



At the Movies Summer Series
"Get Uncomfortable"
Mike Humphrey / July 22, 2018

Opening Prayer:

Dear Heavenly Father,
Prepare our hearts to receive the word that You would have for each of us today. I thank You in advance for what will come from this message of getting out of our comfort zone. I pray that our hearts and minds take time to reflect on what God would have us do as our next steps. We have all that we need from our source. Thank You for your guidance and patience as we navigate our daily fight with the enemy. I pray You encourage us today and remind us whom we trust. In Jesus' name, amen.

Icebreaker: [Share your responses]

As you listen to this message, think about your abilities and your limits. Think about how Mighty God is and how He may use you do His work. What is something that you believe God is calling you to do but you are struggling because it makes you uncomfortable?

Often we think that our lives are limited by our own abilities and resources. We even limit what we believe about God and what He can do in us and for us. Which then limits what He can do through us to help others.

There are **three things** you will learn about being uncomfortable or pressed by God:

- First, what God has done in the past, He can do in the future.
- Second, we need to get comfortable being in uncomfortable situations.
- Third, we need to know **who** God is.

As you listen to this message, think about ways you are limiting yourself. Think about the areas and steps forward that you are dodging. Think about how critical those steps are for your growth and relationship with God. Be willing to be HONEST with yourself: where you are, where you want to be, where God wants you to be, and the limits you are placing on yourself and Him.

- What situation are you in that is uncomfortable or what uncomfortable situation are you avoiding?
 - _____
 - _____

- What do you believe God is trying to do in your life this season?
 - _____
 - _____

- What are some ways to take action: to move forward whether you are comfortable or not? Be specific.

- _____
- _____

Encouragement:

You are not alone in feeling uncomfortable. You are not alone in your struggles. You are not alone if you are running away; avoiding what is to come. You are not alone in your fear. Share with your group: what you are uncomfortable with and what you believe God is trying to teach in you in that uncomfortable place.

[Example: Joe Smith, needs to love and pursue his wife whether she responds with love and respect or not]

- Get into groups of 2-3 and pray these over one another.

Scriptures:

1 Kings 18:17-21

Then it happened, when Ahab saw Elijah, that Ahab said to him, "*Is that you, O troubler of Israel?*" And he answered, "I have not troubled Israel, but you and your father's house *have*, in that you have forsaken the commandments of the Lord and have followed the Baals. Now therefore, send *and* gather all Israel to me on Mount Carmel, the four hundred and fifty prophets of Baal, and the four hundred prophets of Asherah, who eat at Jezebel's table." So Ahab sent for all the children of Israel, and gathered the prophets together on Mount Carmel. And Elijah came to all the people, and said, "How long will you falter between two opinions? If the Lord *is* God, follow Him; but if Baal, follow him." But the people answered him not a word.

It was uncomfortable for Elijah to challenge the king and challenge the people regarding which is the one true god. In this moment, Elijah removes the barriers or limits on what he thinks God can do and then, God shows up.

Prayer:

- Ask God to give you strength to move past being uncomfortable: to speak up when He instructs you, to go when He directs you, and to be like Him when it's not in favor.
- Don't try to do it alone. Don't try to bear it alone

Dear Heavenly Father,

I thank you for opening my eyes today that you can do great things in me. Regardless of how I feel, You are with me. Your will is to do great things through me. Instruct me with : your gentle encouragement to keep going even when it is hard. Give me clarity of Your direction and strength to be like You. Lord, help me to be teachable and obedient. In Jesus' name, Amen.

Next Steps:

- Think about the things you mention that are uncomfortable to you, then do them!
- Create an action plan with small steps that will help you accomplish the big plan God wants to do through you.
- Don't be afraid to challenge yourself, have someone keep you accountable to encourage you and celebrate with you when you defeat your fears!

Notes:
