

Out of your comfort zone

Matthew 9:35-10:8,(9-23)

Jesus sends out the 12 disciples to be like shepherds bringing good news and healing to the lost sheep of Israel. Jesus instructs them how to go, what to take and how to respond to welcome (or unwelcome) behaviour. They are not to take much so that they can rely on the kindness of strangers.



Read this week's passage:



Living Scripture

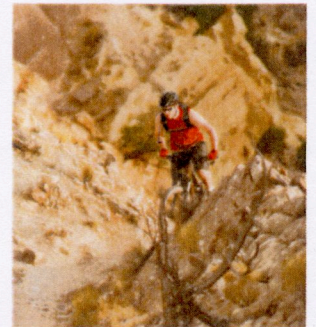
'Then Jesus said to his disciples, "The harvest is plentiful, but the labourers are few; therefore ask the Lord of the harvest to send out labourers into his harvest."' Matthew 9:37-38

This was one of the few occasions when Jesus gives his disciples a prayer to use. What follows next is his commissioning of the disciples to be the answer to that prayer. It can be tempting to think that we can just pray for others to do the 'labouring', but the good news is for everyone and we are best placed to take it into our own situations. For many of us, it takes us out of our comfort zone. What if people don't want to listen? What if we get laughed at? Jesus knew it wasn't easy, so he gave the disciples detailed instructions. And, more importantly, he gave them his authority. We can do it because Jesus will be with us to help.

I wonder, who can I talk to this week? How can I bring good news to someone who needs to hear it? What practical thing can I do to bring the kingdom of heaven closer to my friends and neighbours this week?

First impressions

- What is in your comfort zone? And out of it?!
- How does Jesus prepare the disciples to share faith in difficult territory?
- Where in your neighbourhood might God be calling you to bless with peace?



Pray



Lord, when we want to stay in our comfort zones, shake us.
 Lord, when it's hard and we are full of fear, wake us.
 Lord, to all those who need to hear your good news, take us.
 Amen.



Show some hospitality to a fellow disciple by inviting someone from church to join you for a family meal or picnic, or by baking them a cake and giving it to them. Remember to think about how to do this safely.

REFLECT

When you visit someone's home, how do you greet them?
 Would they know that you are a Christian by the way you greet them or by the way you welcome others to your home?
 What does a Christian greeting look like?

Read

Read this passage alongside Luke 10:1-23.



DO

'Go out of your comfort zone' can mean to try something you've never tried before, something that even feels a bit of a risk. Without causing anxiety, what could you try this week that would be a new achievement? Maybe taste something new, go somewhere different, try a new sport...

