

OUT OF YOUR COMFORT ZONE



At the beginning of this year a new catch phrase made its way around the nation, spouting it seemed from everyone's lips. It was this; if you want to succeed then you need to go the extra mile, to work harder, faster and longer than anyone else. To go one better, to 'get out of your comfort zone', that is when you will be a success, a winner, better than anyone else around you, for you will have arrived.

And they have a point, the majority of us coast along our lives, expending only the necessary (minimal amount) of energy we need to combat the various bumps that assail us along life's journey... and no more. The thing is though, every now and then, while we are on this journey we may be hit (pounded, flattened, stunned) by a force outside our control, it may be watching your son fighting for his life in a hospital bed, losing a loved one, or going bankrupt and walking away from your shattered dream. There are many things that can come and rock our sense of security and belonging in this world.

And that is a given, if nothing else in life you can guarantee that. The funny thing is we humans tend to cringe and shy from anything that rocks our smooth stroll through life and are utterly amazed whenever anything comes along that causes us to miss a step. And that is where 'getting out of your comfort zone' comes into it's own as one of God's great truths.

As I was thinking about this I remembered one time when I saw a magnificent eagle close up. Now I have always loved eagles, they are the powerful rulers of the air, strong, majestic, graceful, cruel, and perfect in their element. This one time I was standing at the top of a hill and could see the whole valley spread out before me. It was quiet, dead still, and hot as hell, but the most magical part was when I looked up and saw an eagle circling effortlessly over head, he felt so close I thought I could reach out and touch him, it was fantastic, he was majestic and powerful and seemed to be graciously saying hello while checking us out.

Now pound for pound an eagle's wing is stronger than an airplane wing and when diving is faster than a bullet, but his greatest feat is that his best flying is done not in peaceful, sunny, picnic, stroll though the garden weather, but in rough, stormy, strong, gusty weather. And when you think about it so are we.

Just look at any disaster (e.g. the Victorian bush fires) and you will see that we humans excel when there are storms in life, we rally around, get 'out of our comfort zone' we are graceful, strong, powerful and in our element as we help each other with food, money, emotional and physical help, supporting each other through difficult times as we ride the storms together. This is true when we work and strive together, supporting our fellow man.

But it can fall away whenever we travel through life's bumps alone. Sometimes a storm can be so fierce or so many that we are too bruised and battered and lack the strength to rise up again on our own, that is where, for those around us who aren't in the storm, 'getting out of your comfort zone' comes into it's own.

For what that phrase truly means is to help others that are weary and need a hand up so they can fly again, to be there supporting each other, not as a selfish phrase used to excel at the expense of others, to be number one, but as a catch cry to rally around and lend a hand to those who are alone, who need our help. Look around, is there a single mum or dad struggling to cope on their own, or someone down on their luck who just needs a friendly face. Perhaps it only needs a few words of encouragement, someone to say 'don't worry, you can do it, I'm here for you'.

They need you, we need each other, we need to be 'out of our comfort zone' every day so we can excel and help others to excel as we walk, stroll, and stumble through this great life we have been given.

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