Beyond your comfort zone

30/31 Jan 2016

The Problem is when we overstayed!
Our Rest Point.
Our Relief Moment.
Our Respite Place.

Comfort zone is not always bad.
The Problem is when we overstayed!

Our Rest Point.
Our Relief Moment.
Our Respite Place.

Comfort zone is not always bad.

a comfort zone is a beautiful place,
but nothing ever grows there.
How to overcome our comfort zone?

1. See the Limits that comfort zone places on us
2. Seize the Launch of the Blessing Campaign
3. Serve the Lord Who wants us to grow up

Definition of Comfort Zone
“Comfort zone is a behavioral space or situation where your activities and behaviors fit in routine and pattern that minimize stress and risk. Comfort zone provides a sense of familiarity, security and certainty.”
How to overcome our comfort zone?

1. See the Limits that comfort zone places on us

Dangers of Comfort Zone
- It limits growth
- It drives us to hardship
- It leads to boredom and discontentment
- It triggers negative mindset

How to overcome our comfort zone?

1. See the Limits that comfort zone places on us

Dangers of Comfort Zone
- It causes lack of drive and purpose
- It leads to missed opportunity
- It limits chance to live life to the fullest
How to overcome our comfort zone?

1. See the Limits that comfort zone places on us
Determine to leave the Comfort Zone

*We cannot become what we want to be by remaining what we are* – Max DePree (known for leadership principles)

*Jn 12:24* Truly, truly, I say to you, unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit.
How to overcome our comfort zone?

1. See the Limits that comfort zone places on us
Determine to leave the Comfort Zone
A ship in a harbor is safe. But that is not what a ship is built for.
What are you built for?

Why go beyond- by cell leaders
Why go beyond - by cell leaders

If we don’t, we are limited. If we do, we can see God’s work. Deliberate & intentional act to be used by God. Learn more about faith and faith development. Growth process of stretching boundaries. We are no longer babies. We must be mature. Because we are too comfortable. Don’t be stagnated water.

How to overcome our comfort zone?

1. See the Limits that comfort zone places on us
2. Seize the Launch of the Blessing Campaign
3. Serve the Lord Who wants us to grow up
How to overcome our comfort zone?

2. Seize the Launch of the Blessing Campaign
### Purpose of Blessing Campaign

- To go beyond our comfort zone AND **be a blessing** to somebody. Revealing Jesus to them in the process.

### Goal

- **30 000 ACTS** of Blessing by end of the campaign.

Campaign Period = 30th Jan – 6th March or 5 weeks

### Why Campaign?

- Common Focus for all
Isa 43
18 Do not call to mind the former things,
Or ponder things of the past.
19 Behold, I will do something new,
Now it will spring forth; Will you not be aware of it?
I will even make a roadway in the wilderness,
Rivers in the desert.

21 the people whom I formed for Myself will declare
My praise.

<table>
<thead>
<tr>
<th>Aim</th>
<th>Be Christlike</th>
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<tr>
<td>Period</td>
<td>Jan – Apr</td>
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TO FORM:
A HABIT OF BLESSING OTHERS
> JUST A CAMPAIGN FOR FEB!

Why Campaign?
- Common Focus for all
- Create Buzz ie common experience
- Can Encourage one another ie good and bad experience
- Concentrate Effort for maximum impact ie 30k in a month
CAMPAIGN BOOKLET

CONTENT
- FOREWORD BY CHAIRMAN
- CAMPAIGN DETAILS
- WEEKLY FOCUS (PTO)

APPENDIX
- OIKOS LIST
- SAMPLE PRAYERS
- IDEAS OF HOW TO BE A BLESSING
- REFLECTION QUESTIONS

WEEK 1: 30 & 31 JAN

Focus:
OVERCOMING BARRIERS TO BLESSING OTHERS

Sermon Topic:
BEYOND OUR COMFORT ZONES

Speaker:
DSP Chua Seng Lee

PERSONAL OR GROUP REFLECTION

LIKELY SERMON FOCUS

SPECIFIC ACTIONS
- DEVOTIONAL READING FOR ENCOURAGEMENT
- SPECIFIC APPLICATION
### LEVERAGE ON DIFFERENT LANGUAGES OF LOVE

#### Ideas of how to be a blessing

1. Pray a general blessing
2. Pray for specific needs
3. Pray for healing
4. Buy a gift
5. Do a favor when asked
6. Do a favor when not asked
7. Write an encouragement card or email or text
8. Praise Someone for something he/she has done well
9. Spend time with elderly
10. Serve the poor
11. Share a testimony of God’s goodness
12. Share personal testimony
13. Invite someone to church
14. Giving of Blessing And Praise
15. Volunteer to serve in some church ministries (eg. KFC, VC, PA, Worship, etc) or BCCSC services
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>30/31 Jan</td>
<td>Launch of Campaign</td>
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<tr>
<td>6/7 Feb</td>
<td>2nd week EVM</td>
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<tr>
<td>13/14 Feb</td>
<td>3rd week DSP</td>
</tr>
<tr>
<td>20/21 Feb</td>
<td>4th week RS</td>
</tr>
<tr>
<td>27/28 Feb</td>
<td>5th week SP</td>
</tr>
<tr>
<td>5/6 Mar</td>
<td>Final week SP</td>
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**Actions for Each Week**

- **Launch of Campaign**
  - Words of encouragement via whatsapp, sms, or F2F
  - Give Red Packets

- **2nd week EVM**
  - Pray for real/felt needs

- **3rd week DSP**
  - Words of encouragement via watapps, sms, or F2F
  - Give Red Packets

- **4th week RS**
  - Pray for real/felt needs

- **5th week SP**
  - Any other ideas

- **Final week SP**
  - Any other ideas

**Additional Events**

- 25TH - 27TH MARCH
  - Good Friday Service
  - Alpha Service
## Purpose of Campaign 30

- To go beyond our comfort zone AND **be a blessing** to somebody. Revealing Jesus to them in the process.
- Target to do 30,000 **ACTS** of Blessing by end of the campaign.

**Campaign Period = 30th Jan – 6th March or 5 weeks**

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### BBTC Disciple’s Journey

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<thead>
<tr>
<th>SOFC</th>
<th>UGBs</th>
<th>SSHs</th>
<th>DO</th>
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<td>FORGIVENESS</td>
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**Spiritual Maturity - Christlikeness**

**Daily Walk - Discipleship**

Overcoming **Evil One, World** and **Self-Life**

**Being an Effective Priest & King**
If you want something in your life you've never had, you'll have to do something, you've never done.
~ JD Houston

How to overcome our comfort zone?

1. See the Limits that comfort zone places on us
2. Seize the Launch of the Blessing Campaign
3. Serve the Lord Who wants us to grow up
Growth = move out of comfort zone

Moving out = taking risk

Taking risk = Faith

Faith = Faith in God

Phil 2:5 Have this attitude in yourselves which was also in Christ Jesus, 6 who, although He existed in the form of God, did not regard equality with God a thing to be grasped,
Phil 2: 7 but emptied Himself, taking the form of a bond-servant, and being made in the likeness of men. 8 Being found in appearance as a man, He humbled Himself by becoming obedient to the point of death, even death on a cross.

Phil 2: 11 and that every tongue will confess that Jesus Christ is Lord, to the glory of God the Father.
Today by Eric Lovett *(Words & Music by Gary Wright)*

**Verse 1**
Wash me Lord in the beauty of Your holiness  
Teach me how to walk in Your ways  
Show me how to love in the way that  
You first love me  
Teach me how to lead the way You lead  

**Bridge**
Lay down Your rights You took up the cross  
Lay down Your life for the Glory of God  

**Chorus**
I will be today follower of Jesus  
I will be today voice of God  
I will be today the hand and feet of the Savior  
The servant of the king of all the world  
That is what I will be today  

**Verse 2**
Fill me Lord with the power of Your spirit  
Change my heart change my mind  
Let Your heart be the heart that is beating through me  
I can see the world the way You see  
(Repeat Bridge & Chorus)

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