplish?

- Gain weight. At least 30 pounds.
- Stop exercising. Waste of time.
 - Read less. Makes you think.
- Procrastinate more. Starting tomorrow.
 - Create loose ends.
 - Get further in debt.
 - Don't believe politicians.
 - Don't swim with piranhas or sharks.
 - Wait for opportunity to knock.
 - Focus on the faults of others.
- Never make New Year's resolutions again.

New Year's Resolutions

2021: I will get my weight down below 180 pounds.

2022: I will follow my new diet religiously until I get below 200 pounds.

2023: I will develop a realistic attitude about my weight.

2024: I will work out 3 days a week.

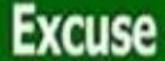
2025: I will try to drive past a gym at least once a week.

My goal for 2025 is to accomplish the goals set in 2024 which I should have done in 2023 because I promised to in 2022 and planned to do in 2021.

No Excuses

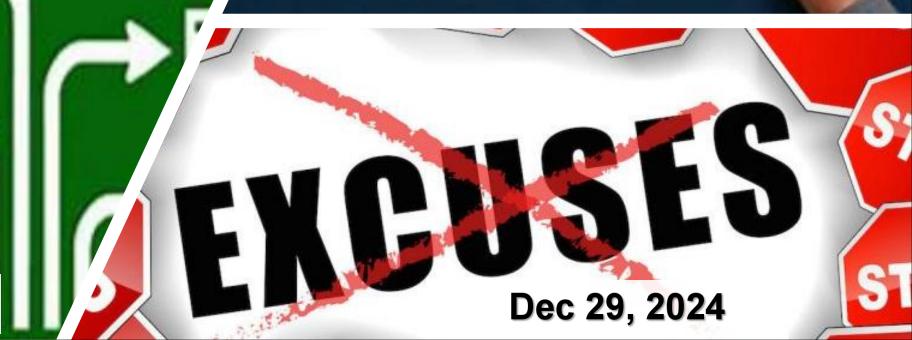
Getting Past Excuses Excuse

Excuse





Edward Church



By-Word of the Time "Excuses"

In The Time When We Need
People...
Step Up
Take Up
Responsibility
Make a Difference

The World Instead...
Step Back
Give Up
Responsibility
Make an Excuse

First Step of Getting Past "Excuses"

First Step

Focus On What You Can Do Instead of What You Can't Do

Focus On What You Do Have Instead of What You Don't Have



- Come they told me, pa rum pum pum pum
 A new born King to see, pa rum pum pum pum
 Our finest gifts we bring, pa rum pum pum pum
 To lay before the King, pa rum pum pum pum,
 Rum pum pum pum, rum pum pum pum,
- So to honor Him, pa rum pum pum pum, When we come.
- Baby Jesus, pa rum pum pum pum

 I am a poor boy too, pa rum pum pum pum

 I have no gift to bring, pa rum pum pum pum

 That's fit to give the King, pa rum pum pum,

 Rum pum pum pum, rum pum pum pum,



Focus "Don't Haves"

- Self
- What He Has
- What He Has to Give



- Shall I play for you, pa rum pum pum pum, On my drum?
- Mary nodded, pa rum pum pum pum The ox and lamb kept time, pa rum pum pum I played my drum for Him, pa rum pum pum pum

Focus "Do Haves"

- What He Can Do
- What He Does Have
 - It IS Noticed

- Shall I play for you, pa rum pum pum pum, On my drum?
- Mary nodded, pa rum pum pum pum
 The ox and lamb kept time, pa rum pum pum
 I played my drum for Him, pa rum pum pum
 I played my best for Him, pa rum pum pum pum,
 Rum pum pum pum, rum pum pum pum,
- Then He smiled at me, pa rum pum pum pum Me and my drum.

Focus "Do Haves"

- What He Can Do
- What He Does Have
 - It IS Noticed

Did it w- All Heart

It Pleased God



- It was now two days before Passover and the Festival of Unleavened Bread. The leading priests and the teachers of religious law were still looking for an opportunity to capture Jesus secretly and kill him.
 - ² "But not during the Passover celebration," they agreed, "or the people may riot."
- Meanwhile, Jesus was in Bethany at the home of Simon, a man who had previously had leprosy. While he was eating, a woman came in with a beautiful alabaster jar of expensive perfume made from essence of nard. She broke open the jar/ poured the perfume over his head.
- ⁴ Some of those at the table were indignant. "Why waste such expensive perfume?" they asked.
- ⁵ "It could have been sold for a year's wages and the money given to the poor!" So they scolded her harshly.
- ⁶ But Jesus replied, "Leave her alone. Why criticize her for doing such a good thing to me?
- You will always have the poor among you, and you can help them whenever you want to. But you will not always have me.
 - ⁸ She has done what she could and has anointed my body for burial ahead of time.
- ⁹ I tell you the truth, wherever the Good News is preached throughout the world, this woman's deed will be remembered and discussed." - Mark 14:1-9 (NLT2)



She Recognized Her Opportunity... (3)

- Some Make Excuses..
- "Think" ...of what They Would Do
- Their Life Overshadowed by "What If?"
 - If I had certain talent, skill, ability
- "Complain" ...about what Others Do
- Their Life Overshadowed by "Why Them?"
- "Complain" ...about what Others Don't Do
 - Their Life Overshadowed by...

... "Why Not Someone Else?"



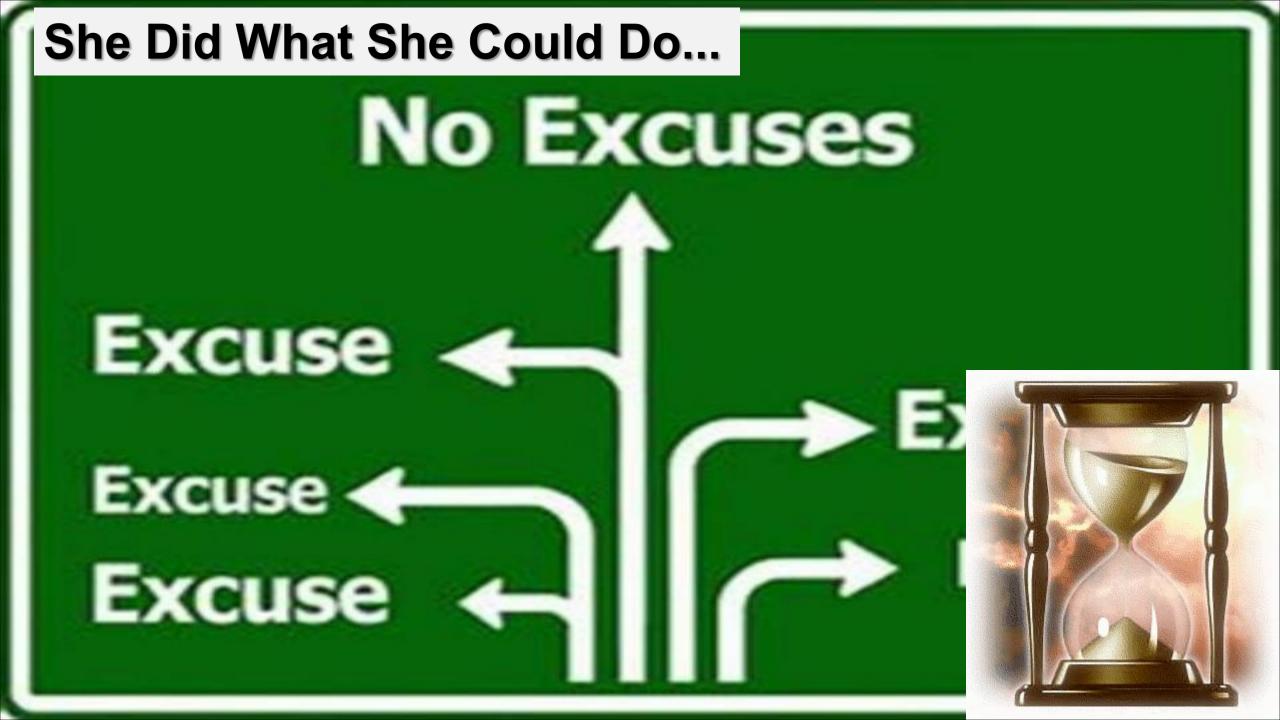
She Recognized...She Couldn't Do All ...But She Could Do Something (3)

Instead of Excuses..

...This Woman Did Something She:

- * "Sought out" of her Best
 - Alabaster Box (Spikenard)
- * "Counted out" the Cost
 - 300 denari –yrs wage
- * "Gave out" Freely
 - Broke/ Poured





She Did What She Could Do...

...While She Could Do It (3, 8)

Excuses Paralyze / Lead to Procrastination

3 Signs:

Some are Going to Do Something...

□ Sometime

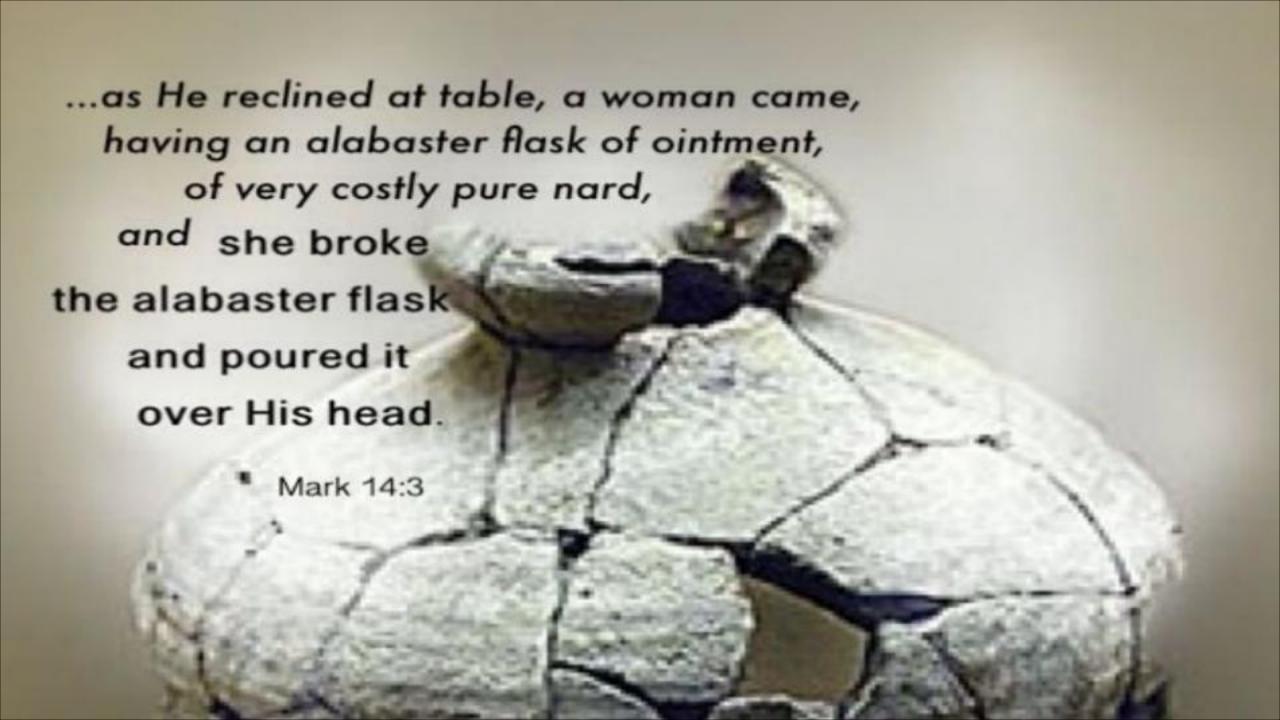
Ecc 11:4, "..observeth wind..not sow.."

□ Tomorrow

Matt 6:33-34, "seek 1st..not thought .."

☐ Waiting for Right Time II Cor 6:2, "now accepted time.."





Jesus Recognized Her Effort

...as He reclined at table, a woman came, having an alabaster flask of ointment, of very costly pure nard, and she broke

the alabaster flask and poured it over His head.

Mark 14:3

- Recognized the Timing (1-3)
- Rebuked Her Critics (4-6)
- Recognized Her Effort (7-8)
- Rewarded Her Sacrifice (9)

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Luke 9:62 – "Jesus replied, 'No one who puts a hand to the plow and looks back is fit for service in the kingdom of God.'"

This Weeks Challenge

- Be Quick to Take Responsibility
- Begin to See Problems as Opportunities
 - Build a No Excuse Attitude

2025
Year of
Getting
Past
Excuses

Luke 9:62 – "Jesus replied, 'No one who puts a hand to the plow and looks back is fit for service in the kingdom of God.'"

2025

Year of Getting Past Excuses