

Outline – May 1, 2022  
Numbers 11:1-6; 1 Corinthians 10:7-12;  
Philippians 2:14-16  
Breaking Out Of The Wilderness (Mentality)

Cynicism Is A Mental Area Of Life  
That Leaves You Wandering In The Wilderness

- I. **Israel's 40 year wandering in the wilderness on their way to the Promised Land**
  - A. Their story
  - B. Their cynicism
    - 1. Grumbling
    - 2. Complaining
    - 3. Disobedience
    - 4. Contempt
    - 5. Division of God's leaders
  - C. Who were they?
    - 1. God's people
    - 2. Covenant people
    - 3. Saw amazing things
    - 4. Delivered by God
    - 5. Provided for by hand of God
- II. **So what is cynicism?**
  - A. A quick check list (you might be cynic)
  - B. Disbelieves the sincerity of ones goodness or actions
  - C. A person who is habitually negative, looks callously at others
  - D. Has a pessimistic outlook and is involved in disrespectful mockery of others who seek the positive
  - E. Scorns the virtue of others
  - F. Creates a toxic, pessimistic, negative environment
  - G. Pseudo-intellect
- III. **What does cynicism do to a person?**
  - A. Creates doubt, disbelief, distrust
  - B. Destroys the desire to cooperate, communicate compromise
  - C. Traps the person in a mental wandering in the wilderness
  - D. Never brings you where you wanted to land
  - E. It's a mental malware. It drives and sabotages our emotions and behaviors
  - F. It destroys connection, intimacy, and attachment
  - G. It blocks us from God's best, God's blessing, God's will and God's way
  - H. Cynicism erodes our ability to see God rightly to worship God in Spirit and in truth

- I. Cynicism at its root is a refusal to believe God is in control and that God is good
  - J. It interprets the world and God based on the hurt you experienced and your unhealed wounds
- IV. So where does cynicism take us?**
- A. Away from God
  - B. Away from Godly counsel
  - C. Away from God's people
  - D. Away from God's blessing
  - E. Away from God's best
  - F. Going nowhere
  - G. Stay in a state of mind of grumbling and bitterness
- V. So how does one become cynical?**
- A. Most cynics come from families who were
    - 1. Absent of happiness
    - 2. Absent of hope
    - 3. Absent of connection
    - 4. Absent of grace
    - 5. Filled with shame
    - 6. Discouraged dreams
    - 7. Dismissed the positive
  - B. Cynicism is a result of emotional trauma
    - 1. They are uncomfortable with
      - a. Love
      - b. Attachment
      - c. Positive – hope
      - d. Dreams – goals
    - 2. Spent years feeling
      - a. Disillusioned
      - b. Disappeared
      - c. Disgusted with pursuing the position
    - 3. Cynicism becomes a coping mechanism to life
      - a. Not be vulnerable
      - b. Not fail
    - 4. A way to guard your heart
    - 5. Prove everything/everyone is wrong so you don't feel wrong yourself
    - 6. You push people away, but down deep you want attachment

- VI. How do you deal with cynicism?
- A. Let grace speak to you
    - 1. Speak grace to others
  - B. Receive kindness
    - 1. Give it
  - C. Beware of idolatry
  - D. Beware of immorality
  - E. Beware of grumbling when God has blessed you
  - F. Let people into your life who believe
    - 1. Beware of the "what if"

**Breaking Free From Wandering In The Wilderness  
Is Crucial To Getting Better At Life,  
Making Life Better, And Landing Where God Is Leading.**