

Get Out Of The Comfort Zone To The Zone Of Faith

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Abstract: *The enemy of progress is comfort. Some people might say, don't we need to feel comfortable in this life? This opinion is not completely wrong, but if we only pursue comfort, then we can get trapped in the comfort zone that we created ourselves. The comfort zone will make a person no longer productive and responsive to change. If someone is trapped in a comfort zone, then their life will quickly decline by it self. This research is motivated by ideal conditions and reality conditions regarding comfort zones and faith zones. The ideal condition is that young Christians must experience a breakthrough in their faith and work for God in accordance with the Bible and the reality is that many young Christians are still tied to their comfort zone. The aim to be achieved in this research is to release Christian youth out of their comfort zone into the faith zone. The research was conducted at the Indonesian Protestant Christian Church with church youth, using qualitative research. Based on research results, many young Christians are still comfortable in their comfort zone. Thus, we raised the title "Get out of the comfort zone into the faith zone". Therefore, it is recommended that every young Christian must first instill good Christian character and values according to the contents of the Bible.*

Abstrak

Musuh kemajuan adalah kenyamanan. Beberapa orang mungkin berkata, bukankah kita perlu merasa nyaman dalam hidup ini? Pendapat ini tidak sepenuhnya salah, namun jika kita hanya mengejar kenyamanan, maka kita bisa terjebak dalam zona nyaman yang kita ciptakan sendiri. Zona nyaman akan membuat seseorang tidak lagi produktif dan tanggap terhadap perubahan. Jika seseorang terjebak dalam zona nyaman, maka kehidupannya akan cepat mengalami kemunduran dengan sendirinya. Penelitian ini dilatarbelakangi oleh kondisi ideal dan kondisi realita mengenai zona nyaman dan zona iman. Kondisi idealnya adalah anak muda Kristen harus mengalami terobosan dalam iman dan bekerja bagi Tuhan sesuai dengan Alkitab dan kondisi realitanya adalah banyak anak muda Kristen yang masih terikat pada zona nyamannya. Tujuan yang ingin dicapai dalam penelitian ini adalah untuk melepaskan kaum muda Kristen keluar dari zona nyaman menuju zona iman. Penelitian ini dilakukan di Gereja Kristen Protestan Indonesia dengan responden pemuda gereja, dengan menggunakan penelitian kualitatif. Berdasarkan hasil penelitian, banyak anak muda Kristen yang masih nyaman berada di zona nyaman. Oleh karena itu, kami mengangkat judul "Keluar dari zona nyaman menuju zona iman". Oleh karena itu, disarankan agar setiap anak muda Kristen harus terlebih dahulu menanamkan karakter dan nilai-nilai kekristenan yang baik sesuai dengan isi Alkitab.

Kata kunci: pemuda, kenyamanan, kekhususan, kehidupan, kondisi terjebak, serbuan iman.

INTRODUCTION

The comfort zone is a state where a person feels comfortable. What he hoped for has been achieved, the existing challenges have been overcome. So he is no longer encouraged to think and work hard. From day to day he just does almost the same routine. There are no new thoughts, no new creations, no new leaps. So, it is certain that there will be no new results. In

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slang, it is already SP (Safe position). People don't want to shift and change anymore. If this condition continues, people will be stagnant and resistant to change. And of course there will be no development and progress to get out of the comfort zone. First, people must realize that life is like riding a bicycle. If we don't keep pedaling and moving forward, we will fall. Second, never be satisfied with your work. We can and should be grateful for every personal achievement. But in terms of work and benefits for other people. We should never be satisfied. There is definitely and always something more we can do. In accordance with our status and position.

The spiritual journey begins with a step out of your comfort zone to find strength in faith, as written in the Bible." In Ephesians 2:10 it states, "For we are His creatures, created in Christ Jesus to do good works, which God prepared it beforehand for us to live it. This verse links it with the idea of going out of our comfort to do good works which has been prepared by God. God has created us to doing good tasks that sometimes require us to get out of our comfort zone, to grow and serve others with faith and strong determination.

RESEARCH METHODS

This research was carried out by conducting observations in the form of providing counseling on the subject of this counseling aimed at young adults at GKPI Pagar Beringin. In this counseling, training was provided to provide motivation and encourage young people to dare to get out of their comfort zone and experience a breakthrough in God. This research is motivated by ideal conditions and reality conditions regarding comfort zones and faith zones. The ideal condition is that young Christians must experience a breakthrough in their faith and work for God in accordance with the Bible and the reality is that many young Christians are still tied to their comfort zone. The aim to be achieved in this research is to release Christian youth out of their comfort zone into the faith zone. The research was conducted at the Indonesian Protestant Christian Church with church youth, using qualitative research. Based on research results, many young Christians are still comfortable in their comfort zone. Thus, we raised the title "Get out of the comfort zone into the faith zone". Therefore, it is recommended that every young Christian must first instill good Christian character and values according to the contents of the Bible.

RESULT AND DISCUSSION

The comfort zone is a dangerous zone. Not because it's scary but precisely because of its comfort, the comfort zone can make us careless, make us stagnant and make us not optimal. Therefore, as believers we must move and move from the comfort zone to the faith zone. God

created us with extraordinary purposes. Genesis 1:26 God's Word says that God created us to rule the earth, then in Genesis 11:6 humans were created with extraordinary planning and executing abilities. To the extent that God says that "from now on whatever they plan, nothing cannot be accomplished," To those who believe, God also promises extraordinary things: We will be the head and not the tail, we will rising and not falling, we will be salt (influence) and light (goodness) for the world. The problem is only a handful of people are able to end their lives by achieving the maximum potential of their lives as God wants. Most of us are like someone who received one talent and buried it. Why? Because the journey towards God's big plan for our lives is not easy and full of challenges. You have to leave your comfort zone and enter an area full of challenges and tests called the faith zone. Humans tend to not like challenges, difficulties and tests. But did we know that great people are not produced from comfort but from challenges and tests. Meanwhile, our laziness in stepping out of our comfort zone and into our faith zone will mean that we never achieve God's great plan for our lives (maximum potential). If so, we will end our lives at a different point than what God planned and God desires for our lives.



- **Addiction to Playing Gadgets**

Gadget addiction, also known as 'gadget addiction' or "smartphone addiction," is a condition in which a person is overly dependent on electronic devices such as smartphones, tablets, or computers. Gadget addiction is a mental health problem that is increasingly common in today's digital era. .It involves excessive, uncontrolled, and detrimental use of electronic devices.

Causing Factors

Psychological factors: Gadget addiction can be related to problems such as anxiety, depression, or lack of social connection.

App and device design: Apps and devices designed to keep users coming back (for example, social media) can exacerbate addiction.

Signs and Symptoms:

Excessive use: Spending a lot of time in front of a gadget screen, even when you shouldn't.

Neglecting duties and responsibilities: Lack of productivity due to gadgets.

Sleep disorders: Excessive use of gadgets can disrupt sleep.

Social isolation: Ignoring real social interactions because of gadgets.

Negative impact

Mental health disorders: Gadget addiction can cause anxiety, depression, and social isolation.

Physical disorders: Physical health problems such as eye problems, poor posture, and sleep disorders.

Academic influence: Decreased academic performance due to the use of gadgets excessive.

Prevention and Treatment

Awareness: Recognizing signs of addiction and implementing limits on gadget use.

Time settings: Set limited time for gadget usage.

Social support: Talk to friends or professionals if you have an addiction.

https://youtu.be/3_0muo_wriNs?si=_O_yk_RI_lk7I_dfcUFI



- **Narcotics**

Narcotics are substances that can alter brain and body function, often used illegally for creative or coding purposes. Narcotics are psychoactive substances that can change a person's consciousness, feelings or perception. Youth are a group that is vulnerable to drug protection due to social experimentation and peer pressure.

Types of Narcotics:

Narcotics include illegal drugs such as cocaine, heroin, ecstasy and marijuana (marijuana). Additionally, prescription medications that are misused can also be a problem, such as opioids and sedatives.

Negative impact.

Physical health: Drug abuse can cause physical damage, overdose, and even death.

Mental health: Narcotics can trigger mental disorders such as addiction, depression and anxiety.

Social: Narcotics abuse can damage relationships with friends, family, and society.

Law : The use and protection of narcotics is illegal and can be face serious legal consequences.

Causes of Abuse:

Social pressure: Youth are often pressured by peer pressure to try narcotics

Lack of understanding: Lack of understanding of risks and consequences inclusion of narcotics.

Prevention and Awareness:

Education: Good education about the risks and dangers of narcotics is important.

Family and friend support: Youth need to have a healthy support network.

Positive role: Motivate youth to pursue positive interests and hobbies.

<https://youtu.be/ifiEGqYPG5cc?si=SKoGEIxQIGkHDffaa>



- **Stories Of Biblical Characteristics**

Learn From The Life Of Abraham (Genesis 12:1-9)

Abraham Called Out of Comfort Zone

Abraham was called from his comfort zone (land and family) to achieve God's goal in his life, namely: to become a great nation, be blessed to be a blessing, have a famous name and be a blessing to all nations. Maybe we think, that's Abraham, whereas I'm an ordinary person. However, do we realize that God has given each of us a big vision, and a specific purpose for which God created us, because we are God's creation. Ephesians 2:10 (ESV) For we are God's workmanship, created in Christ Jesus to do good works, which God prepared beforehand. He wants us to live in it. This verse explains to us that God was not careless in creating us. We were created in Christ Jesus and there are good works that God has prepared beforehand and we must do them. In fact, we have to live it. The work that God has prepared for me will be different from the work that God has prepared for you, Brother, these days are evil days and the world is not getting better, it is getting worse. For this reason, God reminds us to pay attention to what God's will is for your and my life, namely to become more mature. And allow it if today God wants to clean and dismantle your nests. You open your heart. I don't know what your comfort zone was those days ago.



You may feel comfortable that you haven't served at church in years. You may feel comfortable and it feels okay. You may be comfortable with sinful actions, whatever is your nest where you feel comfortable. This morning God wants you to dismantle the nest yourself, don't be God who dismantles it because if God dismantles it often it will be painful. But let us dismantle it ourselves, let go of our comfort zones. Maybe we run out of time because we run out of time to earn money, there is no opportunity to read the Bible, what we read are invoices, bills, bank statements, because you already love money. Let us also dismantle that comfort zone in the name of the Lord Jesus Christ. Maybe you don't have time to pray, spend quiet time, or rest at God's feet. Maybe that's your comfort zone. Maybe there are so many things that you do, that you become very busy, you travel a lot, do a lot of activities, including in ministry, so that we don't have any more valuable time that you can give to God, namely the time that God has for you. give it to us. What has been binding your life? When you reflect on God's Word, you will see what you have deviated from, which causes us to become comfortable, so that we do not experience breakthrough, abundance, and recovery in our lives. Maybe our comfort zone is our hobbies, busy lives, whatever, maybe you feel lazy to get up in the morning to pray, so we don't experience breakthroughs. Maybe your comfort zone is like being angry, it binds too so we have an angry temper, hurt can also be a comfort zone, hatred, jealousy, whatever, it means something that you are holding on to, which you find difficult to let go of, let's let it go this morning Today. Let us dismantle these comfort zones. Leave at the feet of the Lord Jesus Christ and you will be released in the name of Jesus Christ. You will experience deliverance in the days ahead and we will see breakthroughs actually occur in our lives individually. There is only one of you in this world. You are a special creation. And what God has prepared for you to do, only you can do it, not me or anyone else. This is something we often don't realize, because we are in the comfort zone and don't want to step into the faith zone. So, get out of your comfort zone and into your faith zone.



Abraham Entered the Faith Zone

Abraham's journey towards his maximum potential, God's purpose and vision for his life was not easy. He has to go through a long journey in the zone of faith where there are many tests and difficulties that must be faced. Abram's difficulties can be seen in the following things: there were people in Canaan that Abram had to face, Abram had to move around, experienced famine, experienced the threat of danger in Egypt, the problems caused by Lot, up to the test of faith to offer up Isaac. phases of ups and downs until he achieves God's promise and purpose in his life as well as in our lives. There will definitely be ups and downs in life, but don't give up and keep moving forward with God. When we have captured God's vision for our lives, we must step out in faith to achieve it with God.



Three Things You Need To Do In The Zone Of Faith

Obey God's Word

Disobedience will only delay God's plans in our lives. For example, Abraham, after leaving Ur of the Chaldeans, stopped at Haran first (Genesis 11:31). Abraham did not go straight to the promised land, this caused his journey to be delayed for almost 15 years. Every time we disobey will delay God's plan and it will take us longer to reach our maximum potential in life. Therefore, learn to obey God's Word, so that we can immediately achieve what God has promised for our lives.

Rely on God

Relying on yourself and relying on humans will only cause problems. When Abraham left his house, he took Lot with him. Maybe Abraham thought that he needed a friend on his journey, but it turned out that Lot actually caused problems for Abraham several times. When Abraham was in Egypt and then relied on his own thoughts by calling Sarah his sister

because he was afraid of being killed, this caused problems. From here, we learn that in leaving our comfort zone and living in our faith zone, we need to always rely on God.



Building an Altar to God

The altar means prayer, thanksgiving and a monument to life. In our journey of life in the zone of faith, where we step forward to do our best, we need to pray. By praying we will be strong to face every challenge. Remember that in the zone of faith there will be many challenges and problems that we have to face. Giving thanks is also something we must have in the faith zone. With gratitude we will be strong. It is not because we are strong that we are grateful, but precisely because we are grateful that we become strong. Thanksgiving is a statement of our faith in God's love and help. Altar also means monument of life. This means we need to make it an even or our life experiences as warnings and lessons for us. So that when we remember it, we become strong and can move forward. Suppose we make an event where God helps us as a monument to life. One of the moments that became a monument in my life was when I went to school and God provided school fees for me with a scholarship, even from the help of people who didn't know God. I experienced this from elementary school to college. I made God's help a monument to my life, that I must try my best to be able to finish school with good results, because God has provided all my school costs. This is what it means to erect a monument to life. Every time I remember it, it will be strength for me to keep moving forward. Getting out of your comfort zone is a concept that refers to trying to explore new experiences and challenges that are greater than what we usually do. Here are some further discussion about getting out of your comfort zone:



Personal Growth: Getting out of your comfort zone is one of the best ways to achieve personal growth. When we dare to try new things, we can develop our skills, knowledge and confidence.

Overcoming Fear: Often, we avoid new things because of fear of failure or discomfort. Getting out of our comfort zone helps us overcome these fears and learn how to deal with them. Learn Faster When we are in an uncomfortable situation, we tend to learn faster. This is because we are encouraged to think creatively, find solutions, and grow.

Increased Creativity: Stepping out of our comfort zone allows us to see the world in a different light. This can be stimulating creativity and innovation. Increase Self Confidence. Through the experience of trying new things and facing challenges, we can build greater confidence in our abilities.

Identifying Hidden Potential: Often, we may not realize our hidden potential and talents until we take risks and try things-new thing.

Important in Career: In the work environment, getting out of our comfort zone can help us advance our careers. Taking on new tasks or responsibilities can bring greater opportunities.

Realizing Dreams and Goals: For many people, dreams and goals may lie outside their comfort zone. Searching for this dream may require unusual steps.

Punctuality: Getting out of your comfort zone doesn't always have to be extreme. This can be done in small steps, and it is important to ensure that you do it at the right time and with good judgment.

Balance: While getting out of your comfort zone is important, it is also important to find balance. Too much exposure to discomfort can be counterproductive.



Link Youtube : <https://youtu.be/MizIasIbLIw?si=71vRg7yb-HJrx7K>

CONCLUSION

The comfort zone is a state where a person feels comfortable. What he hoped for has been achieved, the existing challenges have been overcome. So he is no longer encouraged to think and work hard. From day to day he just does almost the same routine. There are no new thoughts, no new creations, no new leaps. So, it is certain that there will be no new results.

Comfort zone conditions can make us careless, make us stagnant and make us not optimal. Therefore, as believers we must move and move from comfort zone to zone faith. God created us with extraordinary purposes. The three things that need to be done to reach the faith zone are: Obey God's Word. Disobedience will only delay God's plan. in our life. Therefore, learn to obey God's Word, so that we can immediately achieve what God has promised for our lives. Next Rely on God Relying on yourself and relying on humans will only cause problems. That is why in leaving the comfort zone and living in the faith zone, we need to always rely on God. The third is building an altar to God. The altar means prayer, thanksgiving and a monument to life. In our journey of life in the zone of faith, where we step forward to do our best, we need to pray. By praying we will be strong to face every challenge. Remember that in the zone of faith there will be many challenges and problems that we have to face. Getting out of your comfort zone is a concept that refers to trying to explore new experiences and challenges that are greater than what we usually do. Here are some further discussions about getting out of your comfort zone: Personal Growth, Overcoming Fear, Learning Faster, Increasing Creativity, Increasing Self-Confidence, Identifying Hidden Potential, Important in Career, Realizing Dreams and Goals, Punctuality



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