Part 10: Israel's Exile Period
When God takes you out of your comfort zone
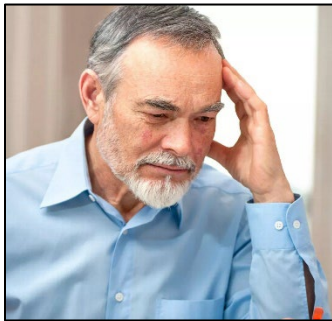
Comfort Zones: A "comfort zone" is a mental state in which an individual feels familiar, at ease, and without stress or anxiety. God often took people out of their comfort zone to bring them back to him or to strengthen their trust in him. These people included Moses, Jonah, Timothy, Gideon, and the entire Kingdom of Judah.

A. WHERE IS YOUR COMFORT ZONE?

Where do you feel the most at ease, with little or no stress or anxiety?

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What is it about that comfort zone that makes you feel that way?

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B. WHY GOD TOOK THE JEWS OUT OF THEIR COMFORT ZONE

- They abandoned God and worshipped idols.
- They adopted the customs and religions of their heathen nations.
- They practiced the Baal fertility cult.
- They worshipped Molech.
- They refused to pay tribute to Nebuchadnezzar.
- They were missing God's best for them

C. HOW BEING OUT OF THEIR COMFORT ZONE HELPED THEM

- They eventually saw the connection between being exiled and their violation of the Mosaic Law (Deuteronomy 28:25).
- They understood why the exile was 70 years (Lev . 25:1-7).
- It renewed their passion for obeying God.

D. WHAT SITUATIONS TEND TO MAKE YOU FEEL LIKE YOU ARE OUT OF YOUR COMFORT ZONE?

Check the top three:

☐ Public speaking   ☐ Negotiating or bargaining
☐ Praying out loud   ☐ Attending a social gathering Alone
☐ Large crowds   ☐ Making a significant life change
☐ Airports and flying   ☐ Personal conflicts
☐ Traveling alone   ☐ Other _____

E. APPLICATION: WHY GOD TAKES YOU OUT OF YOUR COMFORT ZONE?

James 1:2-4 NIV "Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds 3because you know that the testing of your faith produces perseverance. 4 Let perseverance finish its work so that you may be mature and complete, not lacking anything."

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2 Timothy 1:7 NIV "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."

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Proverbs 3:5-6 NIV "Trust in the LORD with all your heart and lean not on your own understanding; 6 in all your ways submit to him, and he will make your paths straight."

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