



**Theological Education Discussions
#6: Apathy: A Matter of the Heart**



One of the biggest threats to your personal spiritual life and to the future of Queensway will be a struggle with apathy.

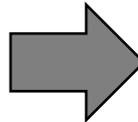
“Apathy is a term for a human mood or attitude that involves a lack of feelings, emotion, interest, and concern. It is basically a state of emotional indifference or the suppression of emotions such as a concern, excitement, motivation or passion. An apathetic person will lack a sense of purpose or motivation.” (from a dictionary of psychology)

It's a feeling and an attitude. It leaves you passive and without energy.

What Leads to Apathy?

In the normal individual, these are the frequent causes:

- Negative thoughts about yourself, your situation, your future
- Afraid to act for fear you might fail?
- Something happened recently that left you pessimistic.
- Global events make you feel small and helpless.
- You have become bored, or worn down, by tedious daily routines



Both for individuals in our church, AND FOR THE CHURCH ITSELF, we have the preconditions for apathy. Covid 19 restrictions on daily life and meeting together, & the move of our pastor and some other friends, creates a potentially dangerous situation.

Apathy is an Extremely Dangerous Spiritual Condition

It's not a word used in the Bible but the condition IS described and it has to do with 'the heart'.

In the Bible the word heart isn't used like we usually use it today. Today it just refers to feeling. In the Bible it refers to the whole inner person... the emotions, the mind, AND the will. When Jesus spoke to several disciples after his resurrection, it says in Luke 24 that "their hearts burned within them." This is about as far from apathy as you can get.

In Rev. 3:16, God says, "Because you are lukewarm, and neither hot nor cold, I will spit you out of my mouth."

Counselling Psychology says ... The Bible says.....

Determine where your apathy is coming from and contest its underlying assumptions.	Turn first to God to help you identify your problem. • <i>“Search me, O God, and know my heart; Try me, and know my anxieties; And see if there is any wicked way in me, And lead me in the way everlasting.”</i> Ps. 139
Find a counsellor or therapist.	Once you have enlisted God, enlist others to help you. Start with others in the church.... Today! • <i>Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.</i> Psalm 55:22 • <i>Bear one another's burdens, and thereby fulfill the law of Christ.</i> Gal. 6:2
Challenge your apathy in every way you can. What turned you on before you experienced it?	This is critical. We are in a spiritual battle. The evil one loves apathy- perhaps more than active sin. Active sin can be seen and addressed. Apathy destroys from within. • <i>Finally, be strong in the Lord... . 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. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm.</i> Eph: 6:10-17

Recall—and reawaken— happier times when you felt more enthusiastic and alive.	We are told to ask for restoration and to remember who God is and what He has done. <ul style="list-style-type: none"> • <i>Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.</i> Psalm 55:2. • Finally, brothers and sisters, whatever is true, whatever is worthy of respect, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if something is excellent or praiseworthy, think about these things. Philippians 4:8
Direct your attention to a goal you might pursue right now.	Start NOW. Even if your emotions and your thoughts drag you back, exercise your will! <ul style="list-style-type: none"> • <i>Moses continued, "Then the LORD said to us, 'Get moving. Cross the Zered Brook.' So we crossed the brook.</i> Deuteronomy 2:13

We cannot move forward if we permit the seed of apathy to grow in us.

TED Talks™ are a worldwide phenomenon. The TED organization began as a conference in 1984 to provide short and powerful talks on what it called “Ideas That Matter” in the fields of Technology, Education & Design. Now, in addition to conferences, it produces 100’s of widely viewed short videos on a huge variety of topics.

Our Queensway version of TED Talks will focus on particular key ideas about what It means to be ‘the Church’ in a fast changing world. Drawn from Biblical references and key ideas from theologians and church leaders, our Theological Education Discussions will come regularly and will provide a 5 -7 minute look that will help us as a community to focus on our purposes, organization, & tasks.

Please use this page at home to reflect upon in the light of who we are as a church today. Open up your Bible to check the references, and then think and pray about what you’ve read. As we all do this, we will be opening ourselves to the leading of God’s Spirit in our church community.