

COMFORT ZONE



Part 3: The Comfort Cycle

INTRODUCTION

When we decided to step out of our comfort zone, we open ourselves up to potential hardship and pain. Doubts and fear creep in, trying to keep us from doing the things that will lead us to live meaningful and purposeful lives. What do we go to when we experience those pain points? The good news is that we can find the encouragement and comfort in those moments from both others and God. And once we have experienced that comfort, we are well-equipped to bring comfort to others who have been where we have been.

LET'S TALK ABOUT IT

1. Describe a time when you've been inspired to step out of your comfort zone, but where you may have gotten detoured by doubts and fears?
2. Do you have someone who you go to who regularly comforts you? How does that comfort sound and feel like to you?
3. Do you experience comfort from God? What does that look like? If you don't, what would you want from God in the form of comfort?
4. How would you rate yourselves as a "comforter"? What keeps you from giving others comfort?

THIS WEEK

Pay attention to physical and emotional signals that you need comfort. Instead of reaching for something tangible, invite God into your emotion and struggle. Ask Him to provide you comfort. He may prompt you to share your pain to someone else and allow them into your need. If you see someone in need of comfort this week, practice being comforting to them.

"He **comforts** us in all our troubles so that we can **comfort others**. When they are troubled, we will be able to give them the same comfort God has given us."

2 Corinthians 1:4

Other Scripture references: 2 Corinthians 1:3-10