

# COMFORT ZONES



comfort(n) a state of ease and satisfaction of bodily wants, with freedom from pain and anxiety.

## LIVING OUTSIDE OF THE ZONE

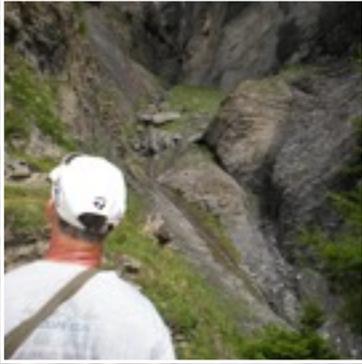
When you look at your life today, can you identify any areas or spheres of influence in which you are nestled down in the warm fuzzies of a comfort zone? Perhaps in:

- your relationship with God?
- your relationship with your husband?
- your family routine?
- your parenting?
- the lives of your children? complacency? ease and comfort?
- your personal routine? habits? lifestyle?
- your friendships?
- your church community?

Comfort zone defined is, “A behavioral state within which a person operates in an anxiety-neutral condition, using a limited set of behaviors to deliver a steady level of performance, usually without a sense of risk.”



## SHORT STEPS



“We may by our excessive prudence squeeze out of the life we are guarding so anxiously all the adventurous quality that makes it worth living.”  
(Randolph Bourne)

# MENTAL BOUNDARIES

AUTHOR

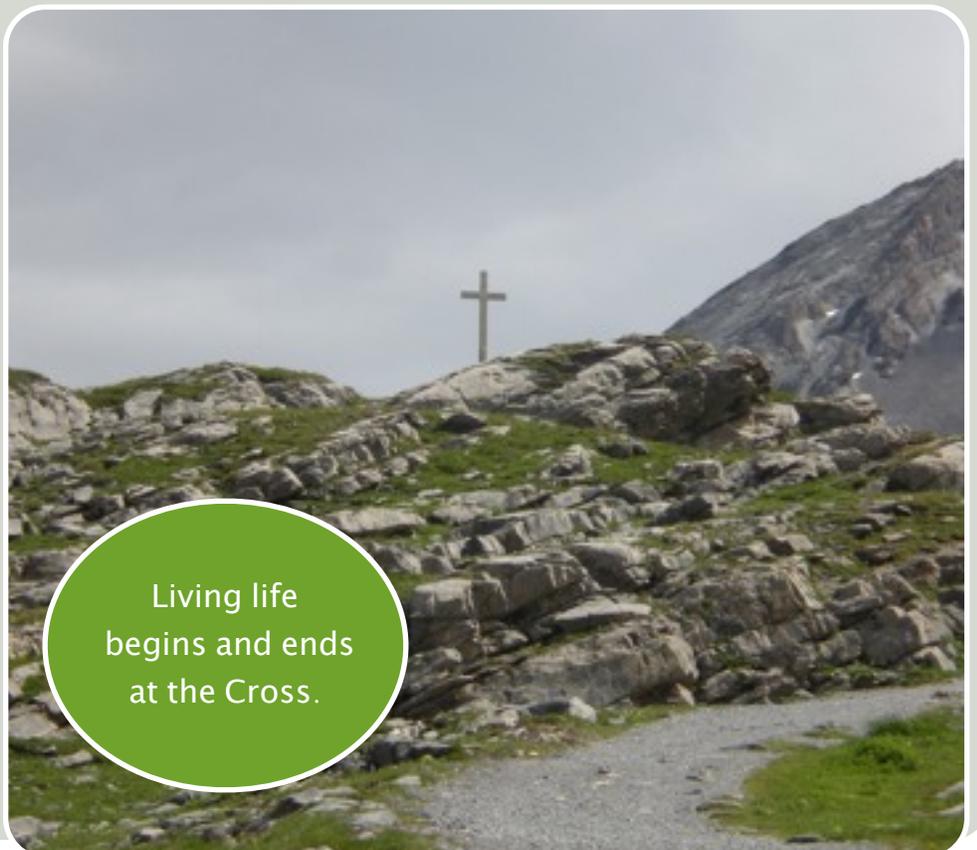


FINISHER

“One’s comfort zone refers to the set of environments and behaviors with which one is comfortable, without creating a sense of risk. A person’s personality can be described by his or her comfort zones. Highly successful persons may routinely step outside their comfort zones, to accomplish what they wish. A comfort zone is a type of mental conditioning that causes a person to create and operate mental boundaries. Such boundaries create an unfounded sense of security. Like inertia, a person who has established a comfort zone in a particular axis of his or her life, will tend to stay within that zone without stepping outside of it. To step outside a person’s comfort zone, they must experiment with new and different behaviors, and then experience the new and different responses that then occur within their environment.”

So, then, how do we move outside mental boundaries that are inhibiting our forward movement? What short steps can we take today?

1. Share your fears with an intimate friend. They will hold your hand.
2. Know God as your Author & Finisher. Listen closely for his whispers.
3. Live a wide-awake life; embracing adventures outside your comfort zone.



Living life  
begins and ends  
at the Cross.