

Beyond our Comfort Zone

Welcome to our reflection for Church without Walls

Here are some ideas of how to use these reflections:

Pray that God will lead your thoughts.

Sit comfortably, take a few deep breaths and relax.

Let your mind wander as you read the reflection. Write down your thoughts in a notebook. If you are busy, try and pick out something to take with you in odd moments during the day.

You may wish to memorise the Bible verse. Write it out and stick it up somewhere.

Bible Verse

And behold, I am with you always, to the end of the age. (Matthew 28:20)

Reflection



Over recent months many of us have become very used to staying at home, or close to it. This has been safe and the right thing to do. Now, in some ways, things are starting to change and there is the possibility and, in some cases, the expectation that we will get on the move and venture out of our comfort zone – in a socially distanced way, of course and with a mask. For some this may simply be a socially distanced coffee with a friend, for others a return to the office or a bus or train

journey, a visit to a restaurant or cinema. For children and teachers it is the return to school, as they have not previously known it. Students are off to University. Our home comfort zone has been safe and going beyond it may cause worry and uncertainty, even in those who usually consider themselves confident.

In my youth, when I first ventured away from home on school journeys, I noticed that some of my friends would be overwhelmed by home-sickness. I was not and wondered at first if this reflected some lack of respect or love for my home. Fortunately, I soon realised that the reverse was actually the case. I had somehow managed to internalize the feelings of security and confidence from home, so, in effect, I carried my comfort zone with me.

Can you think of things about your home that provide you with feelings of strength and safety? Perhaps family or photographs, your favourite room, your pet, books or pictures, a home based hobby, your garden or a favourite meal? If you imagine some of those now, and the feelings you associate with them, you may be able to find those same feelings again more easily as you venture out. You may find a particular mental image which will help you.

Looking at our Bible verse, perhaps that verse or another familiar one will remind you that God is indeed with you at home and beyond. You carry within you His love, strength and protection. Whilst working on this Reflection the following old hymn has been singing its way through my mind and I will be taking it with me when I move beyond my current comfort zone.

Lindsay Farley

*Father, hear the prayer we offer;
Not for ease that prayer shall be,
But for strength that we may ever
Live our lives courageously.*

*Not for ever in green pastures
Do we ask our way to be;
But the steep and rugged pathway
May we tread rejoicingly.*

*Not for ever by still waters
Would we idly rest and stay;
But would smite the living fountains
From the rocks along our way.*

*Be our strength in hours of weakness,
In our wanderings be our guide;
Through endeavour, failure, danger,
Father, be thou at our side.*

Words derived from a poem by *Love Maria Willis, 1859.*