



FREE TO FLEE APATHY | BE FREE

INTRODUCTION | Welcome | Online Audience | App | 21 Days Opportunities & Resources

What is Apathy?

It is a disconnect from the heart and brain

The pathway gets blocked up

We may know what we want or need to do but we cant seem to take the next step

Apathy a term defined by Apathy a term defined by neurologist Dr. Donald T Stuss in the journal of neuropsychiatry and clinical neurosciences 2005 “as the absence of responsiveness to stimuli with the requirement for this lack of responsiveness be demonstrated by a lack of self initiated action”

Dr. Tracey Marks says, “Apathy is one of those mental states that can be very debilitating you really don’t care about anything “apathy can be defined as reduced motivation to engage in goal directed activities across three domains- initiative, interest and emotional responsiveness “

“Your not motivated to do anything, and more than that, you don’t care whether you do something”

If when we start unpacking apathy more you realize that this may be something that you struggle with on a severe level I would highly recommend you partnering with medical healthcare professionals as well as the church body through that situation. I have included in the PDF a link to a helpful video that can help you identify where you might be at.

<https://www.youtube.com/watch?v=QYeq3GQQaQI>

I have also included a link to an article from Psychology Today that breaks down apathy really well and lists meaningful steps you can take to flee apathy if you are looking for a deep dive into this subject and further exploration

<https://www.psychologytoday.com/us/blog/evolution-the-self/201604/the-curse-apathy-sources-and-solutions>

The result of apathy

- we miss out on mission life**
- we miss out on purpose life**
- we miss out on health life**

What Scripture has to say about it

Revelation 3:16 ESV

So, because you are lukewarm, and neither hot nor cold, I will spit you out of my mouth.

Romans 12:11 ESV

Do not be slothful in zeal, be fervent in spirit, serve the Lord.

Zephaniah 1:12-13 ESV

At that time I will search Jerusalem with lamps, and I will punish the men who are complacent, those who say in their hearts, 'The Lord will not do good, nor will he do ill.' Their goods shall be plundered, and their houses laid waste. Though they build houses, they shall not inhabit them; though they plant vineyards, they shall not drink wine from them."

Revelation 3:2 ESV

Wake up, and strengthen what remains and is about to die, for I have not found your works complete in the sight of my God.

James 4:17 ESV

So whoever knows the right thing to do and fails to do it, for him it is sin.

2 Timothy 4:3-4 ESV

For the time is coming when people will not endure sound teaching, but having itching ears they will accumulate for themselves teachers to suit their own passions, and will turn away from listening to the truth and wander off into myths.

Ephesians 6:10-12 ESV

Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.

Revelation 3:15-16 ESV

"I know your works: you are neither cold nor hot. Would that you were either cold or hot! So, because you are lukewarm, and neither hot nor cold, I will spit you out of my mouth.

Proverbs 15:19 ESV

The way of a sluggard is like a hedge of thorns, but the path of the upright is a level highway.

The opposite of apathy-

Eknéphó

Definition: to become sober (after drunkenness)

Usage: I return to soberness of mind.

“properly, delivered out of drunkenness and to sobriety (seriousness), i.e. with the awareness *outcome* of being responsibly aware; (figuratively) aroused (awakened) out of the stupor of spiritual delusion (apathy); "to *come* to one's senses" (*L & N*, 1, 30.26); sober-minded because "snapped *out of*" the intoxicating influence of sin (darkness) and brought into *keen alertness* of spiritual truth (conviction, faith, etc.)”

It is used in **1 Corinthians 15:34 ESV** as such,

“Wake up from your drunken stupor, as is right, and do not go on sinning. For some have no knowledge of God. I say this to your shame.”

What apathy looks like, passing by-

25 And behold, a lawyer stood up to put him to the test, saying, “Teacher, what shall I do to inherit eternal life?” 26 He said to him, “What is written in the Law? How do you read it?” 27 And he answered, “You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and your neighbor as yourself.” 28 And he said to him, “You have answered correctly; do this, and you will live.”

29 But he, desiring to justify himself, said to Jesus, “And who is my neighbor?” 30 Jesus replied, “A man was going down from Jerusalem to Jericho, and he fell among robbers, who stripped him and beat him and departed, leaving him half dead. 31 Now by chance a priest was going down that road, and when he saw him he passed by on the other side. 32 So likewise a Levite, when he came to the place and saw him, passed by on the other side. 33 But a Samaritan, as he journeyed, came to where he was, and when he saw him, he had compassion. 34 He went to him and bound up his wounds, pouring on oil and wine. Then he set him on his own animal and brought him to an inn and took care of him. 35 And the next day he took out two denarii^[a] and gave them to the innkeeper, saying, ‘Take care of him, and whatever more you spend, I will repay you when I come back.’ 36 Which of these three, do you think, proved to be a neighbor to the man who fell among the

robbers?” 37 He said, “The one who showed him mercy.” And Jesus said to him, “You go, and do likewise.” **Luke 10:25-37 ESV**

Warning Signs-

- ”eh, meh” attitude
- you find yourself just not caring
- you are not completing tasks on time or they are messy
- maybe you feel numb but dont care that you dont care (about the needs in the world, the needs of your neighbor beside you, about your faith, about the quality and health of your spiritual life)
- the people around you that you admire also dont care about the meaningful things in life
- you find yourself tuning out when the meaningful things are being talked about, unless you are angry
- you have neglected taking care of your spiritual life or are maybe passive about it.
- you find excuses not to take care of yourself physically or no longer need excuses, you just don't.

Contributors to Apathy

Significant or major life event

You're always on

Overwhelmed and worn down-noise and media, numbing agents

Studies are showing that ”Technology is impacting adolescent brain development, well-being, and relationships” (from tik tok, instagram, video games, tv watching subscriptions.. You name it.. This is at an all time high and adolescents brains are being impacted by this)

I have attached a link in the PDF to studies on this topic and learning tools. https://www.teensandtech.org/?gclid=Cj0KCQiAqbyNBhC2ARIsALDwAsClzCk0_1M3yrgsg8pIFpBEN9gX4WcDokRgE5tyjvc9eSBKZ3jQwIMaAsK2EALw_wcB

Paralysis by analysis

Information overload

Cognitive dissonance

”If there’s an overarching cause for apathy, it’s probably pessimism about your future.” (psychology today)

Emotions or tensions that have not been worked through

Ways to get a jumpstart out of apathy into life-

- 1. Challenge apathy in every way you can.**
- 2. Choose to live on mission**
- 3. Engage in meaningful opportunities**
- 4. 21 Day Jumpstart**

Please check out mesa.church/21-days and <https://mesa.church/fasting> for a great list of resources to equip you in your journey

CLOSE IN PRAYER & SALVATION RESPONSE

TALK ABOUT IT - Questions | Thoughts to GROW through with family, friends, & myself.

1. When you think of apathy, what comes to mind?
2. How is God showing you apathy in your life, family, loved ones, workplaces, etc?
3. What do you think Jesus thinks about apathy?
4. How is God calling you to make a difference?
5. What is the next step you can take today?