Many times in your life you will be challenged to step outside of your comfort zone whether it is in your religious beliefs, spiritual lifestyle, or mental and emotional perspectives. These challenges might cause you to either be insecure in your beliefs or become open-minded to new ideas and perspectives. The discomfort of being stretched beyond who we are and what we know allows us to develop a sense of empathy toward people and things that seem to be unfamiliar to us.

Micah 6:6-8, challenges us to be stretched beyond who we are and what we know. Even as a first year student, there are going to be times when you are stretched beyond your comfort zone: being away from home, beginning a new school year, and adjusting to new classes, living arrangements, friends and new freedoms. Through these new endeavors, you might feel overwhelmed and inadequate. Despite how you might feel ask for assistance and put forth your best effort.

During this new academic and social experience, you will learn many things about yourself and others that might make you question your beliefs, lifestyle and perspectives. When these experiences come up, embrace them with justice, mercy and kindness, just as Christ does with you. Be a listener, positively guiding and affirming others, and it will allow you opportunities to serve God while loving him and others.

**Life Question:** What kind of situation removes you from your comfort zone? How can you adjust to make this a positive learning experience for you and others?

**Prayer:** Father God, please help me to become open-minded and less judgmental. Help me to become more like you and love others as you love me. Lord, also help me to show love, justice, mercy and kindness to others. In Jesus' name, Amen!

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