



Excavation Guide



WWW.TWC.CHURCH



Introduction

Something brought you to this guide. Maybe it was the sermon. Maybe it was a friend. Maybe it was just that quiet sense you've been carrying around longer than you'd like to admit — that your life was supposed to amount to something more than this.

Here's the honest diagnosis. Most of us aren't living below our potential because we're lazy or ungifted or forgotten by God. We're living below it because the **vessel is full of the wrong things**. And a vessel that is already full cannot be filled with something new.

You don't need more added to your life - you need the wrong things removed so the right things can finally take root.

Paul speaks to this in 2 Timothy 2:20-21. In a large house there are vessels for honorable use and vessels for common use. Same house. Same Master. But not the same function. Here's what changes everything — those who cleanse themselves will be instruments for special purposes, made holy, useful to the Master, prepared to do every good work.

This isn't a self-help guide. It's an excavation. And excavations only work if you're willing to dig honestly. Not only that, but the cleansing is active. It's a choice.

This excavation is built around four fillers — the things taking up space in the vessel that belongs to God - Neglecting the Small, Missing Voices, Conformity, and Doubt and Fear. Over the next five weeks you will identify which ones have the most grip on your life, excavate what God placed in you that hasn't had room to breathe, and begin making room for the **more** He's always intended.

The Master wants to use you.
But first — the vessel has to be cleansed.
Let's begin.

Justin Crispin

Instructions for Each Week

Most of us have a sense — even if we've never said it out loud — that our life was supposed to amount to something more than this.

That feeling isn't arrogance. It isn't ingratitude. It's actually a signal. It's the echo of something God designed in you before you ever had a chance to crowd it out.

Paul gives us the diagnosis in 2 Timothy 2:20–21. Those who cleanse themselves will be instruments for special purposes, made holy, useful to the Master, prepared to do every good work. The cleansing is active. It's a choice. The question isn't what's wrong with you. The question is what's in the vessel that needs to come out. These questions are designed to help you start finding out.



Week One: A Call for More



Worksheet One The Cleansing Inventory:

Every vessel has fillers. These are the four this series is built around. Read through each one honestly and ask yourself — which one has the most space in my vessel right now?

01 Neglecting the Small:

02 M

03 C

04 D



Worksheet Two The Vision Inventory:

Once the vessel is cleansed, what does the Master want to fill it with?

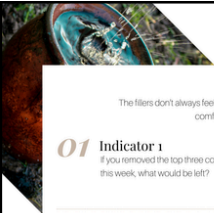


Is there something you once felt called to (a dream, a burden, a sense of purpose) that has slowly gone quiet? What happened to it?

When you imagine a version of your life fully surrendered to what God designed you for, what does that look like — even if it feels out of reach right now?

What does your life look like when you are at your best — most alive, most useful, most like the person God intended?

What would the people who know you best say you were made for?



Made for More Indicators

The fillers don't always feel like fillers. Sometimes they feel like responsibilities, comfort, or just life. That's what makes them so effective.

01 Indicator 1
If you removed the top three consumers of your time and energy this week, what would be left? ☒

02 Indicator 2
What is one thing you've been carrying that God may never have asked you to carry? ☒

03 Indicator 3
What is one thing God has been nudging you toward that you've been too full to pursue? ☒

weekly prayer

Heavenly Father, I confess that I've allowed my life to get full of the wrong things — busyness that is really avoidance, responsibility that is really just safe, sin I should have walked away from, and assignments I've neglected. Forgive me. Cleanse me from what I never should have carried and make room for what You actually intend to do in me. I want to be a vessel You can use. In Jesus' Name, Amen.



Group Debrief

Most of us are living crowded lives. Crowded schedules. Crowded minds. Crowded hearts. And in all that crowding, we've slowly drifted from the life God designed us for into a domesticated version of it that is safe and manageable and quietly unsatisfying.

This week you identified what's in your vessel that needs to come out — to make room for what the Master actually wants to put in. Let's talk about your discoveries.

Share with the group:

01 From This Week's Worksheet One:
What filler was hardest to name honestly? Why is it hard to call it what it is?

02 From This Week's Worksheet Two:
Was there something that surfaced about what God may have placed in you that surprised you — or that you had forgotten was even there?

Read 2 Timothy 2:20–21:
"In a large house there are articles not only of gold and silver, but also of wood and clay; some are for special purposes and some for common use. 21 Those who cleanse themselves from the latter will be instruments for special purposes, made holy, useful to the Master and prepared to do any good work."

Notice what Paul doesn't say. He doesn't say God will cleanse the vessel. He says those who "cleanse themselves." That word is active. It's a decision. The vessel prepared for honorable use isn't the one that got lucky or the one with the most talent. It's the one that made room.

03 Paul says the cleansing is something the vessel does — it's active, not passive. What would it actually cost you to start making room?

04 If nothing in the vessel changes — if the fillers stay exactly where they are — where will you be in five years?

05 Share with the group one thing that God is nudging you towards.



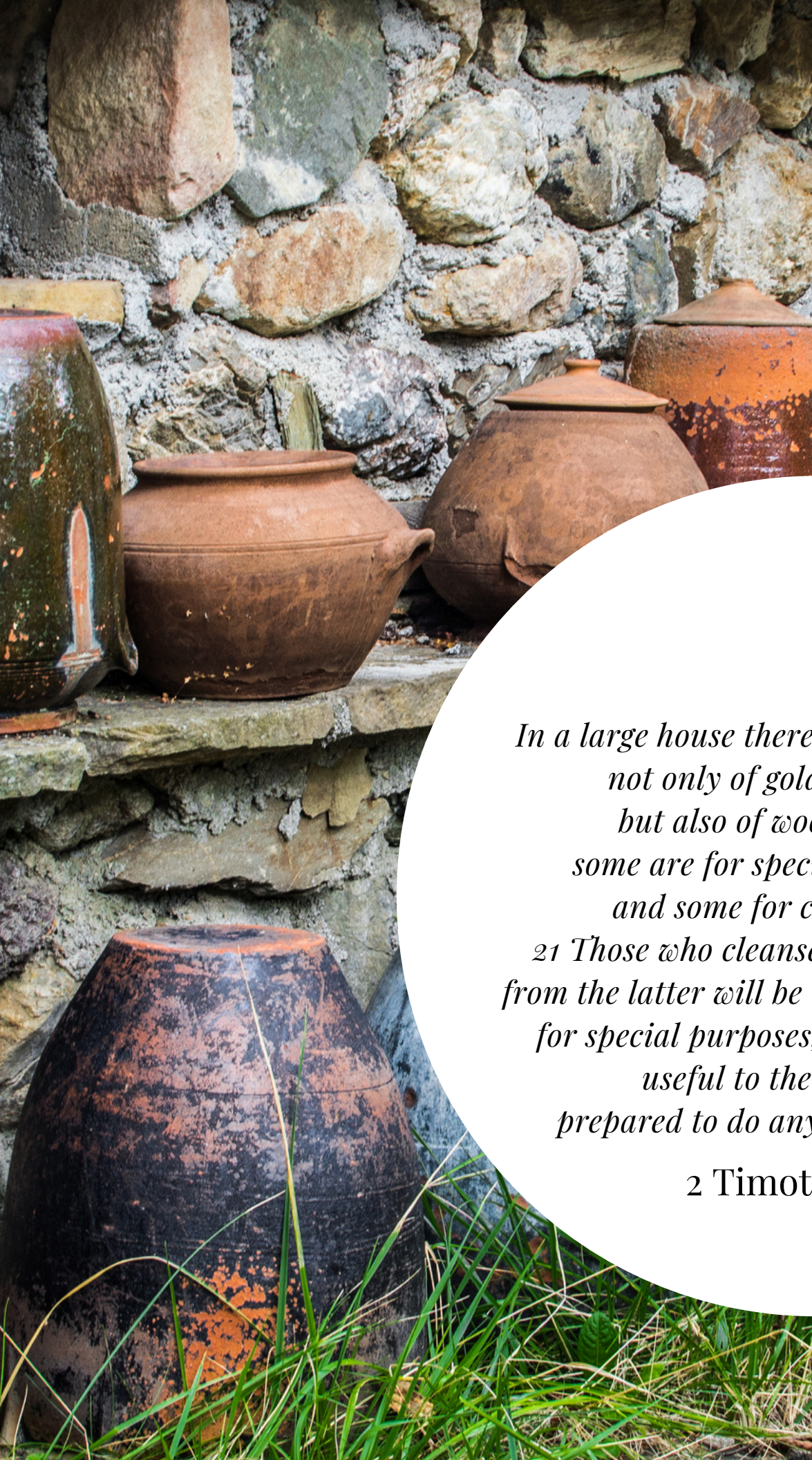
Complete the week's
Worksheets and Indicators
before meeting with your group
for the Group Debrief.



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All Scripture is taken from the NIV.



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*In a large house there are articles
not only of gold and silver,
but also of wood and clay;
some are for special purposes
and some for common use.
21 Those who cleanse themselves
from the latter will be instruments
for special purposes, made holy,
useful to the Master and
prepared to do any good work.*

2 Timothy 2:20-21

Most of us have a sense — even if we’ve never said it out loud — that our life was supposed to amount to something more than this.

That feeling isn’t arrogance. It isn’t ingratitude. It’s actually a signal. It’s the echo of something God designed in you before you ever had a chance to crowd it out.

Paul gives us the diagnosis in 2 Timothy 2:20–21. Those who cleanse themselves will be instruments for special purposes, made holy, useful to the Master, prepared to do every good work. The cleansing is active. It’s a choice. The question isn’t what’s wrong with you. The question is what’s in the vessel that needs to come out. These questions are designed to help you start finding out.



Week One: A Call for More

Worksheet One

The Cleansing Inventory:

Every vessel has fillers. These are the four this series is built around. Read through each one honestly and ask yourself — *which one has the most space in my vessel right now?*

01

Neglecting the Small:

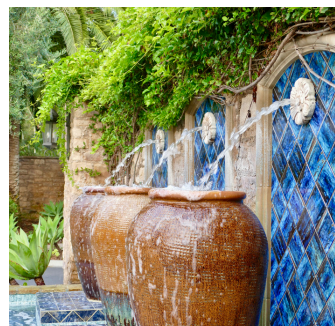
You have been waiting for a bigger moment while the assignments God already placed in front of you go undone.



02

Missing Voices:

The right voices have gone quiet — the truth-tellers, the challengers, the encouragers — and you've been navigating your calling alone.



03

Conformity:

The world has a pattern and it has been forming you whether you've been paying attention or not.



04

Doubt and Fear:

This is the filler that hides behind all the others — convincing you the timing isn't right, the risk is too great, and the smaller version of your life is actually more responsible anyway.



A N S W E R S :

When you look honestly at your week, what is consuming the majority of your time and emotional energy that isn't moving you toward anything significant?

What do you reach for when you have a free moment — and what does that reveal about what currently has the most pull on you?

What obligations, habits, or commitments are you carrying out of guilt, fear, or inertia rather than genuine calling?

What would you have to say "no" to if you were serious about saying "yes" to more?

What has filled your life that God may have never asked you to carry?

Worksheet Two

The Vision Inventory:

Once the vessel is cleansed, what does the Master want to fill it with?



Is there something you once felt called to (a dream, a burden, a sense of purpose) that has slowly gone quiet? What happened to it?

When you imagine a version of your life fully surrendered to what God designed you for, what does that look like — even if it feels out of reach right now?

What does your life look like when you are at your best — most alive, most useful, most like the person God intended?

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02 Indicator 2

What is one thing you've been carrying that God may never have asked you to carry?



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weekly prayer

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In Jesus' Name. Amen.

Group Debrief



Most of us are living crowded lives. Crowded schedules. Crowded minds. Crowded hearts. And in all that crowding, we've slowly drifted from the life God designed us for into a domesticated version of it that is safe and manageable and quietly unsatisfying.

This week you identified what's in your vessel that needs to come out — to make room for what the Master actually wants to put in. Let's talk about your discoveries.

Share with the group:

01

From This Week's Worksheet One:

What filler was hardest to name honestly? Why is it hard to call it what it is?

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Was there something that surfaced about what God may have placed in you that surprised you — or that you had forgotten was even there?

Read 2 Timothy 2:20-21.

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03

Paul says the cleansing is something the vessel does — it's active, not passive. What would it actually cost you to start making room?

04

If nothing in the vessel changes — if the fillers stay exactly where they are — where will you be in five years?

05

Share with the group one thing that God is nudging you towards.



”

*“Whoever can be
trusted with very little
can also be trusted
with much,
and whoever is
dishonest with very
little will also be
dishonest with much.”*

Luke 16:10

Week Two: Neglecting the Small

Most of us are waiting for a moment worthy of our full effort. The problem is that while we've been waiting, God has already been assigning. And most of those assignments don't feel significant. They feel small. Ordinary. Beneath what we imagined our life would look like by now.

So we dismiss them. We deprioritize them. We tell ourselves we're saving our best for something bigger. And slowly — without anyone making a dramatic decision — the daily disciplines erode, the unglamorous responsibilities pile up, and the capacity God built into us stalls out waiting for a moment that never quite arrives.

Luke 16:10 doesn't leave much room for negotiation. Whoever is faithful in very little is faithful in much. That's not a consolation for people with small callings. That's the pattern God uses to determine who gets trusted with more. Neglecting the small isn't just a productivity problem. It's a vessel problem. And this week it's time to name it.

Worksheet One

What Am I Neglecting?

Be honest. The small things you dismiss reveal more about your spiritual condition than the big moments you're waiting for.



O1 Question:

What daily disciplines have you allowed to erode in your life (prayer, Scripture, rest, exercise) that you know matter but you keep deprioritizing?

A N S W E R :

O2 Question:

What responsibility has God already placed in front of you that you've been treating as optional?

A N S W E R :

O3 Question:

Where have you been showing up halfway — present in body but absent in effort or intention?

A N S W E R :

Worksheet Two

What Do I Need To Be Faithful In?

Faithfulness isn't a feeling. It's a decision about what you're going to show up for — consistently, quietly, and without an audience.

01 What is one area of your life where God is calling you to show up more consistently starting this week?

What would it look like to give your full effort to the assignment directly in front of you right now?

02

03 Who in your life needs a more faithful version of you — and what would that actually look like in practice?



Made for More Indicators

God doesn't bypass the small to get to the significant. He works through it.

01 Indicator 1

What is one small assignment you've been neglecting that you are committing to this week?



02 Indicator 2

Where has God already been faithful to you in the small things — and how does that change the way you approach what He's asking of you?



03 Indicator 3

On a scale of one to ten, how faithful have you been this past week in the assignments already in front of you?



weekly prayer

Heavenly Father, I confess that I've been waiting for a bigger moment while neglecting the assignments you've already placed in front of me. Forgive me for dismissing the small as unworthy of my full effort. Teach me to be faithful here, in this season, with what you've already given me. I trust that you are working through the small things to prepare me for the more you have planned.

In Jesus' Name. Amen.



Group Debrief

Faithfulness in the small things isn't the consolation prize for people who missed their big moment. It's the path every person God used significantly had to walk first. Bring what surfaced this week into this conversation.

Share with the group:

01

From This Week's Worksheet One:

What did you discover you've been neglecting that was hard to admit?

02

From This Week's Worksheet Two:

What does faithfulness actually look like for you in this season — specifically, not generally?

03

What is one small thing in your life right now that you know matters but keeps getting pushed to the bottom of the list — and why does it keep ending up there?

Neglecting the small rarely feels like disobedience. It feels like saving yourself for what really matters. But over time the pattern of dismissing the small becomes the pattern of your life — and you end up living far below the capacity God designed for you.

Read Luke 16:10.

"Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much."

04

If the pattern of faithfulness in small things mirrors the pattern in larger ones, what does your current pattern say about where you're headed?

05

What is one specific act of faithfulness you are committing to before this group meets again?

A lush garden scene with a stone wall, a palm tree, and a fountain made of large terracotta pots. The fountain is composed of three large, brown, textured terracotta pots arranged in a row, with water spraying from the top of each. The pots are set on a blue and white tiled base. In the background, there is a stone wall with a small window, a palm tree, and other green plants. The overall atmosphere is peaceful and serene.

”

*Brothers and sisters,
if someone is caught in a sin,
you who live by the Spirit should
restore that person gently.*

*But watch yourselves,
or you also may be tempted.
2 Carry each other's burdens,
and in this way you will
fulfill the law of Christ.*

Galatians 6:1-2

You were never designed to carry your God-given purpose alone.

Somewhere along the way the right voices went quiet. Not all at once. Gradually. The truth-teller got too uncomfortable to keep around. The challenger felt more like a critic than a friend. The encourager drifted and you let them go. And before you knew it you were navigating your God-given purpose by yourself — and calling it maturity.

Missing voices is one of the most subtle fillers there is. Not dramatic. Not obvious. Just a quiet absence that slowly narrows your life until the version of you showing up every day is smaller than the one God designed.

Galatians 6:1-2 says restore one another gently and carry each other's burdens.

That requires proximity. It requires honesty. And it requires the kind of intentional relationships most of us are too busy or too guarded to cultivate.

This week is about identifying which voices are missing — and what that absence is costing you.



Week Three: Missing Voices

Worksheet One

The Voice of Truth:

A life without truth-tellers is a life lived in a comfortable illusion.

01

Who in your life tells you the truth even when it's uncomfortable — and when is the last time they actually did?

A N S W E R :



02

What is a truth about your current life that you've been avoiding because no one has been close enough to speak it?

A N S W E R :

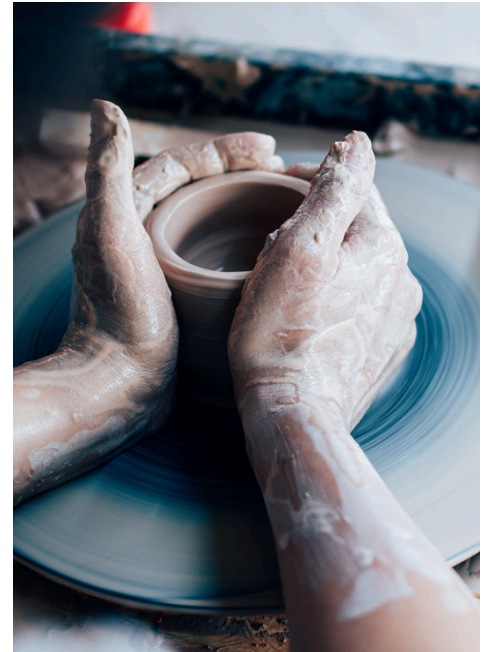
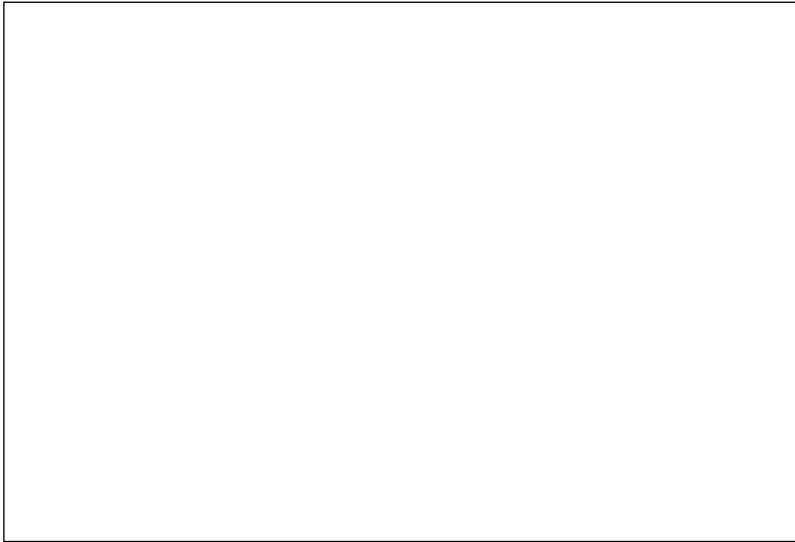


Worksheet Two

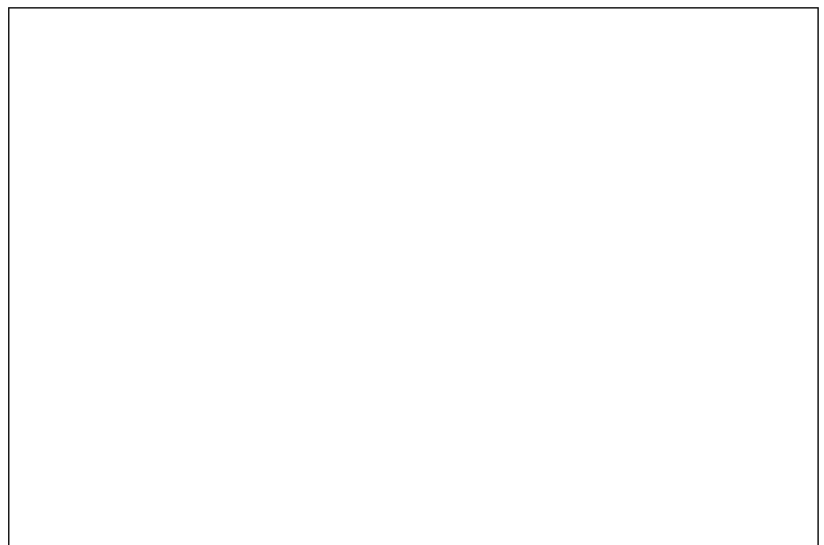
The Voice of Challenge:

You will never grow beyond the expectations of the people closest to you.

Who in your life consistently pushes you to grow beyond where you're comfortable?



Where do you sense the absence of someone who believes in your potential more than your excuses?



Worksheet Three

The Voice of Encouragement:

Encouragement isn't flattery. It's someone naming what
God placed in you before you can see it yourself.



01

Who genuinely celebrates who you are and what God has placed in you
— and are you letting them?

02

Is there someone you've drifted from who once spoke life over you that
you sense God may be calling you back toward?



Made for More Indicators

The right voices aren't a luxury. They're a necessity.
Missing voices is a filler that shrinks your life one quiet season at a time.

01 Indicator 1

Do you currently have at least one person fulfilling each of the three voices — truth, challenge, and encouragement?



02 Indicator 2

What is one relational step you could take this week to invite a missing voice back into your life?



03 Indicator 3

How open are you — honestly — to receiving voices that tell you things you may not want to hear?



weekly prayer

Heavenly Father, I confess that I've been navigating my God-given purpose alone and calling it independence when it was really just isolation. Forgive me for drifting from the voices you placed in my life to shape me. Give me the humility to invite truth, the courage to welcome challenge, and the grace to receive encouragement without deflecting it. Lead me back to the relationships you intended to use to make me more. In Jesus' Name. Amen.

Group Debrief



Galatians 6 calls us to something harder and better than what comes naturally to us. Restore one another. Carry each other's burdens. That's not a casual arrangement. That's intentional proximity with people who actually know what's going on in your life. The voices missing from your life aren't missing by accident. At some point the sharpening got uncomfortable and a decision was made — consciously or not — to move away from it. This week's excavation is about naming what that's cost you. Bring those discoveries into this conversation.

Share with the group:

01

From This Week's Worksheet One:

Is there a truth about your life that you've been avoiding because no one has been close enough to speak it?

02

From This Week's Worksheet Two:

Have you ever pulled away from a challenging voice because it felt more like a threat than a gift? What did that cost you?

03

Which of the three voices — truth, challenge, or encouragement — is most absent in your life right now, and how long has it been missing?

Here's what most of us actually want: We want people close enough to feel like community but not close enough to challenge how we're actually living. We want the warmth of relationship without the friction of accountability. And we call that friendship.

Read Galatians 6:1-2.

"Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted. 2 Carry each other's burdens, and in this way you will fulfill the law of Christ."

04

What does it actually look like to restore one another and carry each other's burdens — not theoretically, but practically?

05

What is one specific relational step you are committing to this week to invite a missing voice back into your life?

You are always being formed. The question is never whether it's happening. The question is whether it's happening on purpose. Most of us have never stopped to ask what is actually shaping us. We just live. We consume. We scroll. We fill our margins with noise. And slowly — without anyone making a dramatic decision — the world's pattern gets inside us and starts forming us toward its image rather than God's.

Romans 12:2 says don't conform to the pattern of this world but be transformed by the renewing of your mind. That's not a passive instruction. It's an active resistance to a current that is always pulling. Conformity is a filler that works quietly and consistently — which is exactly what makes it so dangerous. This week is about identifying what has been forming you — and getting intentional about what should be.

” *Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.*

Romans 12:2



Week Four: Conformity

Worksheet One

What Is Currently Forming Me?

You become what you consistently consume, inhabit, and repeat. Take an honest look.

A N S W E R S :

What inputs — media, content, conversations, environments — are you consistently feeding yourself, and what kind of person are they producing in you?

What habits or patterns have you allowed into your daily rhythm that are quietly pulling you away from who God designed you to be?



Worksheet Two

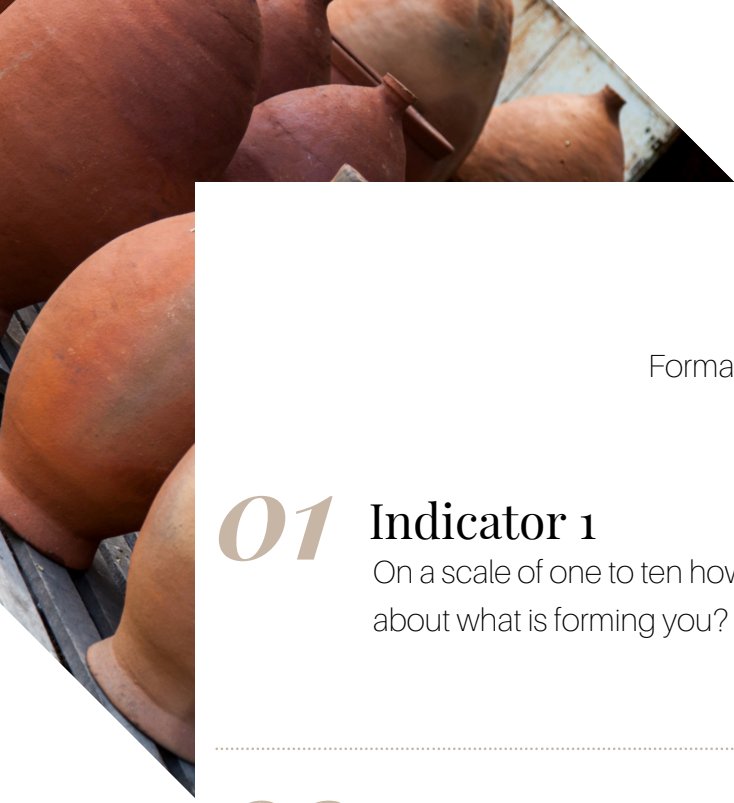
What Does Intentional Formation Look Like?

Transformation doesn't happen by accident.
It happens by decision, repeated consistently over time.



What spiritual discipline, if added to your weekly rhythm right now, would most accelerate your formation (prayer, scripture reading, journaling, etc.)?

When you imagine a version of your life fully surrendered to what God designed you for, what does that look like — even if it feels out of reach right now?



Made for More Indicators

Formation is not what you intend. It's what you repeatedly do.

01 Indicator 1

On a scale of one to ten how intentional are you currently being about what is forming you?



02 Indicator 2

What is one thing you are willing to remove this week that has been pulling you toward conformity?



03 Indicator 3

How consistent are you currently with each of these three formation practices — daily prayer, Scripture reading, and journaling? Which one needs the most attention?



weekly prayer

Heavenly Father, I confess that I've been careless about what I've allowed to form me. I've filled my life with inputs and habits and environments that have been quietly pulling me away from who you designed me to be. Forgive me. Renew my mind. Help me to be as intentional about my formation as I am about everything else I take seriously. Transform me from the inside out so that what I'm becoming matches what you intended. In Jesus' Name. Amen.



Group Debrief

Paul's instruction in Romans 12 isn't just spiritual advice. It's a warning. The pattern of this world is always pulling. Always forming. Always moving you somewhere. The only question is whether you are being intentional about where. Bring what surfaced this week into this conversation.

Share with the group:

01

From This Week's Worksheet One:

What did you discover about what is currently forming you that was uncomfortable to name?

02

From This Week's Worksheet Two:

What does intentional formation actually look like for you in this season — specifically, not generally?

03

What is one input, habit, or environment in your life right now that you know is forming you in the wrong direction — and why haven't you addressed it?

Nobody wakes up one day and decides to become a smaller version of themselves. It happens gradually. One compromise at a time. One distraction at a time. One season of drift at a time. And before long the person showing up to life looks a lot more like the world than like someone formed by God.

Read Romans 12:2.

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."

04

What is the difference between conforming and being transformed — and which one best describes the direction your life is currently moving?

05

What is one specific change to your daily or weekly rhythm you are committing to before this group meets again?



”

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

2 Timothy 1:7



Week Five: Doubt and Fear

This is the filler that hides behind all the others.

You can address what you've been neglecting. You can pursue the missing voices. You can get intentional about your formation. And still find yourself stuck. Not because the other fillers came back. Because this one never left.

Doubt whispers that God's best is for someone else. Fear convinces you the smaller version of your life is actually the more responsible one. And together they do something no other filler can do — they make staying exactly where you are feel like the right decision.

2 Timothy 1:7 says God has not given us a spirit of fear but of power and love and a sound mind. That's not a suggestion for people with manageable lives. That's a declaration for people standing at the edge of something God is asking them to step into. You cannot overcome what you refuse to name. This week — name it.

Worksheet One

The Doubt Inventory:

Doubt isn't the opposite of faith.

Unexamined doubt is. Name it so God can meet you in it.



O1 Question:

Where in your life have you stopped expecting God to move — and when did that happen?

A N S W E R :

O2 Question:

What promise of God do you say you believe but aren't actually living like you do?

A N S W E R :

O3 Question:

Is there an area of your God given purpose where you've quietly concluded that God's best is for someone else — not you?

A N S W E R :

Worksheet Two

The Fear Inventory:

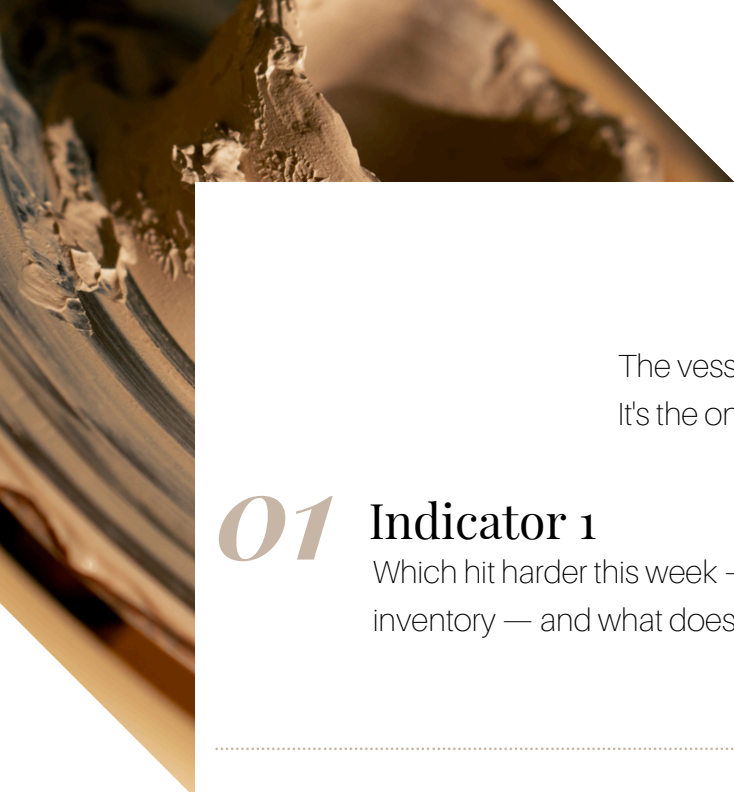
Fear is not just an emotion. It's a voice.
And it's been telling you the wrong story about who you are and what God is capable of.

01 What is one thing you sense God has been calling you toward that you haven't attempted because the risk feels too great?

What are you most afraid would happen to your life if you fully said yes to what God is asking of you?

02

03 What lie about yourself has fear been repeating so long that it has started to feel like the truth?



Made for More Indicators

The vessel God wants to use isn't the one without doubt or fear. It's the one that refuses to let doubt and fear have the final word.

01 Indicator 1

Which hit harder this week — the doubt inventory or the fear inventory — and what does that tell you?



02 Indicator 2

What would your next step of obedience be if doubt and fear were removed from the equation entirely?



03 Indicator 3

What is one truth from Scripture you need to begin speaking over the lie that fear has been telling you?



weekly prayer

Heavenly Father, I confess that I've allowed doubt and fear to have more say over my life than you have. I've called it wisdom when it was really unbelief. I've called it patience when it was really avoidance. Forgive me. I choose today to believe that you have not given me a spirit of fear but of power and love and a sound mind.

Silence the lies. Strengthen my faith. Lead me into the more you have always had for me. I am your vessel. Make me ready. In Jesus' Name. Amen.



Group Debrief

God has not given us a spirit of fear. Which means if fear is driving your decisions it didn't come from God. And if it didn't come from God it has no authority over your calling. This final week is about naming what doubt and fear have been costing you — and deciding you're done paying that price. Bring those discoveries into this conversation.

Share with the group:

01

From This Week's Worksheet One:

Is there a promise of God you say you believe but aren't actually living like you do? What would it look like to live like it's true?

02

From This Week's Worksheet Two:

What is the lie fear has been repeating so long that it has started to feel like the truth?

03

Which hit harder this week — the doubt inventory or the fear inventory.
What surfaced that you weren't expecting?

Doubt and fear don't announce themselves. They just quietly shrink your life. They dress themselves up as wisdom, as patience, as humility. They convince you the smaller version of your life is actually the more responsible one. And before long you've stopped expecting anything significant from God — and started calling that faith.

That's not faith. That's just a settled life dressed up in spiritual language.

Read 2 Timothy 1:7.

"For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."

04

If fear doesn't come from God, where do you think yours is coming from — and why have you been giving it so much authority over your life?

05

Looking back across all five weeks — neglecting the small, missing voices, conformity, and doubt and fear — which week surfaced the most significant thing for you and what are you going to do about it?



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