

# The Principles Session 3

1. The Comfort Zone lies between you and the attainment of your dream.

*Following your dream involves discomfort.*

2. The Comfort Zone is a defense mechanism when we face change.

*"It comes from inside us, and its key symptom is fear."*

**"On the other side of that single step – the exact one Ordinary didn't think he could take – he found that he had broken through his Comfort Zone."**

## The Pitfalls Session 3

Myths and misconceptions about the Comfort Zone.

1. "My Comfort Zone fear is unique to me."

Truth: It is universal.

*"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us." Hebrews 12:1*

2. "My Comfort Zone fear means the dream must be unacceptable."

Truth: It is natural and human - a sign you are on the right path.

*"{Jesus} took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. Then he said to them, 'My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.' Going a little farther, he fell with his face to the ground and prayed, 'My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.'" Matthew 26:37-39*

# The Pattern Session 3

1. Comfort Zones are justified because we feel unworthy.

*"But Moses said to God, "Who am I, that I should go to Pharaoh?" Exodus 3:11*

2. Comfort Zones are rationalized because we feel unable.

*"Moses said to the LORD, "O Lord, I have never been eloquent, neither in the past nor since you have spoken to your servant. I am slow of speech and tongue." Exodus 4:10*

3. Comfort Zones are solidified because we choose to be unwilling.

*"But Moses said, "O Lord, please send someone else to do it." Exodus 4:13*

4. Comfort Zones are overcome when you adopt victorious attitudes:

*!. Value the dream more than your comfort.*

*B. Accept the inevitable possibility of failing.*

*C. Choose to be strong and courageous, and make a decision not to turn back - a commitment with no escape clause - that you will never again imprison yourself in the Comfort Zone.*



# My Own Journey Session 3

1. When I hear about the Comfort Zone, the first thing I think of from my own life is:

2. On of a scale of 1-10 (10 being the boldest), I would rate my "discomfort threshold" (willingness to live and move forward while uncomfortable) as:  
Here are my comments about why:

3. Moses felt unworthy, unable, and unwilling. The one I identify most with is:  
Here is why:

4. On a scale of 1-10 (10 being the most eager and excited) here is how I rate my willingness to move forward immediately and put my Comfort Zone behind me:

5. If I were to talk with God about the emotions I feel right now, I think He would say:

6. I feel that the Dream Giver is leading me to take the following action as soon as possible:

What:

When:

Who to tell:

Signed:

Date:

# My Groups Journey Session 3

1. As a group, compare and contrast each member's key Comfort Zone issue (to the extent that each member feels comfortable sharing).

2. Read Exodus 3:11; 4:10; 4:13. Which of these responses do you believe is the most common to people facing uncertainty? Why?

3. How does God respond to each of these emotions and assumptions?

4. Discuss as a group the true risks you would face by going beyond your Comfort Zone. How would you evaluate these compared to the possible reward?

5. Divide into groups of two, and spend your remaining time sharing individual commitments to break free of the Comfort Zone. Pray for each other, asking God to make each person strong and of good courage.