



# DIDN'T SEE IT COMING

## Part One: Kicking Cynicism in the Teeth

You never thought you'd be a cynic, did you? Nobody wants to be cynical, but so many people end up there. Why? Cynicism starts not because you don't care, but because you do. Surprisingly, most cynics are former optimists. We'll look at how cynicism starts, how to recognize it and how to stop it.

**Scripture:** Ecclesiastes 1:2-8,16-18, Ephesians 1:15-20 NLT

**Bottom Line:** To kick cynicism in the teeth, stay curious. And trust again, hope again, believe again.

## Discussion Questions

1. When you were younger, would you have considered yourself an optimist, a realist or a pessimist? What are you now? Why?
2. What do you think makes people grow cynical?
3. Read what Carey called "the cynics guide to the universe" in Ecclesiastes 1:2-8,16-18 (the rest of Ecclesiastes is pretty insightful too). According to this text, what makes your sorrow increase? Why?
4. "Cynics project past failures onto future situations." Have you seen that happen? How?
5. It can be so hard to trust again, to hope again and to believe again after you've stopped hoping, trusting and believing. How does Ephesians 1:15-20 show you that God will help you do that?
6. "The curious are never cynical and the cynical are never curious." Discuss.
7. What could help grow your curiosity?

## Moving Forward

Decide what you need to do to hope again, to believe again and to trust again. As hard as it can be, ask God to give you the strength to put your heart in your hand and hope, trust and believe again.

And to help even more, cultivate curiosity. This week, ask some more questions. Stay more open...and be curious.

## Changing Your Mind

"I also pray that you will understand the incredible greatness of God's power for us who believe him. This is the same mighty power that raised Christ from the dead." Ephesians 1:19-20 NLT