

WEEK 1 — TOO COMFORTABLE

Scripture Reading: John 5:1–6

Comfort can become the greatest enemy of your calling.

Introduction

This week we're beginning a series called GET UP. And over these next three weeks, we're going to talk about something that can happen in our lives without us even realizing it: becoming accustomed to where we are.

As women, we carry many different responsibilities. Some of us are wives, mothers, daughters, caregivers, or women who spend much of our time making sure everyone around us is taken care of. We think about our homes, our families, our marriages, our children, our finances, and the needs of the people we love. And sometimes, in the middle of taking care of everyone else, we slowly begin to lose sight of ourselves.

We become accustomed to certain routines, certain expectations, and sometimes even certain struggles. We tell ourselves, "This is just the season I'm in." "Maybe things will be different one day." "Right now, I just need to focus on everyone else." And before we realize it, years can pass without us taking intentional steps toward our own spiritual growth.

In John 5, we find a man who had been sick for 38 years. He was beside the Pool of Bethesda, where many sick people gathered hoping to be healed. One day, Jesus approached him and asked a very personal question: "Do you want to be made well?"

Jesus wasn't asking because He didn't know the man's condition. He was inviting him to experience something different. This man's story invites us to examine the places where we have become accustomed to living without expecting anything to change. Sometimes, we can become so focused on surviving our circumstances that we stop pursuing the life God has called us to live.

1. Comfort can cause us to stop growing.

Not all comfort is bad. God gives us seasons of rest, restoration, and preparation. And there's nothing wrong with wanting peace, stability, or security for our families. But sometimes, what we call comfort is actually familiarity.

We become familiar with certain routines, expectations, and patterns. We may become so accustomed to putting our own spiritual needs last that we no longer recognize how disconnected we've become from God.

Perhaps there was a time when we prayed consistently, read Scripture, participated in church, or felt passionate about serving. But somewhere along the way, life became complicated.

Responsibilities increased. Relationships changed. Unexpected challenges appeared. And without realizing it, we began to put our relationship with God on hold. It's important to understand that experiencing a difficult season doesn't mean we've failed spiritually. But even in difficult seasons, God continues inviting us to draw closer to Him. We should never become so accustomed to surviving that we forget God also desires for us to grow.

2. We can enjoy the fruit of serving without participating in it.

Think about everything that happens for us to enjoy a church service. There are people who arrive early to prepare the building, clean restrooms, fix chairs, prepare the kids rooms, prepare worship and make sure everything is ready.

Many of these people also have homes to maintain, families to care for, jobs to attend, and personal responsibilities. Their willingness to serve creates opportunities for others to encounter Jesus. And sometimes, without realizing it, we become accustomed to receiving what others have sacrificed to make possible.

We appreciate having someone pray for us, but do we take time to pray for others?

We enjoy being encouraged, but are we encouraging someone else? We value having a community that supports us, but are we helping build that same community?

Ephesians 4:16 reminds us that the body of Christ grows when every member fulfills their role. This doesn't mean we all have the same availability or abilities. It means we should recognize that God has given each of us something valuable to contribute. And sometimes, our greatest contribution begins with something simple: listening, encouraging, praying, welcoming, or being present for another woman.

3. Jesus calls us to consider a different life.

Jesus asked the man, "Do you want to be made well?" Today, we can ask ourselves a similar question: Do we genuinely desire to grow and move forward in our relationship with God? Because sometimes growth requires us to make changes.

Maybe it means setting aside time to pray, even when our schedules are full. Maybe it means reconnecting with a community of women who can encourage us. Maybe it means learning to establish healthy boundaries so we can care for our spiritual and emotional well-being.

Maybe it means allowing God to restore areas of our hearts that we've neglected. Or perhaps it means recognizing that, beyond the many responsibilities we carry, God has also given us gifts and a purpose. We are not defined only by the roles we fulfill for other people. Our identity begins with who we are in Christ. And as we grow in that identity, we become better equipped to love and serve those around us.

Conclusion

God hasn't called us only to receive blessings, but also to become a blessing to others. However, we cannot continually give from a place of spiritual emptiness. We need His presence, His wisdom, and His strength.

Perhaps today is an opportunity to recognize an area where we've stopped growing or have become disconnected from our purpose. This isn't about comparing ourselves to other women or feeling guilty about the season we're in.

It's about allowing God to awaken in us the desire to grow and serve again.

Key statement: Don't become so accustomed to taking care of everyone else's needs that you forget God is still working in your life.

Interactive Questions

1. As women, we often carry many responsibilities and expectations. How can we recognize when our daily routines have begun to affect our spiritual growth?
2. Think about the women who have encouraged, prayed for, or supported you throughout your life. How has their willingness to serve impacted you, and what does that teach us about our role in the body of Christ?
3. What area of your life would you need to reorganize or surrender to God to become more involved in His work? What has kept you from taking that step?

Weekly Challenge — IDENTIFY YOUR COMFORT

This week, take time to evaluate your spiritual life. Identify one area where you've become spiritually comfortable, disconnected, or stagnant.

Maybe it's your prayer life, your relationship with God, your involvement in church, or your willingness to serve. Spend intentional time asking God to show you where He wants you to grow. Choose one small, realistic step you can begin taking this week.

Remember: Recognizing where we are is often the first step toward moving forward.