

THOUGHT FOR THE DAY: Thursday 18th January 2024

By Revd Kit Gunasekera

How do we learn?

I went to a training day last Saturday where we were all told to go to different parts of the room, depending on whether a given task felt too threatening and we won't do it (Danger Zone), or a bit risky and challenging but we felt safe enough to have a go (Middle Zone), or we felt really comfortable and happy doing it (Happy Zone). The trainer said that learning takes place in the Middle Zone. The challenge then, is to move the things we know we ought to do, from being too scary and threatening, to that middle space, where we can have a go.

Some fears are good and we ought to heed them! However, in this context Ralph Waldo Emerson's quote "What we fear doing most is usually what we most need to do." is quite correct.

How do we overcome fear? The bible says, perfect love drives out fear.

And God is love.

Knowing that we are held by loving God, tells us that, all will be ok. Even if our fears are realised. It's not the end. And it won't be as bad. And we will grow a bit taller.

So, may we say a prayer and have a go!

BIBLE VERSES:

There is no fear in love. But perfect love drives out fear, because fear has to do with punishment.

- John 14:18