The Problem with Comfort Zones

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**Foundational Scripture:** Lk. 9:23-24

**Intro**:

* The idea of a comfort zone is nothing new to us. We all have our comfort zones and if we should lose it, we immediately begin to manufacture a new one. If we are honest with ourselves, comfort zones make us feel better about who we are and what we do. It makes our lives a little easier and more convenient and who doesn’t want those two things in their lives? But what exactly is a comfort zone? A comfort zone, while it does seek to provide comfort, is where one is able to wield a high level of control and where they are able to maintain increased security. Comfort is the ultimate goal but safety and control are the major priorities. But comfort zones pose major problems for the Christian who is seeking to become more like Christ. It is not inherently sinful to have a comfort zone but if we let it, it certainly can become sinful.

1. **Relinquishing supreme control to Christ**
   1. As Christians, we have been clearly taught and admonished to submit to Jesus Christ. Submission requires a certain level of giving up control. We are not in charge of our lives anymore, Christ is (Gal. 2:20)!
   2. Control and supreme control is something that, biblically speaking, belongs to Jesus. He Himself was given all authority and in Heaven and on earth (Matt. 28:18) and since He created everything including us and since He gives us everything we have, then He most certainly has to have some form of rule over our lives and how we live.
   3. What’s at stake is whether or not I am willing to give up that control to become a better disciple of Christ and a better brother/sister in Christ. Am I willing to surrender myself to Christ in body and mind and let Him live in me?
   4. Jesus told us that when we come to Him we must be prepared to make sacrifices and changes. And one of those changes is to completely surrender to Him. He is in control of our lives (Lk. 9:23-24).
   5. The idea of me, myself and I should no longer take precedence but instead I should be asking how I can love God more and be there for my neighbor. Would that then entail getting outside of my comfort zone by giving up some control and some security for the sake of the spiritual well-being of others and the glory of God?
   6. If I am someone who values my comfort zones so much to the point where I don’t want to go to be of service to others and to God, what does that say about us as Christians? In addition to that, I am really saying that I don’t want to get to Heaven at all.
   7. Rewards and dividends are never given to people who sit on the couch and do absolutely nothing. Dividends are paid out to folks who work hard and make sacrifices. God’s reward for us, Heaven, will be given to a people who love Him which means putting in the work and making sacrifices and changes.
   8. Heaven is for a people who seek to be there for others even if that means that they are very inconvenienced, very uncomfortable and they have little or no control at all. The words self-less, service, sacrifice and suffering all have one major thing in common: All these are always absent from our comfort zones.
   9. Why is that? Because these qualities, which Jesus had and which we must have, take work and they can only be fulfilled if we give up our need to be in control and secure. There is no greater comfort than having His word and being with His family! The problem with our comfort zones, if we are not careful, is that it will trip us up and deceive us into thinking we can get to Heaven by doing little to no work at all.

**Conclusion:** Comfort zones will ever lead us to anything of true value and worth. Moses knew this and that is why He chose to suffer for God instead of being rich in Egypt (Heb. 11:24-25). Jesus knew this and that is why He offered Himself so that we could be forgiven of our sins and we could have Heaven. But we need to get out of our comfort zones. We need to submit to Christ and let Him be the King of our lives. We need to love Him and serve our brethren and our neighbor. We can take courage in the fact that God is our rock and our strength and if we are with Him, there is none that can be against us! Let’s be people that get out of our comfort zones more.