



# ME & MY EMOJI'S: Week 2

January 14<sup>th</sup>, 2024

## “THE EMOJI OF APATHY”

### REVIEW:

- “*Follow your heart.*” versus “*The heart is the most wicked of all things.*”
- The **broken self**, self-delusion, lack of spiritual understanding, inaccurate perceptions.

**Jeremiah 17:9** “*The heart is deceitful above all things and beyond cure. Who can understand it?*”

### THE HEART FROM A BIBLICAL STANDPOINT:

- The Bible uses the word “**heart**” primarily to refer to the ruling center of the whole person, the spring of all desires. The “**heart**” is seen as “*the seat of the will, intellect, and feelings.*”
- The bottom line: **emotions are unreliable for guidance.** They are dependent on many factors—if you’re hangry, your sleep habits, dopamine and serotonin levels, and any improper perceptions, lack of information, or assumptions you may have.
- Emotions compete for control of our attitudes and perspective. They direct our responses and actions.
- If I don’t gain control (*with God’s help*) over my emotions, Jesus will not rule and reign over me.
  - It will have a negative impact on my relationships—with God, myself, my family, fellow believers, and those with whom I work, live, and play.
  - It will drain my resources of time and energy.
  - It will negatively impact my ability to love others and bring glory to God.

### THE FIRST EMOTION WE ARE DEALING WITH: APATHY—SPECIFICALLY, SPIRITUAL APATHY.

- **Synonyms** (*same meaning*): *complacency, indifference, couldn’t care less (versus careful); absence or suppression of passion, emotion, or excitement; lack of interest in or concern for things that others find moving or exciting; self-satisfied state of negligence or carelessness in relation to your personal situation; laziness.*
- **Antonyms** (*opposite meaning*): *enthusiasm, interest, passion.*
- **Notice:** we are all apathetic toward some things, but today, we’re specifically talking about the emotion of apathy toward the things that God cares about.
  - *Though those with depression can feel apathy toward everything, I am not talking about depression.*

**Spiritual apathy works contrary to the things that God cares about. God cares about love, and apathy is contrary to love!**

### LOVE IS A COMMAND:

**Matthew 22:36–40** <sup>36</sup>“Teacher, which is the greatest commandment in the Law?” <sup>37</sup>Jesus replied: “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 first and greatest commandment. <sup>39</sup>And the second is like it: ‘Love your neighbor as yourself.’ <sup>40</sup>All the Law and the Prophets hang on these two commandments.”

### LOVE BEHAVES IN A CERTAIN WAY. IT DOESN’T FEEL LIKE SOMETHING—IT’S A CHOICE.

**1 Corinthians 13:4–8** <sup>4</sup>Love is patient, love is kind. It does not envy, it does not boast, it is not proud. <sup>5</sup>It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. <sup>6</sup>Love does not

*delight in evil but rejoices with the truth. <sup>7</sup>It always protects, always trusts, always hopes, always perseveres. <sup>8</sup>Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away.*

## WHERE DOES LOVE COME FROM?

1. A heart that has surrendered to Jesus (**Galatians 5:22-25**).
2. A heart that chooses to act—to obey in His strength (**Philippians 2:12-13; Romans 12:9-11**).

## WHAT DOES APATHY RESULT IN?

1. A hard world to live in (**Matthew 24:12-13; Proverbs 1:32**).
2. A lack of relationship with God (**Luke 14:16-24**).

## SO, WHAT DO I DO (**2 Corinthians 10:3-5**)?

1. Remember you and I are broken human beings.
  - a. We will have thoughts and desires that are contrary to God's Will.
2. You have a spiritual weapon to fight with: TRUTH (see also **Ephesians 6:17** and **Matthew 4:4**).
  - a. God's Word is the Sword of the Spirit. It is able to test truth and motive.
  - b. Test every thought and desire by the Word of God.
  - c. We have God's Spirit living inside of us, His Word to guide us, and His people to help us (**2 Timothy 3:16-17; Hebrews 4:12**).
3. Choose to take your thoughts captive and make them obedient to Christ!
  - a. Look at the progression, the triangle: Do you monitor your thoughts, beliefs, and emotions before you act?

## QUESTIONS TO REFLECT AND DISCUSS:

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

- What from the sermon stood out to you?
1. Share what you discovered about the emotion that was the “*boss*” of you this week?
  2. Read **Philippians 3:12-4:1** and **Revelation 2:4** OR choose a passage from the sermon. Read it twice. What do you discover about God in this passage? What do you discover about people in this? What do you discover about what can be the “*boss*” of you?
  3. What helps you when you feel like you are losing your first love? What are the practices or experiences that might help you regain it?
  4. Who helps you stay engaged with God's presence and kingdom? How do you help your family and friends be engaged with what God is doing?
  5. How can you be involved with God's activity in the church? In your community?

Passages to prepare for next week: **Me & My Emoji's (Week 3) “Guilt:” Romans 8:1-4; 1 John 1:9.**