

COMFORT ZONE



Part 1: The Cost of Comfort

INTRODUCTION

What immediately comes to mind when you think of the term “comfort zone?” Maybe it’s an image of your favorite food or drink, your cozy bed, or sitting on the couch with your favorite Netflix show. Perhaps it’s more about the people than the things – hanging out with those who are easy or who know you well. Essentially, our comfort zone is defined by steadiness, ease, and a minimization of risk. But is this truly where happiness, fulfillment, and peace are found?

LET’S TALK ABOUT IT

1. What comes to mind when you think about who or what is in your comfort zone?
2. What do you think would happen if you detached yourself from those comforts for a season?
3. Where do you see modern day comforts not working to our benefit?
4. Have you found happiness, peace, and fulfillment through discomfort?
5. Have you been on the other side of someone who has “post-traumatic wisdom?” What characteristics do they possess? What did you learn from him/her?
6. Are you building a Kingdom of Me or are you participating in the Kingdom of God? How do you know?

THIS WEEK

Are there places of pain in your life that are growing less than the pain of the status quo? Choose one area and seek God about how to embrace the discomfort and what it means to pick up your cross daily.

“If any of you wants to be my **follower**, you must give up your own way, take up your **cross daily**, and follow me.”

Luke 9:23

Other Scripture references: Luke 6:20-26