

# The Art of Indifference

Mt. 6: 19-34

Introduction: We care about too much! We care are told to care about unimportant, irrelevant things. Our technological society screams for our attention through social media, news, etc. And everyone wants us to care about everything. It's all too much!

Rightly focused, care is good. But being filled with care is bad and obsessive.

\*\*Pastor Morris Responsibility Vs. Concern paradigm. Anxiety is where the line gets blurred.

Learn the discipline of indifference to things that don't matter.

Jesus said some things don't matter enough to warrant much care.

- I. Uncontrollable Things (Outside your control) (27)
  - A. Focus on goals you can control [walking vs. weight loss]
  - B. Dismiss concern / thought about things beyond your control:
    1. PAST—quit obsessing over it
    2. PEOPLE—you can't change people. You can influence. You can pray. But after you've done your part, leave the rest to God.
    3. EXTERNALS—weather, stock market, gas prices, etc.
    4. HEALTH—you can do your best to be healthy, but don't obsess because it isn't ultimately in your control.
  - C. Ask yourself, "Do I control this?" If the answer is no, then REFUSE to think about it. Rumination has no power to change what you cannot control.
  
- II. Temporary Things (28-30, 19)
  - A. Everything is temporary—recognize this
    1. Negative visualization adds value to life
    2. Use things; enjoy things; hold things loosely; eventually, let things go.
    3. Temporary things should not obsess us. Jesus' example is clothing.
  - B. We spend too much time on things; not enough time on tranquility. [Remember the danger of Hedonic Adaptation]
  - C. Be satisfied with what you already have!
  
- III. Necessary Things (31-32; 25)
  - A. This is HARD CORE thought discipline. Even things necessary to life do not deserve our obsessive rumination.
  - B. "Life is more than food" "The body is more than raiment"

1. Eat to live, don't live to eat
2. You wear clothes; they don't wear you
- C. Reject a "nothing but the best" attitude.
  1. Don't be a critic, a connoisseur.
  2. Keep your expectations low, and life will be filled with pleasant surprises.
- D. God knows what we have need of. Therefore, don't obsess over it. Trust HIM.

IV. Future Things (34)

- A. You cannot determine the future. You have NO control over it.
- B. You can only do your best NOW! Don't waste today on the potential troubles of tomorrow. Today has enough negatives to focus upon.
- C. KEY: 6:33—seeking God's kingdom
  1. Prioritize the eternal.
  2. View everything else as an accessory to the kingdom of God.