

October 8, 2023

Gamers: Lessons from Stardew Valley (Philippians 4:2-9)

Big Idea – Let your faith grow your emotional intelligence.

Open (3min)

- Greetings (online too), connect card, notes in bulletin or app
- *I've been looking forward to this series on gamers.*
- *I know a lot of you may not play video games, but I'm sure you know someone who does.*
- *I grew up playing video games. I still play video games now, and the game that I'm going to share a little about today is one of my favorites.*
- *My kids love it too.*
- *For me that's what's so fun about video games – I can connect with others over this shared joy.*
- *I've already heard lots of excitement from the kids and youth that I serve when they heard about this sermon series.*

Prayer

Stardew Valley (5min)

- History of the Game
 - o A “farm-life” simulation game developed by Eric Barone (ConcernedApe). Barone graduated from college with a computer science degree but couldn't land a job in the industry. Looking to showcase his skills, he began working on the game for 4.5 years. He partnered with a publishing company but does all the work on the game himself – an incredible indie game that has sold over 20 million copies.
- Your Stories with the Game
 - o One of the reasons I enjoy this game so much is that
 - o This game was actually inspired by another game called Harvest Moon.
 - o That was one of my favorites when I was younger, which is probably why I enjoy this game so much.
 - o I enjoy the peacefulness of tending my farm and foraging in the forest. Plus I love being able to connect with the other characters, especially some that are more challenging to get to befriend (one in particular is named Shane).
- Some Lessons from the Game
 - o Barone wanted to have a game that was entertaining and included real world messages.
 - o Exploration is worth it – you can find new recipes, go into the mine, or even to another island.

“To transform religious and irreligious people into Fully Devoted Followers of Christ.”

- Success isn't everyone liking you or making money but adding joy into the world.
- *You have to keep up with relationships – your relationships have “hearts”, and you need to check in with people and help them out to grow your bond. If you are selfish or absent, you don't have a bond, or it goes down.*
 - *This is a real world lesson that everyone needs to remember.*

- Big Idea for Today – *Let your faith grow your emotional intelligence.*

A Letter of Christian Love – Philippians 4 (12min)

(p.985)

² Now I appeal to Euodia and Syntyche. Please, because you belong to the Lord, settle your disagreement. ³ And I ask you, my true partner, to help these two women, for they worked hard with me in telling others the Good News. They worked along with Clement and the rest of my co-workers, whose names are written in the Book of Life.

⁴ Always be full of joy in the Lord. I say it again—rejoice! ⁵ Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon.

⁶ Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷ Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

⁸ And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. ⁹ Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

- Big Idea for Today – *Let your faith grow your emotional intelligence.*

- Paul knew the people in Philippi, and they had supported him emotionally and financially.
 - He took the time to write an important letter.
 - This communicated to the Philippians that they were important to Paul, and even their problems were worth talking about.
- Paul focused on Jesus (the center of their relationship).
 - Paul also got practical about real life problems, issues, and questions. Read the whole letter to see more.
- In our day – Emotional Intelligence (sometimes called EQ) is more important than ever – yet becoming rarer in people.
 - Social media, phones, and replacing people with entertainment have caused a loss of EQ.
 - The pandemic also hurt many people's social skills.
 - Loneliness and anxiety make it hard to meet other people's needs when we are hurting and needy ourselves.
- *Let your faith grow your emotional intelligence.*

- Story about EQ

- People with emotional intelligence are aware of how their words and actions affect others.

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- When this is missing, it can cause a lot pain.
- *When I was younger I really enjoyed art, especially drawing and painting. I took classes in jr high and high school and I even won some awards. I was gaining confidence in my abilities as I expressed my creativity.*
- *Then, I had a conversation with a person who I looked up to and highly respected. This person told me that, “yeah sure my art was good, but I wasn’t a true artist.”*
- *That was a massive blow to my confidence. Hearing this as a teenager began sow a seed of self-doubt that made me stop pursuing art in the same way I had before.*
- *What you say to people and how you say it matters.*

How to Grow Emotional Intelligence (7min)

- Overview
 - Daniel Goleman (a psychologist) has done a lot of work on Emotional Intelligence. Five main areas are self-awareness, self-regulation, motivation, empathy, and social skills.
 - Three other areas from Philippians to put into action this week.
- Focus on Jesus. (vv.8-9)
 - Paul told them not to focus on themselves or each other – but on Jesus.
 - This is called HUMILITY – and it makes all the difference in a relationship.
 - *When you walk, where your eyes are focused matters. Walking with your head down will lead to accidents. Your focus matters. Focus on Jesus in your relationships.*
- Get your attitude from Above. (vv.4-7)
 - Don’t let what’s going on around you impact your attitude.
 - Not from the side = people.
 - Not from below = circumstances.
 - Paul was in prison, on trial for his life, when he wrote the letter of Philippians.
 - Yet he wrote continually about JOY.
 - Attitude from above is not crushed by circumstances or people’s perceptions.
 - Attitude affects everything.
 - “The greatest discovery of my generation is that human beings can alter their lives by altering their attitude of minds.” William James
 - This doesn’t mean that you can’t experience other emotions.
 - It’s knowing that your attitude has an affect on the people around you.
 - That even in the midst of sorrow, you can look forward with joy and hope. And your joyful attitude can impact the people in your life and help them see that hope.
- Deal well with disagreements. (vv.2-3)
 - Conflict is normal and natural in relationships.
 - Paul was not upset with Euodia and Syntyche.
 - He wanted people to help them work it out.
 - Relationships grow deeper through healthy conflict

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- A team grows closer by overcoming adversity.
- It builds trust.
- Conflict done in healthy ways helps people learn more about each other and move forward in relationships.

Closing Story and Challenge (3min)

- How can your faith in Jesus grow your emotional intelligence?
 - EQ = awareness of yourself, concern for others, and (most of all) – focus on the heart of God.
- *Closing personal story – a time how your faith helped you grow more emotional intelligence. OR when another person learned emotional intelligence through their faith in Jesus.*
- *My faith in Jesus has helped grow my own emotional intelligence. I've learned to process my thoughts and emotions with God first and then with right support people in my life. Trusting in God helps me to have a joyful attitude and be full of hope for the future.*

Prayer

Benediction – Eph 3:17 – Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong.

- Prayer Team available