

# Blessed – In The Zone

Rock City Church | Pastor Mike Jr | October 19, 2025

Scripture Focus: Genesis 12:1–3 (NASB 1995)

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## Summary

This sermon illustrates to us that being *blessed* isn't about comfort, control, or comparison. It's about alignment. "In the Zone" teaches that God's blessings are not random; they're structural. To stay in the zone is to stay in divine positioning, even when it's uncomfortable. And that sometimes God grows us through subtraction, not addition, removing what no longer fits the version of us He's building.

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## 1. Recap: Blessed

*Genesis 12:1–3 – Now the LORD said to Abram, "Go forth from your country, And from your relatives And from your father's house, To the land which I will show you; And I will make you a great nation, And I will bless you, And make your name great; And so you shall be a blessing; And I will bless those who bless you, And the one who curses you I will curse. And in you all the families of the earth will be blessed."*

- **Blessed (Biblical Definition):**  
*Barak* (Hebrew) – to kneel, to empower, to prosper, to speak well of.
  - *Kneel*: posture of humility before God.
  - *Empower*: God gives strength before stuff.
  - *Speak well of*: blessing is God declaring His favor over you.
- **Blessed (Rock City Definition):**  
To be blessed means to be **divinely positioned, internally strengthened, and externally favored** to accomplish God's purpose for my life.  
It's not about what I have. It's about who I am when I'm aligned with what God said.
- Being blessed isn't about **having more**, it's about **being more**—possessing peace, wisdom, and clarity.

- **Blessing starts with placement.**

God places me where He wants me, not where I planned to be.  
If I'm in position, provision will find me.

“Pro” = before. “Vision” = what God called you to do.

When you get in *position*, you won't have to wait for it. It'll be waiting for you.

- Before God gives me things, He gives me **strength**.  
The true sign of blessing isn't that life gets easier. It's that I get stronger.
- Don't compare *present you* to *future you*; compare you to *past you*. You're stronger now. That's growth.

“The goal is not to be who you were, but who God intended you to be.”

- **Pattern of Blessing:** God adds strength before He adds stuff.
- **The Deception of Possession:**  
Having possessions without position is deception.  
Being blessed is about your state of mind and your relationship with God not what's in your hands.

“In the Kingdom, readiness isn't about what's in your hand; it's about where your heart stands.”

- There's a difference between being **planted** and being **potted**.  
Planted roots grow through storms. Potted roots stay safe but never stretch.

If the devil takes my possessions, my position remains unshaken.

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## 2. In the Zone Sermon

### A. The Blessing is Structural

God doesn't bless who you *pretend* to be; He blesses who you were *built* to be.

“You're not blessed because you have. You're blessed because you're built.”

Before Abraham was Abraham, he was **Abram**.

What Abram *did* determined if he would be promoted to Abraham.

Some people only see your Abraham season, but they didn't witness your Abram struggle.

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## B. Leaving Comfort, Control, and Comparison

Command (Genesis 12:1)	Represents	Modern Parallel
"Go from your country"	Comfort	Staying where it feels safe – "I'll stay where it's familiar."
"Leave your relatives"	Control	Needing to understand before you move – "I'll go when I get clarity."
"Leave your father's house"	Comparison	Measuring your journey against others – "I'll go when I can keep up."

God didn't say pray or give—He said **go**.  
You can't bribe Heaven; obedience is the only currency that moves God.

Sometimes the promise comes not through addition, but **through subtraction**.

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## C. The Blessing of Subtraction

- God grows you by removing what no longer fits your season.
- He's letting you lose it now to make room for what's coming.
- Growth  $\neq$  gain; in God's Kingdom, **growth = pruning**.

"You didn't fall off, you fell up." PMJ

Some people aren't blessed because they want **selective subtraction**.

"Fix this, but don't touch that."  
You can't keep the wrong people, waste money, and expect overflow.

If you won't remove what God told you to, He'll remove it for you.  
Some people He cuts off not because they're evil but because they block the Son (S-O-N) from reaching you.

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## D. Pruning vs Cutting – John 15:2

“Every branch in Me that does not bear fruit, He takes away; and every branch that bears fruit, He prunes it so that it may bear more fruit..”

- Both **cutting** and **pruning** hurt but one removes death, the other increases life.
- If it bears fruit, God cuts *leaves* to expose the fruit to the sun (S-U-N).
- Spiritually, He removes what overshadows your growth so you can receive the Son (S-O-N).

Type	Meaning	Result
Cut (no fruit)	Removes branch	Separation for redirection
Prune (fruitful)	Removes leaf	Strengthens production

### Before every major promotion in Scripture came subtraction:

- Abraham → left his country before covenant.
- Gideon → reduced his army before battle.
- Jonah → thrown off the boat before purpose.
- Jesus → lost His followers before resurrection.

When you ask God for something, you’re also asking Him to **subtract something** so He can **add something**.

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## E. The Growth Zones

God rarely calls you to a comfort zone; He calls you to a **growth zone**.  
Comfort is the enemy of calling.

Zone	Description	Mindset / Lesson
<b>Comfort Zone</b>	Feels safe but stagnant	“At least I know what to expect.” → Familiarity feels like faith, but its fear dressed as wisdom.
<b>Fear Zone</b>	Excuses sound reasonable	“What if I fail?” → Fear isn’t always a sign you’re off course; it’s proof you’re stepping into purpose.

<b>Zone</b>	<b>Description</b>	<b>Mindset / Lesson</b>
<b>Learning Zone</b>	Faith replaces formulas	"I don't know how, but I know Who." → Unlearn old mindsets and gain wisdom.
<b>Growth Zone</b>	Calling shapes character	"I was made for this." → Development comes through discipline.
<b>Glory Zone</b>	Fruit of faith revealed	"This was God all along." → Your process becomes your praise.

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## **F. The Pressure of Purpose**

"The pressure is not going to break you. It's going to break *you*, but not break *YOU*."

Who you are now isn't who you'll need to be for the next season.  
The outer shell (the mask) breaks so the real, God-shaped version of you can emerge.

"Sometimes God's next step is uncomfortable on purpose to see how bad you really want to be in purpose."

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## **3. Definitions**

<b>Term</b>	<b>Definition</b>	<b>Notes</b>
<b>Blessed (Barak)</b>	To kneel, empower, prosper, or speak well of.	Posture of humility + empowerment for purpose.
<b>Position</b>	Spiritual alignment where God's power flows.	It's not physical, it's mental and spiritual.
<b>Prune</b>	To trim for growth, removing unnecessary parts.	Painful but purposeful.
<b>Kingdom</b>	God's system of order and authority.	"King" = ruler; "dom" = dominion (how He operates).
<b>Comfort Zone</b>	Where faith becomes dormant.	Safe but stagnant.
<b>Growth Zone</b>	Where faith stretches into purpose.	Painful but productive.

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## 4. Put Scripture On It – Supporting Verses & Biblical Examples

- **Genesis 12:1–3** – *Now the LORD said to Abram, “Go forth from your country, And from your relatives And from your father’s house, To the land which I will show you; And I will make you a great nation, And I will bless you, And make your name great; And so you shall be a blessing; And I will bless those who bless you, And the one who curses you I will curse. And in you all the families of the earth will be blessed.”*
  - Abram’s call out of comfort, control, and comparison.
- **John 15:2 (NIV)** – *Every branch in Me that does not bear fruit, He takes away; and every branch that bears fruit, He prunes it so that it may bear more fruit.*
  - God prunes fruitful branches to increase growth.
- **Romans 8:28 (NIV)** – *And we know that in all things God works for the good of those who love him, who have been called according to his purpose.*
  - All things work together for those in divine positioning.
- **James 1:2–4 (NIV)** – *Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.*
  - Trials produce endurance and maturity.
- **Hebrews 12:11 (NIV)** – *No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.*
  - Discipline yields peaceful fruit.
- **2 Corinthians 12:9** – *But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.*
  - His strength is made perfect in weakness.
- **Isaiah 43:19** – *See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.*
  - “Behold, I am doing a new thing.”
- **Luke 9:62** – *Jesus replied, “No one who puts a hand to the plow and looks back is fit for service in the kingdom of God.”*
  - No one who looks back is fit for the Kingdom.

- **Philippians 3:13–14** – *Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead,*
    - Forget what’s behind; press toward what’s ahead.
  - **Matthew 16:25** – *For whoever wants to save their life will lose it, but whoever loses their life for me will find it.*
    - Whoever loses their life for His sake will find it.
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## 5. Reflection Questions

1. What does “being in the zone” mean for me spiritually right now?
  2. Which area—comfort, control, or comparison—am I most afraid to release?
  3. What has God been trying to prune that I’ve been trying to protect?
  4. How do I respond when God subtracts something from my life?
  5. What zone am I currently in, comfort, fear, learning, growth, or glory?
  6. How has God been developing my strength before adding blessings?
  7. What relationships or environments might be blocking my “S-O-N” exposure?
  8. What does obedience look like in this zone of my life?
  9. How can I better embrace discomfort as divine repositioning?
  10. Where have I seen “falling off” actually turn into “falling up”?
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## 6. Action Steps

1. **Acknowledge the Zone:** Identify your current stage and thank God for it.
2. **Release Control:** Surrender what no longer aligns with your next level.
3. **Shift Your Mindset:** Replace fear-based thoughts with faith-based declarations.
4. **Stay Planted:** Don’t run from pruning. It’s proof of potential.
5. **Audit Your Circle:** Surround yourself with those who help you grow, not those who keep you comfortable.
6. **Stay Consistent:** The blessing is built on structure, not spur-of-the-moment faith.
7. **Journal the Subtractions:** Track what God removes. It’s revealing your next level.
8. **Pray for Capacity:** Ask God for strength to sustain your blessings.

9. **Celebrate Progress:** Don't despise small growth. It's fruit in formation.  
10. **Lock In. Stand on Business. Chase Impact.**
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## 7. Five-Day Devotional: "In the Zone – From Comfort to Calling"

### Day 1: The Call Out of Comfort

**Scripture:** Genesis 12:1–3 (NIV) - "I will make you into a great nation,  
and I will bless you;

I will make your name great,  
and you will be a blessing.<sup>[a]</sup>

<sup>3</sup>I will bless those who bless you,  
and whoever curses you I will curse;  
and all peoples on earth  
will be blessed through you."

**Focus:** Leaving comfort zones is the first act of obedience.

**Prayer:** God, help me release what's familiar so I can embrace what's fruitful.  
Amen.

### Day 2: The Blessing of Subtraction

**Scripture:** John 15:2 (NIV) - *He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful.*

**Focus:** Pruning isn't punishment. It's preparation.

**Action:** Identify one thing God may be pruning in your life.

**Prayer:** Cut what blocks my growth, Lord, and give me the grace to let go. Amen.

### Day 3: The Fear Zone

**Scripture:** Joshua 1:9 (NIV) - *Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."*

**Focus:** Fear means you're close to breakthrough.

**Prayer:** When I'm afraid, remind me that fear is just faith facing forward. Amen.



## Day 4: Growth Through Pressure

**Scripture:** James 1:2–4 (NIV) - <sup>2</sup> *Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, <sup>3</sup> because you know that the testing of your faith produces perseverance. <sup>4</sup> Let perseverance finish its work so that you may be mature and complete, not lacking anything.*

**Focus:** Pressure produces power.

**Action:** Write one way God's pressure has strengthened you.

**Prayer:** Use the pressure to shape me, not break me. Amen.

## Day 5: The Glory Zone

**Scripture:** Philippians 1:6 (NIV) - *being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.*

**Focus:** What God started, He will finish.

**Prayer:** Thank You for bringing me from comfort to calling. All glory belongs to You. Amen.

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## 8. Personal Reflection – by Neffeteria

It's funny how you can have inner dialogue and start pointing out all the things that need to be reflected on and refined. But at the same time, it's so refreshing to know you're actually on the right path. That the things you're feeling and the lessons you're learning are signs of alignment. The past four months have been a lot of seclusion and reflection for me. I told my therapist back in August that I was in my pruning season, and whew, I still feel that. I needed the in-depth definition of pruning to make it click.

I've realized I don't give myself enough credit. I know a lot more than I think I do. And it's refreshing to have that moment of, *"Okay, you're not crazy. You're right where you're supposed to be."* To hear this sermon after everything I've been telling myself, it was confirmation. I've been walking through every single Growth Zone: comfort, fear, learning, growth... and now I feel like I've finally stepped into the glory zone. It's time to show off; not in a prideful way, but in a *look what God has been doing in me* way. It's time to expand myself with the assignment, even when I'm scared to death.

One thing I've taken from these last two sermons is to lean harder on God in those moments. To study deeper, pray more intentionally, and talk to Him before every engagement, every meeting, every interaction. My main struggle this year has been managing the pressure of the calling. But maybe that pressure isn't the problem, maybe it's the lens I've been looking through. I've been telling myself I needed to *merge* the two versions of me to become her, but that's not it.

This sermon showed me that it's not about merging, it's about *becoming*. I don't have to carry the old version of me into the new. I can take what I've learned, turn that pressure into strength, and finally let her go. Say goodbye to the parts of me that needed comfort and control, and silence that voice of comparison that keeps me second-guessing.

I thought I did this my 40th birthday, and in some ways I did. I had a funeral for the old version of me and welcoming of the new version but now I see it's deeper. This season, it's not about celebrating who I've become; it's about surrendering who I no longer need to be.