



— 5 EXERCISES —  
**TO HELP YOU DO  
AMAZING THINGS**

*collide.*

**I think what we all have in common is that no matter who we are, no matter where we feel like we're at with God, no matter where we've been on the journey...we all want the same thing: we want our lives to matter, we want our lives to count, we want our lives to make a difference in the world.**

And you know what else we have in common? Something often holds us back. Something hinders us. Something trips us up. Something lies to us and tells us that we don't have what it takes. I see it all the time. One of my favorite things I get to do is meet with women and listen to their stories. The story I hear from all women is that they have this innate and beautiful desire to do big, great, bold, good things in this world and something is holding them back from the fullness of those dreams. Something holds them back from the next level of greatness. Something often gets in the way of the faithfulness that kind of life requires.

And you know what this resource we made is about? It's about dealing with that something... because God's got a plan. God's got a purpose. God's got a destiny for you and me. He wants to do something through our lives that is so beautiful and redemptive, big and boundless, but first He needs to do business with the "something" that gets in our way. Our hope is that you will lean into the 5 exercises we have created just for you, and that these will inspire you in your desire to do amazing things...

*Willow*



# NAMING YOUR “NOT ME’S”

## EXERCISE 1

How often do you say, “Not me”? I have a feeling it’s all too often. I sit across from you ladies. I go to parties with you. I stand on sports sidelines with you. I have way too much coffee in the same coffee shops you do. I hear the disappointment some of you feel about your calling. I hear the self-debasing statements you utter – the ones that hinder and harm rather than unleash and inspire. I hear the excuses that keep your dreams stifled. I make them too. But I also hear your passion. I hear your prayers to be purposed. I hear your heart that desires to make your life truly count. And yet you keep saying, “Not me.”

This “not me” mantra is what has us saying no to opportunities that God has for us all the time. This “not me” has us dreaming small instead of big. This “not me” has us discouraged and disappointed. It has us cowering in fear

at the thought of risking and saying yes to God and God-sized appointments. This “not me” has us envying other women, wishing we could be like them, because we think maybe if we were like “her” we would feel purposed. This “not me” has us living in the past, dreaming of a future that our present makes no space to find. This “not me” has us reading every self-help book we can get our hands on, only to finish each one still as lost as we started. This “not me” mantra makes our God small and our faith even smaller.

Jesus fiercely challenges our confidence problem. I hesitated when Jesus first called me into ministry, because I was believing lies. I was letting my past determine my present. I was letting my wounds win and my insecurities call me. Are you doing that?

Let’s take a good look at how our “not me’s” are bossing our lives around. Use the chart below to consider all of the lies you tell yourself that hold you back from doing amazing things. Recognize why you believe those things about yourself and evaluate how they hold you back. Think about where you will be in one year and in the fourth column, answer this question: *If you still believe each of your “not me’s” where will you be in 365 days?*

| Name your “not me” | Recognize why you believe this | How does your “not me” hold you back?                  | If things don’t change, you will...                    |
|--------------------|--------------------------------|--------------------------------------------------------|--------------------------------------------------------|
| I am average       | People don’t remember me       | I don’t speak up, even when I think I have a good idea | I will continue to feel like I don’t make a difference |
|                    |                                |                                                        |                                                        |
|                    |                                |                                                        |                                                        |
|                    |                                |                                                        |                                                        |
|                    |                                |                                                        |                                                        |
|                    |                                |                                                        |                                                        |
|                    |                                |                                                        |                                                        |
|                    |                                |                                                        |                                                        |



## REFLECT

What did you recognize by doing this exercise?



How much are your “not me’s” getting in the way of your life?



Imagine if your past, your insecurities and your wounds no longer held you back. What do you picture your life looking like when you stop letting “not me” get in the way?



Scripture shows us that throughout history, God’s power supersedes small and young, insignificant and messed up, bad track record and broke. God’s power is not held back by disbelief or disadvantage, mockery or money. God’s power is not intimidated by not gonna happen, never and no ways. God’s power is not restricted by impossibility, improbability, or impracticality. God knows what His power can do through one person’s life. God isn’t sitting around fretting about how He’s going to write an amazing story with your life or anyone else’s.

## GOD SEES IN US WHO WE DON'T SEE IN OURSELVES

God is the ultimate potential spotter. We see this throughout Scripture. God saw the Peter in Simon, who Simon did not see in himself. God saw the woman who would be used to change her village, in the 'get around girl' at the well. God saw the preacher in Paul, in the Christian killer, Saul. And God saw in a li'l lad and his weak sauce lunch, a beautiful way to feed His people and an amazing story that would be told to inspire His people to feed others for thousands of years to come. (We wrote all about it in the Collide Bible study, "Yes, You" and you can hop on over to our store at [wecollide.net](http://wecollide.net) to snag your own copy.)

Imagine what God sees in you. When we say, "Not me," God says, "Yes, you."

**Not me, God. I'm too old...**

*...Yes, you. I can use every season of your life.*

**Not me, God. I'm too messy...**

*...Yes, you. I use mess to create the most beautiful masterpieces.*

**Not me, God. I'm too plain...**

*...Yes, you. I gave you life to use you just as you are.*

**Not me, God. I'm too weak...**

*...Yes, you. I use weakness as an opportunity to show my power.*

**Not me, God. I'm too tired...**

*... Yes, you. I can do the impossible through anyone.*

**God wants to turn your NOT ME's into YES YOU's.**

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us. **Ephesians 3:20**



# CONFRONTING THE FEAR THAT HOLDS YOU BACK

## EXERCISE 2

For many of us, the first step towards doing amazing things begins with confronting our fears. Fear is defined as a strong emotion caused by great worry about something dangerous, painful, or unknown that is happening or might happen. Fear can be paralyzing and often keeps us from sharing our gifts, time and resources with the world. Below are 20 common fears that hold us back. See which resonate with you.

### **1** *I don't have enough knowledge or experience*

*If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. James 1:5*

### **2** *I'll look foolish*

*The Lord said to him (Moses), "Who gave human beings their mouths? Who makes them deaf or mute? Who gives them sight or makes them blind? Is it not I, the Lord? Now go; I will help you speak and will teach you what to say." Exodus 4:11-12*

### **3** *I won't be able to do it well enough.*

*You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you. John 15:16*

### **4** *It's not special.*

*We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; if it is serving, then serve; if it is teaching, then teach; if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully. Romans 12:6-8*

### **5** *I lack self-control.*

*For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. 2 Timothy 1:7*

### **6** *I am unsure of the outcome.*

*I give them eternal life, and they shall never perish; no one will snatch them out of my hand. John 10:28*

**7 It could make things more complicated**

*The Lord gives strength to his people; the Lord blesses his people with peace. Psalm 29:11*

**8 There's too much risk involved**

*Whoever has will be given more; whoever does not have, even what they have will be taken from them. Mark 4:25*

**9 It doesn't seem practical**

*Moreover, when God gives someone wealth and possessions, and the ability to enjoy them, to accept their lot and be happy in their toil—this is a gift of God. Ecclesiastes 5:19*

**10 I hate attention.**

*If anyone speaks, they should do so as one who speaks the very words of God. If anyone serves, they should do so with the strength God provides, so that in all things God may be praised through Jesus Christ. To him be the glory and the power for ever and ever. Amen. 1 Peter 4:11*

**11 It should be easy and not hard.**

*He gives strength to the weary and increases the power of the weak. Isaiah 40:29*

**12 I don't have time or money.**

*But remember the Lord your God, for it is he who gives you the ability to produce wealth, and so confirms his covenant, which he swore to your ancestors, as it is today. Deuteronomy 8:18*

**13 I might have to give too much up.**

*Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you. Luke 6:38*

**14 It's too emotional.**

*Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. John 14:27*

**15 I might be judged by others.**

*He upholds the cause of the oppressed and gives food to the hungry. The Lord sets prisoners free, the Lord gives sight to the blind, the Lord lifts up those who are bowed down, the Lord loves the righteous. Psalm 146:7–8*

**16 I don't want to be in charge of anything.**

*Don't you know that you yourselves are God's temple and that God's Spirit dwells in your midst? 1 Corinthians 3:16*

**17 It seems too big of a sacrifice.**

*He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things? Romans 8:32*

**18 The timing isn't right.**

*The eyes of all look to you, and you give them their food at the proper time. Psalm 145:15*

**19 Somebody else should or will do it.**

*For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. Ephesians 2:10*

**20 I will never have enough physical or mental energy.**

*Come to me, all you who are weary and burdened, and I will give you rest. Matthew 11:28*



## REFLECT

As you read through the list of common fears that hold us back, which one(s) do you resonate with the most?



For each fear you resonate with, go back and reread what God's word says about that fear. What stands out to you?



How are you encouraged that God is with you, even in your fears?



How can you begin to allow God's words to be louder than the fears that hold you back?





# WHAT HAVE YOU BEEN ENTRUSTED WITH?

## EXERCISE 3

Jesus tells a story in Matthew 25 that we refer to as the Parable of the Talents. It's a story about a master who entrusts to his workers "talents," or some translations say bags of gold or coins. Those who have studied this passage for hundreds of years don't find the same page on a talent's worth. Some say a talent equals 75 years' wages, some say 6,000 days' wages, some \$350,000. What they all agree on is that a talent was worth a substantial amount of money.

This master gave these dudes differing amounts of talents. Each man in Jesus' story responded differently with what they were entrusted. The master seems to be impressed by two of them and more than disappointed in one. The man who was given five talents turned them into ten. The man who was given two turned them into four. These two workers grew what they had been given exponentially and the master said, "Well done good and faithful servants!" But not the man who had been given one talent. No, he dug a hole and buried it and the master got real ticked off.

Why does the master get upset?

This master goes on a trip and comes back, asking for an account from these men he entrusted his talents to, much like Scripture describes what our Master has done. Jesus left for a time and when He comes for us He will call each of us to an account for what He entrusted to us.

One thing we all have in common is that all of our lives have an end. There will be a time where your life and my life will have its last day. We will expectedly or unexpectedly eat our last meal. We will hug our last hug. We will breathe our last breath and when that day comes, all our goals, all the wishes we wished when we blew out our birthday candles, all the dreams we tried to make come true, all the things we invested in, all the relationships we did or didn't tend to, all the words we said and didn't say, all the choices we made, will all be sealed. There will be no undoing things, no more chances at opportunity, no more time to extend forgiveness and reconciliation, no more ambition used toward accomplishing dreams, no more ability to reach back and help people who we hoped got help. All our material goods won't go with us, not even the dress we're buried in.



# WHAT HAVE YOU BEEN ENTRUSTED WITH?

## EXERCISE 3

### CONTINUED

Life as we know it will end but the clock will keep ticking without us. The sun will set the night we die and it will rise the next day. Monday will come and so will the following Christmas and spring too. Tulips will still pop up to say hello. Kids will still play chase. Lovers will still fall in love and birds will still fly south for the winter. There's this sense around the way this will all work. We each were given this one life and at its end we will experience a moment where we will meet our Maker and our Master and He will ask what we did with what He entrusted to us. This is not supposed to be a fearful experience... but somehow we go there. Before we get all down on God for wanting to have a conversation with us about what we did with our one life, let's first consider what it would mean if God gave us life and didn't ask for an account? It seems to me that would mean it matters little. But that's just not the case. God seems to take our lives pretty seriously. He thinks our lives matter so much that it's like He says, "Make it all count- I can't wait to hear what you did with it."

God has given you so much, friend. You have resources and brain power, ideas and inventions, creative abilities and unique giftings. You have relationships and stories and spiritual wisdom. You have business savvy or the ability to sew. You own a boat or have a connection to someone who can help someone who can help someone. You have a recovery story that can encourage an addict or a compassion for loss that can bring comfort to a widow. We have all been entrusted with so many things. And I get that it's hard sometimes to name what you have been entrusted with. Sometimes we need to think outside the box. That's why we took some time to create this next exercise so that you can really dig deep and reflect upon what you have been entrusted!

**You have been entrusted with many things. Take time to think about what God has entrusted to you and check the boxes below that apply. Use the blank lines to add any that aren't listed.**

### A BODY

- ☐ Hands
- ☐ Feet
- ☐ Brain
- ☐ Mouth/Voice
- ☐ Ears
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### RESOURCES

- ☐ Money
- ☐ Garden
- ☐ Crockpot
- ☐ Gumball machine
- ☐ Buildings
- ☐ Storage unit
- ☐ House
- ☐ Car
- ☐ Boat/Water skis
- ☐ Backyard
- ☐ Bikes
- ☐ Pool table
- ☐ Timeshare
- ☐ Cabin
- ☐ Land
- ☐ Basement
- ☐ Inheritance/Windfall
- ☐ Moving Truck
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### OTHER

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### PERSONALITY

- ☐ Magnetic
- ☐ Charming
- ☐ Free spirited
- ☐ Patient
- ☐ Funny
- ☐ Encouraging
- ☐ Compassionate
- ☐ Loving
- ☐ Competitive
- ☐ Driven
- ☐ Inspiring
- ☐ Insightful
- ☐ Aware
- ☐ Trusting
- ☐ Joyful
- ☐ Gracious
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### TIME

- ☐ 24 hours in a day
- ☐ Empty nester
- ☐ Retirement
- ☐ Free afternoons
- ☐ Summers off
- ☐ Naptime
- ☐ Early riser
- ☐ Night owl
- ☐ Leave of absence
- ☐ Maternity leave
- ☐ Vacation
- ☐ Transition year
- ☐ Engagement
- ☐ The waiting season
- ☐ The harvest
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### TALENTS

- ☐ Singing
- ☐ Underwater basket weaving
- ☐ Writing
- ☐ Debating
- ☐ Crafting
- ☐ Computer programming
- ☐ Painting
- ☐ Drawing
- ☐ Researching
- ☐ Repurposing
- ☐ Storytelling
- ☐ Babysitting
- ☐ Shepherding
- ☐ Memorizing
- ☐ Speaking
- ☐ Organizing
- ☐ Networking
- ☐ Dancing
- ☐ Playing an instrument
- ☐ Graphic design
- ☐ Photography
- ☐ Web design
- ☐ Hospitality
- ☐ Conflict resolution
- ☐ Math
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### ABILITIES

- ☐ To work
- ☐ To change a tire
- ☐ To sew
- ☐ To cook
- ☐ To bake
- ☐ To garden
- ☐ To pray
- ☐ To build
- ☐ To drive
- ☐ To shovel snow
- ☐ To lift heavy items
- ☐ To lead
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### RELATIONSHIPS

- ☐ Sister of the next Taylor Swift
- ☐ Mother of a future woman warrior
- ☐ Daughter of a preacher
- ☐ Friend of Bill Gates
- ☐ Daughter of a King
- ☐ Daughter-in-law of a problem solver
- ☐ Neighbor of a great listener
- ☐ Mother-in-law of a publisher
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### GIFTS OF THE SPIRIT

- ☐ Wisdom (1 Cor. 12:8)
- ☐ Knowledge (1 Cor. 12:8)
- ☐ Faith (1 Cor. 12:9)
- ☐ Healing (1 Cor. 12:9)
- ☐ Miraculous powers (1 Cor. 12:10)
- ☐ Prophecy (1 Cor. 12:10)
- ☐ Discernment (1 Cor. 12:10)
- ☐ Speaking in tongues (1 Cor. 12:10)
- ☐ Interpreting tongues (1 Cor. 12:10)
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### EXPERIENCES

- ☐ Life stories
- ☐ Learning lessons
- ☐ Pain/wounds
- ☐ Ski patrol
- ☐ Child of an addict
- ☐ Search and rescue
- ☐ Military
- ☐ Paramedic
- ☐ Grew up on a tree farm
- ☐ Raised by entrepreneurs
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_



What surprised you in doing this exercise?



Were there any categories you never considered when thinking about what God has entrusted you with? How has that changed the way you think about your experiences?



Why do you think it is sometimes hard for you to identify the things you have been entrusted with?



How often do you spend time looking at what other people have and how does that take away from you being able to fully see what you have?



What encourages you about all the things you have been entrusted with?





# PEOPLE'S LIVES ARE WAITING ON YOURS

## EXERCISE 4

There are people whose lives are waiting on you.

So often God is calling us to use what we have to impact other people. God might be asking you to use that cabin in the woods to donate to a local non-profit auction to help them continue carrying out their mission. God might be using your ability to connect with middle schoolers to invest in kids that are fatherless. God might be asking you to use that inheritance to share with other people and not just hoard for yourself. God might be calling you to use those motherly instincts to adopt kids who need parents. God might be using your strategic mind to grow an organization that will impact whole communities and generations. God might have given you that brave and bold voice to speak up for those who need speaking up for.

There are women who want to end their lives and they are waiting for your help. There are children being bullied and they are waiting on your fight for justice. There are marriages falling apart and they're waiting on your wisdom and mentoring. There are kids who need to be adopted into a family and they are waiting to call you mommy.

There are non-profits and ministries bringing about the change this world needs and they are waiting for your resources. There are teen girls who are drowning in lies and they are waiting for the truth that your writing, your singing, or your painting can bring them. There are people whose lives have been trashed by addiction and they are waiting on your story. There are people living in hardship waiting for your inventions, your creative ideas or your engineering mind. There are people steeped in depression waiting for your healing work. There are elderly people who sit alone day after day, month after month, year after year and their loneliness is waiting for your presence. There is a generation growing up being drowned by voices screaming at them all day who they should be and they are waiting for your voice to bring them freedom. There are other women whose gifts and passions are waiting for your leadership to mobilize them to leverage their life. So you know what, we can't let fear get in the way because there are people whose lives are waiting on us.



What do you have that could impact or bless others?



Whose lives might be waiting on yours?



When you think about what you are good at and who you're passionate to help, how can you see merging those things and using what you have to meet the needs of others?



If you have been holding back, hiding and hoarding what you have and I said to you, “There are people whose lives are waiting on what you have,” what would you feel called to do?



What do you feel called to do right now with what you’ve been given?



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Some of you are doing it. You are leveraging your life, your business, your time, your income, your abilities, all of it. Keep doing it. Keep going.

Keep being faithful. If nothing else, this moment is a reset to be encouraged and get the fuel you need to keep giving away your life for that of another. For some of you, this has dug up some things and it's been a lot but you know it's been good, like a reset. And many of you can sense Jesus is calling you, maybe you feel His nudge, or maybe more like a push. Maybe you feel His heart calling yours. People's lives are waiting for you. There is nothing more beautiful than a heart ready to be mobilized by Jesus to go out and change the world.



# LEVERAGE YOUR LIFE

## EXERCISE 5

When my son Aidan was a freshman in high school he headed to his first away football camp for five days with juniors and seniors who looked like bearded man-children. I figured Aidan might need spending money so I gave him some, explaining I expected him to use it wisely and to bring me back what he had left. So when he got home I said, “Do you have any of my money left over?” He looked at me with a twinkle in his eye and said, “I have more money than I left with.” That sounded fishy to me so I asked, “What do you mean?”

He explained that every night after dinner there was a snack shack and people could buy whole pizzas. Aidan bought whole pizzas and sold them to kids by the slice. I was like, “Are you kidding me? That’s genius!”

See, Aidan leveraged what he had and made it so much more. I think that’s

what God asks us to do with our whole lives. I think that’s why Jesus told the Parable of the Talents in the first place. I think God asks us to take everything we’ve got, whether it’s our sense of humor, our connections, our giftedness with kids with special needs, our ability to debate, our “woo” factor, our ability to sing, our wealth, our poverty, our strength, our pain, our learning lessons, our genius ideas, all of what it is we have, and He asks us to leverage it, making more than it already is.

Now that you have spent some time looking at the things that hold you back, confronting your fears, recognizing what you have been entrusted with and thinking about the impact you can have on other people’s lives, what do you feel called to do to further leverage your life?

Spend some time determining your next steps.

When I begin to believe lies, I will...



When I begin to give into fear, I can...



When I feel like hiding, hoarding and keeping to myself what I've been entrusted with, I will...



When I begin to give up doing amazing things I will think about people's lives who are waiting on mine. Right now I think of...



# Respond

Pray the prayer below to God

**Dear God,**

**I hand you my everything, my insecurities and my fears, my hiding and making myself smaller than I ought to. I hand you all that you have given me... I hand it back. I hand you my passions and my big dreams. I also hand you my wanderings and my disappointed dreams. God will you take all that I am and use my life to make this world a better place. Take my giftings, my abilities, my story, my past, my wisdom, my failures- all of it, and use it to impact lives. I hand you all that I am and ask that you would do what only you can. God, please use my one life to do amazing things.**

**Amen**

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