



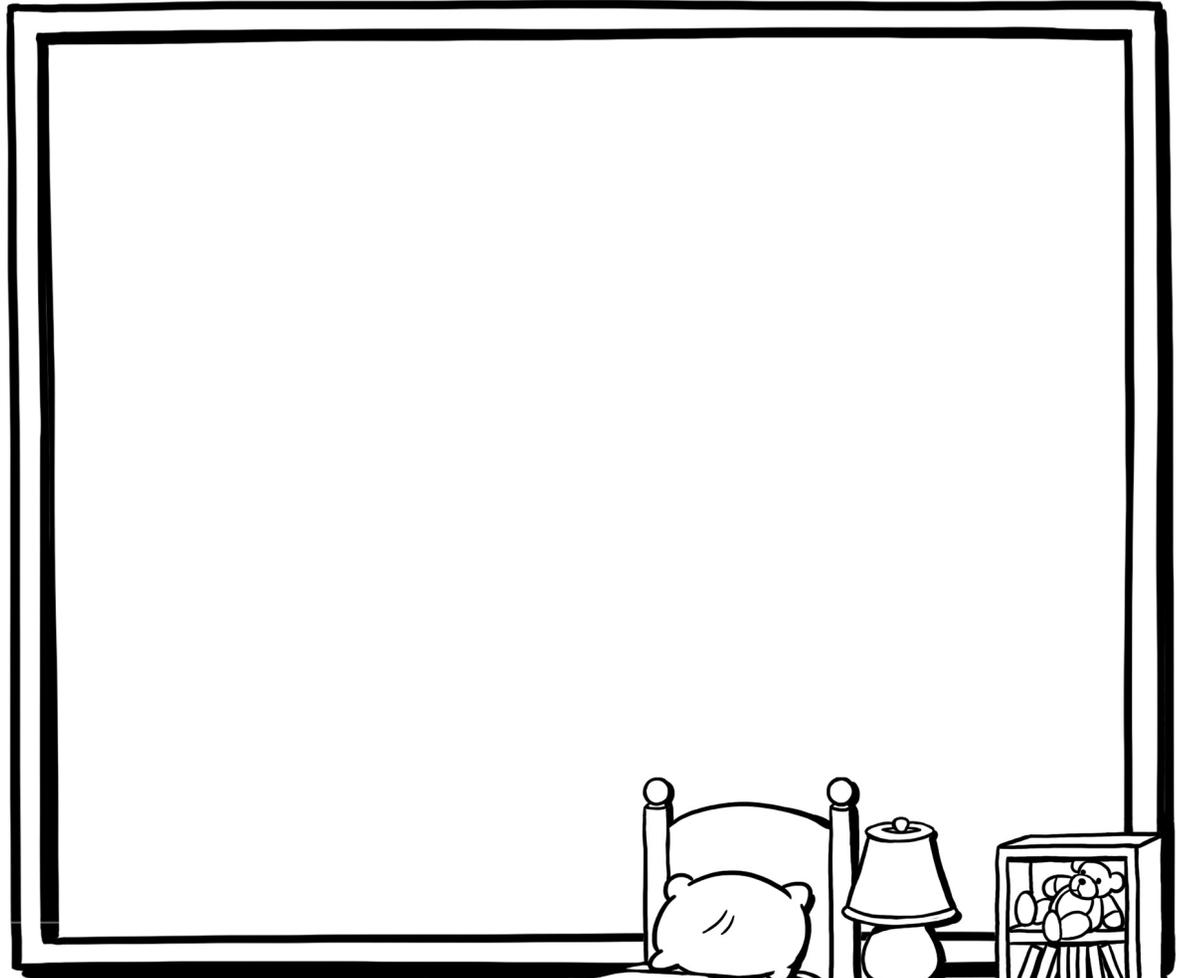
1 Leave Your Comfort Zone

WAYS TO PRACTICE AT HOME

Many of us are settled in our routines and traditions, but life is full of change. It can be difficult to leave our comfort zones and do something different. Some children, when asked to change activities, meet new people, or alter a routine, may even create a scene. Stepping out of our comfort zone to follow God is no different. Like Abram and his family, we need courage to follow God.

- Make trying new things part of your routine. As a family, decide on several different things to try, such as eating a new food, visiting a new place, greeting a neighbor you don't know, or sitting in a different place in worship. Commit to trying one new thing each week.
- Read *The Couch Potato* by Jory John and Pete Oswald (Harper Collins, 2020) or watch the YouTube video "The Couch Potato—Storytime Read Aloud" (bit.ly/FMCouchPotato, 6:13). Talk about how stepping outside of our comfort zones can bring appreciation for our surroundings.
- Set up a goal ladder. Draw a ladder and, on the top, write an idea of a new thing to try and why you want to try it. On the bottom step, write the first thing you need to do to get to the goal, then on each step, write the next thing to do to make it to the goal. As you reach each step, color or decorate that part of the ladder to celebrate getting closer to your goal.

God, give me courage to trust that you will be with me and guide me as I cross new borders. Amen.



Is your bedroom your comfort zone? Draw what you might find if you left that place to discover something outside of your normal surroundings. Who might you find?



BIBLE STORY

Based on Genesis 12:1-9

Abram was a man who always listened for God. For many years, Abram listened for God while living in the land of Haran. Abram was at home in Haran where he lived with his wife, Sarai, and their many servants who helped him take care of his land, and their many possessions, and their many animals.

One day, Abram heard God speaking to him. God told Abram that he and Sarai should take all of their family and all of their servants and all of their possessions and all of their animals and follow God to a new place. God said that they would be blessed and become the ancestors of many, many people.

Abram and Sarai did not want to move, but they did want to follow God. They told everyone that they were going to move. Their relatives and their servants packed up all their possessions and took all their animals and began a long, long journey to a new place.

The first place Abram and his family came to was a land called Shechem. God told Abram that one day this land would belong to his family. Abram was so pleased to hear God's voice that he placed stones and worshiped God by a large oak tree there.

However, God told Abram and Sarai that they had to keep going. God told them to take all of their family and all of their servants and all of their possessions and all of their animals and follow God.

Then Abram, his wife Sarai, and all of their servants with all their possessions, and all their animals climbed into the hills at a place called Bethel. Bethel was in the land that God promised to Abram and his family, that they would live there for many generations. Abram placed stones in this place and worshiped God. Abram and Sarai trusted God. God's promises were true to them.

