

BIG COMFY COUCH

Where To Sit When Life Feels Uncomfortable

Pt. 3: Too Much Of A Good Thing

Questions for further study and application:

Day 1 As you become comfortable with someone, your ability to be receptive and show honor can decrease. You may think to yourself that you're good enough, or you know enough, or you've accomplished enough. But, God will remind you of your limitations when you've settled into your comfort zone for too long. He can cause a discomfort in your life because He wants more for you. He wants you to experience better, achieve more, and grow your wisdom. Read Micah 6:8. Will you stay trapped by your comfort or instead allow yourself to be uncomfortable and give God the honor He deserves?

Day 2 Another thing that can decrease as you become too comfortable is your gratitude. Read James 1:17. This verse tells you that because of God's generosity, you have many things to be thankful for. Think about daily comforts you take for granted; like the ability to heat your home in winter, or be employed, or a friend that's always there for you. If you lost all of these things tomorrow, what would you dwell on? What you've lost or look at what you still have and be grateful? When you get too comfortable, you take things and people for granted. Take time today to examine where you are too comfortable in your life and your appreciation for something or someone has diminished. What can you do differently to show gratitude?

Day 3 Read Proverbs 15:28. Have you ever said something and immediately regretted it? Or maybe you came to regret it later? One way to gauge if you are too comfortable is by the words that you hear come out of your mouth. Do you find yourself complaining or being disrespectful to others? This should be an alert to you that you are too comfortable. Read Proverbs 25:11 ESV. Your words should reflect honor, value, and respect. Before you respond to someone, are you stopping to weigh your words or do you spout whatever comes to mind? Seek guidance from the Holy Spirit, and think about the weight of your response so you can sidestep heartache and anger.

Day 4 Another way figure out if you are too comfortable is your attitude. If you find that you are easily frustrated then this could be a signal that you're too comfortable. Often, when you are in your comfort zone, you feel like you have everything under control. You don't want anything or anyone to come along and make waves. When it does, this is often when you see your frustration level kick up a notch. Read 1 Peter 2:17a. To be able to show love and respect to everyone; you have to have the right attitude in place. You have a choice. You approach your circumstances with bitterness and negativity and live miserably or you can look for the good in all your circumstances and live your life with joy and gratitude.

Day 5 A final way to determine if you are too comfortable is if you become easily offended in your heart. When you believe that you are owed something or that you are better than others in some way, you've lost sight of the fact that you should have an attitude of submission to others. Read Proverbs 23:7. You are in control of your thoughts and thereby your attitudes. If you think negatively about things, you'll be quick to have your feelings hurt, become judgmental, and critical of others. Conversely, if you take a positive position on things, you are more likely to be compassionate and tolerant towards others. Listen to your thoughts and words as you interact with people. Are you able to put yourself in their shoes, or are you thinking about how their actions are offending you? Don't get so comfortable that you forget that everyone has a story, just like you.

What's New?

One of the ways help change the way people think about church is through missions. This week we are sending 29 people on a mission trip to Houston to help with the aftermath of Hurricane Harvey. Pray for this team's endurance, safety, and success.