

## ReGroup Presentation \_ Aug 3, 2021

### Overcoming Spiritual Apathy

Spiritual apathy is a feeling of indifference or even coldness to the things of God. It can affect any Christian, even one who is fully sincere in his/her faith. This numbing of one's emotions takes the place of the former passion and zeal that were directed toward God.

Apathy can sneak into our lives in a number of ways, and most times is rather subtle. Falling into the trap of apathy doesn't mean that you don't love God or that your faith is in question. Apathy can affect Christians of all kinds in some way.

So, what do we do if we feel the plight of Christian apathy creeping in?

- 1. Affirm that I am a child of God and I have been gifted unconditional grace and love**
  - a. Remind yourself of your value in God's eyes. Cry out to God for renewal and forgiveness: "Create in me a clean heart, O God, and renew a right spirit within me. ... Restore to me the joy of your salvation, and uphold me with a willing spirit" (Psalm 51:10, 12)
- 2. Immerse yourself in God's word**
  - a. It is the token answer for a reason – it is tried and true!
- 3. Cultivate and grow your relationship with God**
  - a. Spend deliberate time getting to know God and growing that relationship.
- 4. The opposite of apathy is community**
  - a. God built us to thrive in community – use your community!
- 5. Remember that it's not supposed to be easy**
  - a. Christ calls us to greatness through sacrifice: Luke 9:23, Jesus said to them, "If anyone wants to come after Me, he must deny himself and take up his cross daily and follow Me."
- 6. 1% at a time**
  - a. Commit to always being better than your former self. It is You vs You for Him