

RCMI L-Path Teaching

June 13, 2021

TITLE: OVERCOMING CYNICISM [Pagtagumpayan ang Pangungutya]

TEXT: Ecclesiastes 1:2-3, 16-18; Romans 15:13, others as specified

BIG IDEA: To overcome cynicism, we must choose not to be cynical, allow ourselves to be curious, and most importantly, live a Christ-centered life. **Para mapanagumpayan ang pangungutya, kailangang magdesisyon na hindi mang-uyam, maging mapang-usisa, at mabuhay kay Kristo.**

INTRO:

- You lose your way when you lose your why.” – Michael Hyatt. Mawawala ka sa landas mo kapag nawala ang layunin mo.
- Without purpose, you'll be lost. If you're lost, excitement turns into discouragement; hope turns into despair; and fullness turns into emptiness. **Kapag nawala ka sa landas, ang masidhing damdamin ay unti unting nauuwi sa panghihina ng loob.**
- In preparing for this message, I realized that this particular sin pattern is the most damaging attitude we have in our churches. It leaves a toxic effect that could be felt in our marriages, our relationships, and our ability to communicate Christ's love for the world. **Sa paggawa ko ng mensahe na ito, naintindihan ko na ang ganitong pananaw ay nakakasira. May nakalalasong epekto ito sa pagsasama ng mag-asawa, sa mga relasyon, at sa kakayanan nating ipahayag ang pagmamahal ni Kristo sa mundo.**

BODY: OVERCOMING CYNICISM

- Why so cynical? The Scripture gives a lot of insight and one thing we learn is that **cynicism roots itself in knowledge**. The problem with cynics is that **they know too much**. **Bakit ka mapang-uyam? Ang Salita ng Diyos ay nagbibigay ng maraming pahayag ukol dito at matututunan natin na ang pangungutya ay dulot ng maraming kaalaman.**
- Solomon, known as the wisest man in his day, wrote in Ecclesiastes.

“Nothing makes sense! Everything is nonsense. I have seen it all—nothing makes sense! ³ What is there to show for all of our hard work here on this earth?” – Ecclesiastes 1:2-3, CEV

“The more you know, the more you hurt; the more you understand, the more you suffer.” – Ecclesiastes 1:18, CEV

Si Solomom na pinaka matalinong tao ng panahon nya ay nagsulat sa Ecclesiastes.2 “Napakawalang kabuluhan! Napakawalang kabuluhan; ¹ lahat ay walang kabuluhan,” ² sabi ng Mangangaral. 3 Nagpapakapagod ka nang husto sa pagtatrabaho sa mundong ito. - Ecclesiastes 1:2-3

I. The Seriousness Of Cynicism [Ang Kaseryosohan ng Pangungutya]

A. Definition Kahulugan

- Cynics are pessimistic about life. **Ang mga mapangutya ay negatibo tumingin sa buhay.**
- “A cynic is a man who, when he smells flowers, looks around for a coffin.” – H.L. Mencken **Ang mapangutya daw, kapag nakaamoy ng bulaklak, hinahanap kung nasaan ang kabaong.**

- A cynic is someone who believes that people are motivated purely by self-interest and that, as a result, no one can be trusted. **Paniniwala nya na ang lahat ng tao ay makasarili at hindi dapat pagkatiwalaan.**
- Cynical people are fault-finders. **Sila ay laging naghahanap ng mali.**
- Cynical people tend to be sarcastic. **Sila ay may ugaling mapangutya.**

B. Damaging Effect [Makapanirang Epekto]

- If not checked, this cynical attitude causes you to distance from God and separates you from His Presence. **Kapag hindi naitama, ang ganitong ugali ay nakakapag palayo sa iyo sa Diyos at nakakapagpalayo sa Kanyang presensya.**
- What makes cynicism so devastating is that it calls into question everything we value in life. **Ito ay nagbibigay ng alinlangan patungkol sa mga pinahahalagahan natin sa buhay.**

Cynicism results in a mind set on the flesh not the spirit. We're more occupied with things that defeat us than focusing on where we could be. Romans 8:6. **Nagdudulot ito ng pananaw na naka base sa laman at hindi sa espiritu. Ito ay pagtuon sa mga bagay na makagagapi sa atin sa halip na nakatuon tayo sa kung ano ang dapat nating kalagyan.**

II. The Source Of Cynicism [Ang Sanhi ng Pangungutya]

- Let me give you the usual pattern of how cynicism progresses. The first stage is hateful disillusionment.

A. Hateful Disillusionment Nakakainis na Pagkadismaya

- When you're young, you assume that everything is going to be great. You're an idealist, then, something happens that makes you go "wow, I did not see that coming" and that's where it starts.
- You become devastated and release that cynicism because you don't know how to handle the disappointment of the brutal realities of life.
Kapag ikaw ay bata pa, ang tingin mo sa lahat ng bagay ay maganda. Ideyalista ka. Pero kapag hindi nangyari ang inaasahan mo, doon na magsisimula ang pagkainis at pagkadismaya mo na napupunta sa pangungutya.

B. Hurtful Experiences Masasakit na Karanasan

- Somebody breaks your heart or somebody doesn't live up to your expectations for them which introduces you to pain. Eventually you move from this place of trust and go to the other end, vowing not to trust anyone. **Kapag may nakasakit ng iyong damdamin, ayaw mo nang magtiwalang muli.**

C. Harsh Negativity Matinding Negativity

- The assumption that everything is going to go wrong. Some people can call it a defense mechanism, you call it being a realist or a pessimist, but the reality is you become cynical. **Ito ang pagtingin sa lahat ng bagay sa negatibong paraan. Ito ay maaring isang defense mechanism.**

"Cynicism begins not because you don't care but because you do." – Carey Nieuhoff
Ang pangungutya ay nagsimula sa pagmamasakit.

- All of us have had moments where you've cared for somebody and only wanted the best for them. But sadly, it didn't work out the way that you hoped or planned and they hurt you in the process, thus becoming cynical. **May panahon daw na nagnais ka ng maganda para sa isang tao ngunit ng hindi ito nangyari at nang ikaw ay nasaktan dahil dito, doon na nag-umpisa ang pagiging mapangutya mo.**

III. The Solution To Cynicism Ang Gamot sa Pangungutya

Romans 15:13

- This doxology is a prayer and hope is the focus of this prayer. A prayer that the God of hope would cause us to overflow with hope. But Paul does not directly pray for hope, rather He prays for what will produce hope within us. **Ang doxology na ito ay isang panalangin, at pag-aso ang tinutukoy ng panalangin na ito. Ngunit si Pablo ay hindi deretsahang nanalangin ng pag-aso. Sa halip, sya ay nanalangin na magkaroon tayo ng bagay na iyon na magbibigay ng pag-aso sa atin.**
- The first step in this process is to believe in the God of hope. Paul prays that as we believe, God would fill us with joy and peace. **Unang dapat gawin ay magkaroon ng pananampalataya sa Diyos ng pag-aso. At dahil dito, pupunuin tayo ng Diyos ng galak at pag-aso.**
- So, through the power of the Holy Spirit resolve to overcome cynicism: **Sa pamamagitan ng Banal na Espiritu, naisin natin na manaig tayo laban sa pangungutya.**

A. Choose Not To Be A Cynic Huwag piliin na maging mapangutya

- Life does not make you a cynic; you make you a cynic. **Hindi ang buhay kundi ikaw ang sanhi ng pagiging mapangutya.**
- “Life doesn’t make you cynical. You make you cynical.” - Carey Nieuhoff

B. Be Curious Again Maging mausisa

- Curiosity is the cure for cynicism. **Ang pagiging mausisa ang gamot sa pagngungutya.**
- Matthew 18:3, A child is always in awe and wonder, curious about everything, and that is what Jesus wants His children to have — a childlike faith. **Ang isang bata ay laging namamangha, mausisa sa lahat ng bagay. At iyon ang nais ni Hesus para sa atin.**

C. Be Christ- Centered Nakasentro kay Hesus

- Apart from Jesus, we can do nothing. [Jn. 15:4-5] **Kung wala si Hesus, wala tayong kayang gawin.**
- With Jesus, you are perfectly safe and loved right where you are. [Phil. 4:12-13] **Tayo ay ligtas at minamahal saan man tayo naroon.**
- Our life is a gift from God. Who we become in this life is our gift to God. **Ang buhay natin ay handog mula sa Diyos. Ang ating kinabukasan ay handog din ng Diyos.**
- Remember, your past is not your future if Jesus is involved! **Tandaan, ang iyong nakaraan ay iba sa iyong kinabukasan kung kasama mo si Hesus.**
- Our hope is in Jesus; our hope never dies. **Si Hesus ang ating pag-aso, at ang pag-aso ba yan ay panghabang buhay.**

CHALLENGE: “Life is too precious to waste by being cynical, dare to hope and let Christ lead you to great wonders.”- RC

Hamon: Ang buhay ay mahalaga upang sayangin lamang sa pangungutya. Umasa ka at hayaan mo na dalhin ka ni Hesus sa mga nakamamanghang mga bagay.

DISCUSSION: Pag-usapan

- Have you experienced being cynical because of: **Naranasan mo na bang maging mapangutya dahil sa mga dahilang ito?**
 - A hateful disillusionment that affected how you view life? **Nakakainis na Pagkadismaya**
 - A hurtful experience that left you heart-broken? **Masakit na mga pangayari**
 - A harsh negativity that convinced you nothing good can come out. **Matinding 'negativity'**
- What are the three things you need to do to overcome cynicism? Share.
Magbigay ng tatlong bagay para mapagtugumpayan ang pangungutya. Ibahagi.
- **Let us trust again, believe again, and hope again! God is good!** **Magtiwalang muli, mananpalatayang muli, at umasang muli!**