

34,000

Q3 34,000 - 01 APATHY

PLAYLIST

<https://open.spotify.com/user/campuslife1965>

PURPOSE

Middle school students are filled with emotions but often the capacity to only name a few of the basics (think Inside Out - Anger, Fear, Sadness, Joy). This series will help them dive into some of the more complex emotions; show biblical examples of that emotion and challenge them to lean into Jesus through it.

NOTE TO SITE DIRECTOR

Challenge yourself as the director to only lead one part of each Club if at all and hand everything else off to different leaders!

MINISTRY LEADER EMPOWERMENT

This would be a great series to practice follow-up: Challenge every leader to text 2-3 students each week an emotions wheel and ask them what the dominant emotion is currently and why. Helping students think about what they are feeling and experiencing can lead to a lot of growth!

RMA CONNECTION

APPOINTMENTS/SMALL GROUPS

Both of these RMAs are key as you are winding down the year and wanting to take things a step deeper. The emotions we are focusing on can feel overwhelming and suffocating, so if you notice a student in your group that resonates with the emotion, try setting up an appointment to listen and learn more. Be intentional about

asking how Jesus fits into that situation and emotion and take every opportunity the Holy Spirit leads you to present the Gospel!

YFC National has a lot of really great [Small Groups Resources](#), but we'd recommend Shift, His Story/Her Story or You to correspond with this series.

PREP

SUPPLIES NEEDED:

- Projection & Sound System for Media
- 1-2 Rubber Chickens
- Print outs for each small group of emotion wheel
- Sign-Ups for Small Groups

WELCOME

Welcome to Campus Life and the first week of our new series, 34,000! 34,000 got its name because we are going to be talking about something each week that we have 34,000 of. Anyone have any guesses as to what this series is all about? *[Take a few guesses from the crowd]* It's emotions! Many of us may only think there are a handful of different emotions because that's what Inside Out taught us but there are actually so many! Check out this emotion wheel to see just a snippet of them! *[Show emotion wheel up front and comment a bit]* Before we jump into the emotion of this week though, let's give it up for _____-----___ who is leading what's next!

CROWDBREAKER

WHERE'S MY CHICKEN

SUPPLIES NEEDED: 2 Rubber Chickens or Medium-Sized Balls

DIRECTIONS: This game plays similarly to Red Light, Green Light but with a bit of a twist. Place one or two leaders at one end of your playing area; about five feet behind them, place the rubber chickens/items that you have. Everyone else will line up at the opposite end of the playing area. The leader(s) will turn to face away from the students and yell, "Where's my chicken?!" As the leaders are yelling, the students are trying to get up to the chickens and grab one of them. As soon as the leader(s) are done yelling, they turn around and the students have to freeze immediately. If a leader sees a student move, they call out the student and those students have to go back to the starting line. If the leader can see any part of the chicken once it is picked up, they also call out that student to put the chicken back where it came from and go to the starting line. Leader can also just make a cold guess as to who has the chicken and if they are right, the same thing happens. The leader(s) then turn around and repeat the process until the students get the chicken across the start line.

SMALL GROUP GAMES

[VIEW SMALL GROUP GAME & ACTIVITY IDEAS HERE](#)

If you are working with smaller groups, we recommend playing **ALPHABET POCKETS** and **GUESS WHO** for this Club. You can access supplies needed and gameplay instructions by utilizing the link above.

VIRTUAL GAMES

[VIEW VIRTUAL GAME IDEAS HERE](#)

If you are working with students in a virtual setting, we recommend playing **I NEED A...** and **PARTNERS IN PEN** for this Club. You can access supplies needed and gameplay instructions by utilizing the link above.

MEDIA

Q3 34,000 - 01 MEMORY ISLANDS

TRANSITION

If you haven't seen Inside Out, you're probably like "I have no idea what is going on in this clip" so let me help you out. All of those islands have been huge parts of Riley's life - the things that really define who she is but throughout the movie, she is losing her passion or care for those things. As she becomes more apathetic and no longer cares, the island falls and obscures her ability to feel. As the last island falls, she no longer is really feeling anything and has no passion or identity.

Apathy is a pretty complex emotion that can be hard to define but for the sake of this week, we are going to say that apathy is really the absence of motivation or feeling. Apathy is what fuels the "whatever, I don't care" attitude. Apathy is just feeling empty. Apathy is what many of us have been stuck feeling after the chaos and change over the last few years. But before we really get into apathy today, we are going to break into small groups to process so go find your groups!

DISCUSSION

SMALL GROUP DISCUSSION QUESTIONS

- 1) If you had to pick one emoji to describe how you're feeling right now, which would you pick and why?
- 2) Looking at these print outs of emotion wheels, what emotion would you say you are feeling?
- 3) From how we just described apathy, which emoji would you pick to represent apathy?
- 4) Have you ever witnessed someone feeling apathetic? Without naming names, can you describe how they acted and why you think they were feeling apathetic?

- 5) What are the dangers of apathy? How can being apathetic affect your life, relationships, school etc.?
- 6) What can you do when you are struggling with apathy?

GOING DEEPER

- 1) How might God use apathy in someone's life?
- 2) How can apathy affect someone's faith?

WRAP UP

The last couple of years have been hard. It felt like we were faced with one hard thing after another and after a while, it became easier to just stop feeling and to grow overwhelmed with all of the bad than to feel and do. I don't know about you, but I turned to watching TikTok until my Screen Time warning cut me off; binge watching entire TV shows and taking a lot of naps. If you would have asked me how I was doing or what emoji best described me, I truly wouldn't have had an answer for you. I didn't really feel anything, and I didn't really want to do anything. I was completely apathetic. Maybe you resonate with that and now know exactly what apathy is. Maybe you used to invest so much of your time in your grades or a sport and suddenly no longer care about. Maybe you used to have so many friends but after a lot of drama, you just kind of cut yourself off from everyone so you didn't have to feel betrayed or left out anymore. Maybe life has felt so chaotic or unpredictable and you couldn't handle those feelings anymore, so you've escaped into video games and TV. Maybe you got really down about yourself and now just eat all of the time, so you don't feel self-hatred. All of that is apathy.

Apathy robs us of motivation. It takes away our passion, our drive. It forces us to retreat inward and stop caring about other people or even ourselves. Like we see with Riley in *Inside Out*, apathy often comes after some hard things because feelings can be hard, and apathy is easier. Sometimes we are paralyzed with too many options or decisions and decide to not do anything.

The Bible often warns about being apathetic, but we are going to focus on one story in particular. *[Summarize Matthew 25:14-30 in your own words]*. There was a master who was going away for a bit, so he called up three of his servants and gave each of them an amount of money - to one he gave 5 coins; to another, two coins and to the last just one coin. Immediately the first two went and invested their money and doubled it but the last servant took his one coin and buried it so that nothing bad could happen. The master came back and told the three to come back and bring the money - the first two brought their doubled sum and the master was pleased, telling them, "Well done" but when the third servant approached with just the one coin that he was given and said to his master, "Master, I know you have high standards and hate careless ways, that you demand the best and make no allowances for error. I was afraid I might disappoint you, so I found a good hiding place and secured your money. Here it is, safe and sound." (Matthew 25:24-25). The master was furious, telling the servant that his caution and laziness was a terrible way to live that while the others took what was entrusted to them and earned even more responsibility that this man's one coin was to be given to them because he couldn't be trusted with anything anymore.

The third servant was overwhelmed with the choices and chose to deal with the hard feelings by not feeling or doing anything and we all saw how that worked out for him. The Bible is filled with verses that warn you to not live in apathy or lack of feeling, but we also see what happens when people fight apathy even when they have the most right to feel it and do something.

Time and time again we see people who have had the hardest of lives do something instead of nothing. One of my favorite examples involves a man who was born paralyzed. Now this man had never been able to walk but knew that Jesus could heal him. One day, Jesus was in this man's town and he wanted to get to Jesus to be healed. BUT this man was paralyzed, and Jesus was inside a packed house with no way to get to him. This man could have also become paralyzed with apathy (see what I did there? lol) - he could have felt that his life was just destined to always be hard, that he had already lived with too much hardship, questioning the pain that could come if Jesus didn't heal him and just stay at home and do nothing. But he didn't. This man had the best kind of friends - the kind of friends that will help pull you out of dark places. This man's friends hoisted him onto a blanket, carried him to the roof, cut a hole in the roof and lowered their paralyzed friend down to Jesus where he could be healed. And that man walked out of that house being healed by Jesus because he didn't grow apathetic and chose to do something.

Apathy is hard and often it feels too big to fight on our own; it can paralyze us from doing anything, from feeling anything. When we are feeling apathetic, we can be like the servant with one coin and let that feeling paralyze us to do nothing or we can be like the paralyzed man who had no way to get what he wanted and had lived a hard life all of his life but chose to lean on others until he could walk on his own. We each have that choice - are we going to do nothing and feel nothing or are we going to fight and surround ourselves with others who will fight for us?

If you're struggling with just feeling numb or apathetic, think about the people in your life. Who would gladly put you on a blanket and carry you until you can do it on your own? Maybe you've always been bad at math and you've just accepted that you'll always have a bad grade and have stopped trying; who is good at math that you could ask to be homework buddies? Maybe you've gotten so behind in a few of your classes and have just accepted the 0's, could you meet with your teacher after school and ask them to help you get caught up? Maybe life has just been hard for too long and you've lost your will to feel, who is a leader that you could talk about everything with and let them help carry your feelings? Maybe you've been struggling with abuse, suicidal thoughts or hard things and feel too defeated and beaten down, who can help you see the light when everything feels dark. Even if it feels like you don't have anyone else, can you lean into Jesus, can you talk to him, process with Him, ask him to help you feel and heal you?

When apathy is trying to isolate you, do the opposite, reach out to someone. When apathy is telling you to do nothing, do something.

RESPONSE

Some of you may not feel like you really have anyone to lean on, so we'd love to create some of those spaces for you! We are going to be starting some small groups outside of this normal Club time: This is a great time to get closer with some of the other people here, talk about life, grow and of course have fun! On your way out today, we'd love you to look at the options of small groups and sign up for one! Don't let apathy win, do something!

ANNOUNCEMENTS

SITE DIRECTOR - list any announcements here that you need to communicate to your group before Club concludes!

HEAD'S UP

NEXT WEEK | 34,000: BITTERNESS/JEALOUSY

We'll look at a biblical example of this emotion and continue coming alongside our students!

2 WEEKS | 34,000: ASHAMED

We'll look at a biblical example of this emotion and continue coming alongside our students!