

# BIG COMFY COUCH

Where To Sit When Life Feels Uncomfortable

## Pt. 4: Have A Seat

Questions for further study and application:

- Day 1 Throughout this series, you've been challenged to get uncomfortable. Yet, there are times when comfort is exactly what you need. Read John 16:33. When moments of grief occur in life, comfort becomes a friend of the brokenhearted. Your first instinct may be to look for comfort in physical things that are around you. Things like food, television, shopping, or alcohol will only provide temporary comfort from the pain. These things can also make you feel disconnected from God. At the end of the day, remember a physical comfort cannot heal an emotional pain. It's necessary to go through the pain so you can heal and grow.
- Day 2 When you're hurting, God will place the right people in your life at the right time to help you navigate through the pain. They may make you laugh, they may know just what to say, they might bring you food, or they may simply just sit with you to keep you company. Read Proverbs 17:17. A true friend will be there for you in good times and bad. Work to surround yourself with people that will love you through the messiest of times, friends that will be there to comfort you and pray for you. Take time today to thank God for the loyal friends He has placed in your life. If you find that you are in need of those types of friends, ask God to bring strong, loving, and loyal friends into your life.
- Day 3 When you're going through difficult trials, you need to be careful to not refuse comfort. You may think to yourself, "why would I ever do that?" You may be refusing comfort if you've not asked for help. Your support system cannot work if you never let them know you need them. Bottom line, you've got to be a good friend to have good friends. Just as you need friends to love you unconditionally and show up when you need them to, they need the same unconditional love. Just as you are facing challenges in your life, they are also facing challenges. That's when it's time for you to jump into action. Read Ecclesiastes 4:9-10. Who in your life may be in need of support and comfort? Reach out to them today to let them know they are not alone.
- Day 4 On the flip side, God will also use your pain to allow you to comfort someone else. Think about how you have felt when someone was able to relate to your pain because they've been where you are now. How did you feel? God is not going to let you go through anything that He can't use for something good. Read 2 Corinthians 1:3-5. God comforts you, so you can comfort others. He doesn't leave you alone in times of trouble so you know to not leave others alone in their difficult times. Bottom line, your story will bring comfort to someone that is going through what God has already brought you through. Ask God to show you how your story can provide comfort to someone in need.
- Day 5 When you are in the middle of painful circumstances, it can be easy to wonder where God is. The enemy is working hard to keep you believing that you are broken and stuck. That is simply not the case. This is when you may be tempted to turn to physical things for comfort. In actuality, only God can give you the peace and comfort you are seeking. Yes, there is pain, but the pain should be used as a motivator to invite God into the middle of your mess. Read James 4:8a and Psalm 29:11. Let Him know you have faith that He will rescue you and bring you to a place of complete comfort and peace.

## What's New?

We will be having our next baptism at every campus on November 12. If you've been thinking about taking this next step in your faith, there is no better time than right now. Sign up today at [watersedgechurch.net/baptism](https://watersedgechurch.net/baptism).