

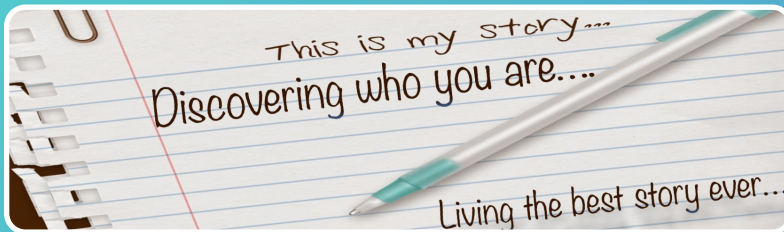
November 12, 2014

EXTREME FAITH

Zone Breakers
Getting out of
your comfort
zone!

Name: _____

Take me home!



COMFORT ZONE...

Breakers...

How do you break out of your comfort zone? I mean it is called a comfort zone because it is comfortable and it is a nice place to be. It just doesn't create the best life possible. It just creates a life. So how do you bust through your comfort zone and see your life become all that it was made to be and all that you want it to be! It is a process it is a journey. Like with any journey you have to take the first step. So what is the first step? Decide you want to change, make a commitment to change. Then take the first step. Get rid of your excuses and go for it. Take a look at this awesome verse a great promise to us from God! **Joshua 1:9 Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go.**" Now that is a power verse if I have ever read one. God is talking to Joshua right before he was to lead God's people into the promise land. A land filled with giants. They were supposed to go in and defeat all these different people and claim the land for themselves. Now get this the people that Joshua was leading were very comfortable in the place they were. They have been hanging out in the desert for forty years and God had been providing everything that

they needed to survive. Water from rock, breakfast from the ground, and dinner from the sky in the form of falling birds. They were comfortable. Yet they were not living the full life that God created them to live, so now it was time to step out and God gave their leader the promise in Joshua 1:9. So you need to remember that that promise stands for you today and you can move past the normal life that you are living at this time, and move out of your comfort zone and take the life that God made for you to live! So back to the steps, Step one get rid of the excuses and decide to change. Step two understand this God Works Through our weaknesses to Accomplish His Big plans. Your weakness can become an excuse to keep you in your comfort zone. But God works through our weakness. Step three realize this Courage is not the Absence of Fear. We talked about that last week and how we were not given a spirit of fear, and that is true, but you still may have fears to work through. Courage does not take away all fear, but it does give you the strength to defeat the fears that you have. Step four is simple to read but not simple to understand, but every successful person who has step out of their comfort zone understand it. Continued on page 3.



Living Extreme means...

How do you define courage? I mean many people define words differently, and words take on different meanings in different situations. So how do you define courage? The dictionary defines courage this way: courage noun the ability to do something that frightens one: Okay what frightens you? We looked at that last week. Now have you found the courage to face that fear yet. Have you found courage to do what you think you can't do because you believe the fear more than you believe in courage. Living extreme is all about understanding what the word courage means for you. So once again how do you define courage? One thing that I would like to point out is that the dictionary defines courage as a noun, but I personally define courage as a verb an action to be played out against my fear. An action that I can believe in and then put into action. It takes courage to do many things, I like to use courage for the things that matter the most. Like did I have courage to say I love you to the people who matter the most to me each and every day? I like to see courage as that spirit that is with me and I find it in every promise that God has made me. I challenge you to find a promise that will give you courage to rise up and live the life you were made to live!

Would you rather....?

...read a book or watch a movie?

...face a fear or find a way to get away from your fear?

...would you rather follow or lead?

DIG IN

Joshua 1:9 Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go."

What is your biggest weakness?

What excuse do you use over and over?

How do you define courage?

What was your biggest failure?

Have you ever overcome that failure and succeed at what your were trying to do?

IF YOU DO
WHAT YOU'VE
ALWAYS DONE
YOU'LL GET
WHAT YOU'VE
ALWAYS GOTTEN

How can you use Joshua 1:9 to bust through your comfort zone and live a life that is totally impactful for the world around you?

Describe what your relationship with God looks like?

CHARACTER

What is your character, does your character challenge you? You are in middle school and many people don't think that you can do much. But what does your character say? Extreme application means that you go beyond what people expect of you because you don't even pay attention to what others think or expect of you. You go all in everyday because it is your character, it is your life and you want it to matter!

Facing Fear with Courage...

Fear is the fence that keeps us stuck in our comfort zones. To be fair, we usually feel fear for a reason: often something is outside that should make us afraid. The problem is when we just sit there. We wait. And we wait. Why? Well, we're waiting to stop feeling afraid before we attempt anything. And just to be fair we're often afraid to try something new because of painful past experiences. We tried stepping out before, and it blew up in our faces. We poured everything we had into something we cared about, and our efforts fell short. We don't want to embarrass ourselves again. The truth, though, is that it's going to be a long wait. If we're waiting until the fear and feelings of inadequacy go away; we'll never venture outside our comfort zones. Until we take a step in spite of our fears, none of us will ever truly be able to do hard things. If we want to continue to grow and learn for the rest of our lives, we must beat these fears not by making them go away, but by recognizing that there is something worse than discomfort, worse than the unknown, worse than failure. The worst thing is to never try at all. Contrast the stories of Betsy and Grace: "She's pregnant." I've never seen her before. Is she new?" I think so. I heard from my friend that she's pregnant. They're in the same class." Betsy listened to her friends gossiping about the pregnant girl. She looked across the cafeteria. There she was, sitting all by herself. Alone. No one to talk to. To laugh with. To cry with. I wonder what she's feeling right now, Betsy thought. I wonder if she has a friend. That's when Betsy felt it. The nudge. Why now, God? Betsy thought. Can't You find someone else to reach out to her? What will everyone think of me? I'm afraid! Go to her. The voice whispered again loud and clear. Only Betsy didn't listen to the voice. Even though it told her the same thing for three days in a row. After that the girl was gone. "I'll always regret the way I ignored God's call to do what He told me to do," Betsy shared with us later. "I'll always wonder what she was like, how she ended up the way she was, and what could've happened if I'd talked with her." Though Betsy knows that God has forgiven her, she is left asking, "What if?" What if she had chosen to obey God despite her fear? How could her life and the life of that girl have been radically different? One day last summer, nineteen year old Grace Maltby promised God that she would witness to whomever she found at the park near her house without turning back. But instead of a mom with a stroller, she found four burly construction workers repainting the merry-go-round. What? Something must be wrong here. Surely God doesn't want me to witness to them! That would be so scary! Grace quickly turned around and started walking. Wait, no, I can't go home. I promised God that I was going to do this. She slowly—very slowly turned around and walked back to the park. "I knew that I couldn't allow fear to take over," Grace recalls. "The Bible tells us so many times not to fear." Once she got started, her fear melted away entirely. The workers were surprisingly friendly, and she was able to be double good news first by sharing the gospel and second by bringing them ice-cold lemonade. "I don't know what the Lord was doing in the lives of the park maintenance crew," Grace says, "but I learned once again that if I allow fear to keep me from doing hard things, I'll miss out on the most exciting adventure life offers: obeying God." Betsy and Grace: two girls and two different responses to God's calling. Our father often tells us, "True courage is not the absence of fear. It is refusing to allow fear to control your actions." Grace's courage showed up in the fact that she committed to obeying God—regardless of how she felt. Betsy was held captive by her fear and chained down by feelings of inadequacy. What about you will you follow and do what God is calling you to do?

Do Hard Things

by Brett and Alex Harris

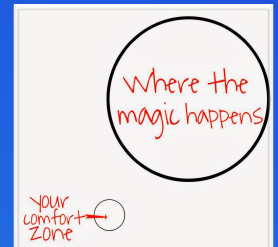


Think about it...

Okay so what are you gonna do? How will you get free to live the life that you really want to live? Well you are going to need inspiration to leave your comfort zone. I mean it is comfortable and many of us have been living there for a long time. But that time is about to end.

Check this out:

Take a look at the simple digram. It is simple in that it is true. As long as we stay in our comfort zone where we think it is safe we will not experience all the things that we want to experience. So



what can be done. How do we overcome the fear and move out of living just the life that we have and move into the life that God longs for us to live? Read on and put some of these thoughts into action.

1. Realize that God's plan for your life is to do His will, what is His will for your life? Look no further than the life of Jesus. We are to be like Jesus doing all the things that He did. Read any of the Gospels Matt. ,Mark, Luke or John.
2. Depend on God for everything, search out in the Bible what promises God has for you to encourage you to live the life that He wants you to live.
3. Learn everything that you can about that promise and start trusting in it more than you trust in yourself. Overtime if you put it into practice you will bust through your comfort zone and you will be on Fire with excitement and courage. (need a promise? just type in google what does the bible say about..... fill in the blank and see what your web search finds for you. Then check it out in your bible and read before and after the promise. If you need help just ask us and we will be glad to help.

Continued from page one "Comfort Zone Breakers..."

You Can't Get To Success without Risking Failure. Yes that is true. Every successful person has experienced failure on the road to success. Many of us are only one failure away from success. We just have to give it one more try and not be afraid to make the jump, and risk possibly failing again. The fear of failure has kept many people from being all that they could every be.

These are the top four steps to breaking out of your comfort zone. I Chris personally challenge you to break out of your comfort zone and do all that you can do to be all that you can be every single day! The days of hiding in the shadows and living in the comfort zone are over...

TAKE SOME TIME AND JOURNAL.

Hard things you can try: Try one of these for a week. It has to be out of your comfort zone

Play no video games for a week- Spend time reading or something else

Pray for 20 minutes a day for a whole week

Share the GOSPEL with someone you know

Help your parents clean the house

Sit at another table during lunch

Talk to someone at school you have never talked to

Stand up for someone at school who is pick on

Read from the Bible 20 minutes a day

Say nothing bad about any other person

Clean your room out really clean it out and find clothes that you no longer wear and donate them to the church!

As you set out on this challenge take some time to journal about the journey. You don't have to write a book but process your thoughts as you move out of your comfort zone!

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Living life with

Extreme faith

and

Extreme vision

EXTREME FAITH MAGAZINE

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