6-23-16   I Can't

Verse for the week: Philippians 4:13 (NLT) **"For I can do everything through Christ, who gives me strength."**

Have you ever heard someone use the words "I can't" when asked to do something? It seems to be a phrase that people now use in epidemic proportions.   I was recently talking to a friend of mine about the issue and he said that when people say "I can't!" what they are actually saying is "I won't!" If we are honest with ourselves we will agree with him. My brother, Mark, has pretty much outlawed the word. When he hears someone use the phrase, he immediately challenges them. Why? Because by saying you can't do something, you're doubting yourself and submitting to defeat! I now think twice about saying that phrase.   So why do people use the phrase?

1. **Fear** – they are afraid that they will mess up!
2. **Perception** – People fear what others may think of them if they aren't successful.
3. **Self-judgment** – You don't believe that you are capable of doing it.
4. **Convenience** – Some people use the phrase because they don't want to disrupt their day and be inconvenienced.

That's a pretty good list for us to ponder, but I've found that there are a lot of things that we say we can't do that we actually can do if we put our mind to it.   In order to do this, we may need to:

1. Get more information from the directions, books, websites or people with experience.
2. Build up our confidence by taking small steps
3. Become more determined
4. Admit the only thing holding you back is you.

We are amazing creatures, created by God with great abilities. **Psalms 139:13-14 (NLT)** says, **"You made all the delicate, inner parts of my body and knit me together in my mother's womb. 14 Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it."** It's time that we stop underestimating ourselves because we have been made in God's image! Let's stop saying "I can't!" and begin saying "I'll try!" or "I will!"

Question to ponder: When is the last time you said "I can't" but actually meant "you won't"? Take time to evaluate the reasons and ask yourself if they are valid. If not, stop making excuses and try.