

# BIG COMFY COUCH

Where To Sit When Life Feels Uncomfortable

## Pt. 1: Start Stepping

Questions for further study and application:

**Day 1** Being comfortable seems easier and generates a sense of safety. Yet, comfort may actually hinder your growth or keep you stuck in a rut. Sometimes, you can become too comfortable and you stop relying on God. Sometimes, the greatest growth originates from the places of the greatest discomfort. Read Philippians 3:12-14. Have you been hesitant to step out of your comfort zone and go after what God is calling you to do? Is fear of being uncomfortable making you complacent? Pray today for courage to get up off the comfy couch and press forward towards God's plan for you.

**Day 2** As a Christian, you are not called to be comfortable. You are called to take big, bold, faith filled steps to make a difference in the world around you. God wants you to continuously grow in your relationship with Him and listen for what He is asking you to do. Maybe He wants you to reach out to someone you wouldn't normally talk to, or take a different step in your career path. Maybe He's prompting you to reach out and help a colleague. Whatever it may be, the question becomes, are you going to remain comfortable or step out in faith? Read 2 Timothy 1:7. Ask God to give you strength and courage when you sense Him prompting you off of your big comfy couch.

**Day 3** You'll never experience all that God has for you in the future if you're too comfortable with where you are now. Comfort can fool you into believing that there's nothing better out there for you. It can make you settle and become complacent. Staying in your comfort zone can lead to forgetfulness, boredom, and discontentment. Discomfort, on the other hand, can make you hunger for more in your life. It can become the starting point for change, growth, and open the door for God to do amazing things in your life. Read Hebrews 12: 1-2. Shake off complacency and run towards God today.

**Day 4** Do you ever find yourself thinking that you want to grow closer to God and become a better Christ follower? Then you think about the changes you need to make or the things you need to give up; it seems easier to just stay where you are. It's familiar and you know what to expect. Ask yourself this, am I choosing comfort over facing a challenge? Are you staying in an unhealthy situation because you are afraid to face the challenges to make those changes? God will help you through those challenges. It will be tempting to turn back, but keep pushing through. Read Exodus 13:14. This is the key to arriving to the place God wants you to be. Lean on Him for the endurance to win this race.

**Day 5** Comfort can be a good thing for a short time. It can refresh and relax you. However, when you follow Christ, you have been called to live an uncomfortable life. When you're uncomfortable, God uses that discomfort to develop you and make you dependent on Him. Read 2 Corinthians 12:9. Through your discomfort, He is revealing His strength. You may not be sure what to do, but if you will just take a step, God will guide you and protect you on your path. Be courageous and He will be faithful. Today, be bold and get uncomfortable.

## What's New?

Download the WEC app to stay connected all week long. You can take notes on Sundays and email them to yourself, connect straight to your YouVersion devotional, and watch your favorite sermon anytime you want!