



OUTSIDE THE ZONE: WEEK 1

Deuteronomy 31:6 (NLT)

"So be strong and courageous! Do not be afraid and do not panic before them. For the Lord your God will personally go ahead of you. He will neither fail you, nor abandon you."

BIG QUESTION

- Are you willing to get uncomfortable?

DISCUSSION QUESTIONS

1. What is a comfort zone?
2. What are some things that are outside of your comfort zone? What kinds of things might get you to leave your comfort zone?
3. Have you ever stepped outside of your comfort zone? How did you do it?
4. The Loop Show talked about how courage isn't the absence of fear but doing what you're afraid of even when you're scared. Have you ever done something courageous - even when you were terrified? What happened?
5. Read **Deuteronomy 31:6**. According to that verse, what are some reasons we can have courage?
6. Take action. Courage doesn't have to be a huge step into the unknown - you can have courage every day. What are some new things - baby steps - you can try to get outside your comfort zone and be courageous?