



## Comfort

### Introduction

What really makes for a happy life? A new job, a bigger house, or a different relationship? If you're hungry for the next big thing but frustrated when it doesn't satisfy, you might be looking in all the wrong places.

### Pray

Don't forget that if anything significant happens, it's because God moved. Start by asking God to bless this time.

### Practice Truth

1. What specific comfort appeals to you the most? It could be a type of food, a pastime, a place, etc.
2. Why do you think we have a tendency to chase comfort?
3. Who is James and why does he tell his readers to consider trials and discomfort as joy?
4. Think about the last time you experienced personal growth—maybe it was a new perspective, maybe a new skill, maybe overcoming a challenge. Was it comfortable? Share it with the group.
5. One of the ways God tests (or purifies) our character is by applying the heat of discomfort. What is God, as the divine silversmith, accomplishing?

#### Leader's Tip

When you ask a question, expect silence. It will feel like forever, but in reality be three or four seconds. Wait patiently. People need time to process the question and formulate an answer. They may need time to muster up the courage to talk out loud. Be comfortable with the silence.

### Do Life Together

John Shedd once said, "A ship in harbor is safe, but that's not what ships are for." We say that it's better to hurt with a purpose than exist without one. What is the purpose you are hurting for? I.e. Where will you experience risk outside your comfort zone for something greater?

