

Action step 2

1. Look at your list of damaging self-talk. Identify any sentences that are excuses. Anything that might be a reason you don't have to fully invest.
 - a. Look for language that distracts you from obedience. It can help to ask yourself, "Does *that* really matter if God asked me to write?"
 - b. If your sentence is "No one will read what I write," then ask yourself, "Does that really matter in light of the fact that God is asking me to write it?"
 - c. If the answer is no, it doesn't matter, then write EXCUSE in big red letters.
 - d. Or maybe you wrote "I don't have time to write." Ask yourself if that's gut-honest true in light of the fact that God is asking you to do this.
 - e. If you can squeeze a few minutes out of your day or week, then write EXCUSE in big red letters over "I don't have time to write."
2. Also check your list of damaging self-talk for anything that can be a negative, self-fulfilling prophecy.
 - a. Look for language that's outcome oriented. For example, "I don't have what it takes to be a writer, so I'll fail" is based on a prediction of the outcome.
 - b. If it's outcome oriented, remember that isn't the point. God isn't asking you to guarantee or worry about the outcome. He's only asking you to fully invest in obedience. So again, write EXCUSE.
3. In the blank space below your damaging self-talk, write sentences that will help you fully invest.
 - a. You can write a specific sentence from your story of how God gave you the task of writing, or a summary like this: "This is a task God gave me to do, and I'm going to do it with all my heart, no matter what."
 - b. If there's a specific Scripture that speaks to your issue, use that as well!
4. Cross off any sentences you wrote EXCUSE over.

Note: As you're evaluating your damaging self-talk throughout this workshop, remember to consider other sentences you've already crossed off. It's great to give yourself more than one way to fight damaging self-talk.

Action Step 3

Pick out verses to memorize to help encourage you in your obedience to God. Here are some suggestions:

- “I will hasten and not delay to obey Your commands.” Psalm 119:60
- “For nothing is impossible with God.” Luke 1:37
- “For the eyes of the Lord range throughout the earth to strengthen those whose hearts are fully committed to Him...” 2 Chronicles 16:9a