

Philippians 3:18-19 <sup>18</sup>For many, of whom I have often told you and now tell you even with tears, walk as enemies of the cross of Christ. <sup>19</sup>Their end is destruction, their god is their belly, and they glory in their shame, with minds set on earthly things.

**Apathy: the feeling of not feeling.**

**DEFINITION<sup>1</sup> OF APATHY:**

1 : lack of feeling or emotion : IMPASSIVENESS ; drug abuse leading to apathy and depression

2 : lack of interest or concern : INDIFFERENCE ; political apathy

**EXAMPLES OF CAUSES OF APATHY:**

- o Pain
- o Disappointment
- o Loss
- o Depression
- o Sorrow
- o Failure
- o Negative thoughts about yourself
- o Rejection

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**RESULTS OF APATHY:**

- o Isolation
- o Lack of interest
- o Lack of care (I don't care that I don't care.)
- o Unconcern
- o Unresponsiveness
- o Detachment
- o Pessimism
- o Sense of inadequacy
- o Hopelessness
- o Feeling inferior, incompetent, worthless
- o Lack of belief/disobedience

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**WAYS TO RESIST AND OVERCOME APATHY:**

- o Get help
- o Practice thinking well/good thoughts.
- o Thinking biblically requires effort and practice
- o *Practice, practice, practice!!!*
- o This requires us to process with someone and listen well to each other.
- o Getting involved

1 Corinthians 13:4-5 <sup>4</sup>Love is patient and kind; love does not envy or boast; it is not arrogant <sup>5</sup>or rude. It does not insist on its own way; it is not irritable or resentful;

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**OPPOSITES OF APATHY:**

- o Acknowledging feelings and emotions
- o Being caring, compassionate, others centered, joyful, enthused, engaged
- o Being concerned and self-controlled
- o Processing, submitting, and controlling feelings and emotions
- o Choosing to do the best or right thing regardless how I feel or don't feel

Galatians 5:22-23 <sup>22</sup>But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup>gentleness, self-control;

1 Peter 5:6-11 <sup>6</sup>Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, <sup>7</sup>casting all your anxieties on him, because he cares for you. <sup>8</sup>Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. <sup>9</sup>Resist him, firm in your faith, knowing that the

same kinds of suffering are being experienced by your brotherhood throughout the world. <sup>10</sup>And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you. <sup>11</sup>To him be the dominion forever and ever. Amen.

**Matthew 22:37-40** <sup>37</sup>And he said to him, “You shall love the Lord your God with all your heart and with all your soul and with all your mind.” <sup>38</sup>This is the great and first commandment. <sup>39</sup>And a second is like it: ‘You shall love your neighbor as yourself.’ <sup>40</sup>On these two commandments depend all the Law and the Prophets.”

### Heart

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### Soul

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### Mind

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## CLOSING

**Romans 12:1-2** <sup>1</sup>I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. <sup>2</sup>Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

**Philippians 4:8** Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

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## QUESTIONS TO REFLECT AND DISCUSS:

**Passages to consider:** Proverbs 4:23; 1 Thessalonians 1:2-3; Philippians 3:12-4:1

- What stood out to you from the sermon?
  1. Share what you discovered about the “boss” of you this week.
  2. Read Philippians 3:7-14, 18-4:1 and Revelation 2:4 **OR** choose a passage from the sermon. Read it twice.
  3. What do you discover about God in this passage? A) What do you discover about people in this? B) What do you discover about what can be the boss of you?
  4. What helps you when you feel like you are losing your first love? A) What are the practices or experiences that might help you regain it?
  5. Who helps you stay engaged with God’s presence and kingdom? A) How do you help your family and friends be engaged with what God is doing?
  6. How can you be involved with God’s activity in the church? In your community?

**Passages to prepare for next week, You’re Not the Boss of Me (Week 2) Guilt:** Romans 8:1-4; 1 John 1:9

<sup>1</sup>Definition of *apathy* from merriam-webster.com

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