



UNCOMFORTABLE

Leaving the Border Land

#npuncomfortable

Week 1

1 of 4

August 4, 2019

Bottom Line: All comfort = No growth.

Icebreaker: If you were the eighth Dwarf, what would your name be? Why? Or what is the thing you dread/fear most? Why?

Key Verse: *Then he said to the crowd, "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 NLT

Being uncomfortable is one of the states in life we most dread and try to avoid. Yet every human being has a bent to run from discomfort. Most of us can't even tolerate discomfort for short periods of time. We distract ourselves with drugs, drama, drinking, eating, busyness, abusive behavior—even getting obsessive with good stuff. But getting comfortable with discomfort is a true life skill. Any personal growth or positive change almost always involves ability to persevere and stay with your discomfort.

Jesus calls us to get comfortable with being uncomfortable. It is the place where you can reach your full potential in Him. He has never given us comfortable rules to follow; He did not give us a rulebook. The important difference between rule keeping and Jesus following is where we place our focus. He calls us to place our focus on following Him. He knows if we move in His direction, He will be able to change us. We inherently resist because we fear change and discomfort. But the people who live lives worth living, people who make a difference are the risk-takers.

Jesus calls us to a life that progressively makes us like Him. Jesus didn't play it safe. We were made for a life of facing our fears and taking action for a great and noble cause. We are called to follow in the steps of the supreme risk-taker of all, the one who defines sacrifice and courage. He said, *"Risk your life and get more than you ever dreamed of"* (Luke 19:26). He will start by helping us get a right view of God as our loving Father, and getting our identity settled. This is powerful and liberating. Getting comfortable with being uncomfortable is vital. Your comfort is costing you your chance to be all you were created to be and sharing your gifts with the world for Jesus' sake.

THINK IT OVER >>>

What impacted you most from the message?

Most people like the comfort of having rules to follow. Agree or disagree? Why? Is this you?

Followers of Jesus cannot be averse to risk. When we are, something happens to the story of God. What happens? How have you seen this?

Did you grow up in a "stay safe" or "take risk" environment? What would your family say is your mindset today?

Can you think of anything great that ever happened in history or your own life that did not involve a measure of risk? If so, share it.

"Discomfort brings involvement and change. Discomfort means doing something others are unlikely to do because they're hiding out in the comfortable zone."
— Seth Godin. Reflect/Discuss.

LOOK IT OVER <<<

Some people want to stay in their comfort zone because they don't trust God. Their idea of God is _____. How would you fill in the blank according to what you have seen?

Understanding who we are in Christ will change the way we live, will cause us to rise above adversity and take risks. Not understanding our identity in Him will cause us to live far below our rights and privileges in Christ. Reflect and discuss your experience.

When your identity is settled, it allows you to risk, to sacrifice, because you focus on what there is to gain instead of what you might lose. Is this happening anywhere in your life right now? How?

When advancing God's kingdom is your focus, Jesus says you will get it all back one hundred times over, plus eternal life (Matthew 19:29). "If our life is always easy, it's because we are called to a lesser purpose." — Rick Joyner. What is the "lesser purpose" that most tempts you?

NEXT STEPS

This week consider taking some next steps together as a group:

- 1) Spend some time this week reflecting on your view of God and your identity in Christ. Make deliberate choices to affirm the truth in your life.
- 2) Consider what you are doing that is honestly sacrificial and risk-taking for the kingdom. If it's puny, talk to God and a spiritual mentor/accountability person to help determine a risk worth taking.
- 3) Determine what "seeking His kingdom first," having a kingdom mindset, would look like for you this week, then do it.

EVALUATION/ACTION

Realizing and reaching your full potential in Christ

Bottom Line: All comfort = No growth.

Rate yourself from 1 to 10 1 (never), 10 (always)	1	2	3	4		6	7	8	9	10
Why did you give yourself this rating?										
What benefits will you obtain by raising your rating?										
Do you know someone who demonstrates this bottom line well? What do you admire about that person?										
What specific action can you put into practice to raise your rating?										
At the end of this week, reflect - where did you see the bottom line show up in your actions throughout the week?										

PRAYER

List group members and their prayer requests for this week:

DAILY STUDY

Want to dig deeper? Check out **The Daily** this week at newpointe.org/daily:

Monday: 1 Corinthians 15:30-32a

Tuesday: Luke 19:26

Wednesday: Philippians 2:29-30

Thursday: Mark 8:35

Friday: Luke 18:29-30

Don't let the conversation stop here. Keep talking it over with others throughout the week.

(Don't forget to bring this paper to your next small group meeting)