

“I’m Bored”

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- “The state of being weary and restless through lack of interest; the condition of being bored; tedium, ennui” (Merriam-Webster).
- The greatest majority of people are convinced that boredom is an external problem generated by circumstances, or the lack of interesting and diverting circumstances.

“I’m Bored”

- “There are no uninteresting things, only uninterested people.” (G. K. Chesterton)
- “Boredom is the conviction that you can't change, the shriek of unused capacities.” (Saul Bellow)
- “Do you know, that in a universe so full of wonders, human beings have managed to invent boredom?” (Terry Pratchett)

“I’m Bored”

- “Every day is important for us because it is a day ordained by God. If we are bored with life there is something wrong with our concept of God and His involvement in our daily lives. Even the most dull and tedious days of our lives are ordained by God and ought to be used by us to glorify Him.” (Jerry Bridges, Trusting God: Even When Life Hurts)

“I’m Bored”

- Boredom is an internal problem
- Boredom is not merely an irritation; it can be a spiritual problem.
 - 1Tim. 5:11-15 - “But refuse the younger widows; for when they have begun to grow wanton against Christ, they desire to marry, 12 having condemnation because they have cast off their first faith. 13 And besides they learn to be idle, wandering about from house to house, and not only idle but also gossips and busybodies, saying things which they ought not. 14 Therefore I desire that the younger widows marry, bear children, manage the house, give no opportunity to the adversary to speak reproachfully. 15 For some have already turned aside after Satan.”
 - It can lead to depression, trouble and thrill seeking, substance abuse, adultery, crime, and even suicide as people increasingly despair of life.

Causes Of Boredom

- Overindulgence in pleasant, fun things
 - The law of diminishing returns
 - There are limits to amount of “good things” we can handle before it becomes harmful to us
 - Prov. 25:16 - “Have you found honey? Eat only as much as you need, Lest you be filled with it and vomit.”
 - When pleasure and good times become our first priority, over time the paradoxical result is boredom

Causes Of Boredom

- Pursuit of pleasure leads to moral decay
 - Ez. 16:49-50 - “Look, this was the iniquity of your sister Sodom: She and her daughter had pride, fullness of food, and abundance of idleness; neither did she strengthen the hand of the poor and needy. 50 And they were haughty and committed abomination before Me; therefore I took them away as I saw fit.”
- Overindulgence in anything can lead to apostasy
 - Deut. 32:15 - “But Jeshurun grew fat and kicked; You grew fat, you grew thick, You are obese! Then he forsook God who made him, And scornfully esteemed the Rock of his salvation.”

Causes Of Boredom

- It moves one to begin hiding his pursuit of pleasure
 - Prov. 9:17 - “Stolen water is sweet, And bread eaten in secret is pleasant.”
- It moves one to love money to pursue a good time
 - 1Tim. 6:10 - “For the love of money is a root of all kinds of evil, for which some have strayed from the faith in their greediness, and pierced themselves through with many sorrows.”

Causes Of Boredom

- Under-exertion in necessary, important things
- Laziness causes unproductiveness and want
 - Prov. 19:15 - “Laziness casts one into a deep sleep, And an idle person will suffer hunger.”
 - Prov. 26:14 - “As a door turns on its hinges, So does the lazy man on his bed.”

Causes Of Boredom

- Lack of productive work makes one's life disordered and meddlesome
 - 2Thes. 3:11 - "For we hear that there are some who walk among you in a disorderly manner, not working at all, but are busybodies."
- The lazy are too bored to even enjoy indulging
 - Prov. 19:24 - "A lazy man buries his hand in the bowl, And will not so much as bring it to his mouth again."
 - Prov. 12:27 - "The lazy man does not roast what he took in hunting..."

Solving The Problem

- Contentment with current circumstances
- Life is not defined by abundance
 - Luke 12:15 - “And He said to them, Take heed and beware of covetousness, for one's life does not consist in the abundance of the things he possesses”

Solving The Problem

- Often, less is more
 - Prov. 15:16-17 - “Better is a little with the fear of the LORD, Than great treasure with trouble. 17 Better is a dinner of herbs where love is, Than a fatted calf with hatred.”
 - Prov. 16:8 - “Better is a little with righteousness, Than vast revenues without justice”
 - Prov. 17:1 - “Better is a little with righteousness, Than vast revenues without justice
 - Better is a dry morsel with quietness, Than a house full of feasting with strife.”
 - Ecc. 4:6 - “Better a handful with quietness Than both hands full, together with toil and grasping for the wind.”

Solving The Problem

- More moves one away from God. Less draws him close to God.
 - 1Tim. 6:6-8 - “Now godliness with contentment is great gain. 7 For we brought nothing into this world, and it is certain we can carry nothing out. 8 And having food and clothing, with these we shall be content.”

Solving The Problem

- More moves one away from God. Less draws him close to God.
 - Phil. 4:11-13 - “Not that I speak in regard to need, for I have learned in whatever state I am, to be content: 12 I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. 13 I can do all things through Christ who strengthens me.”

Solving The Problem

- Diligence in not being controlled by circumstance
- Our approach to life often determines our attitude towards life. We are as we perceive lives to be.
 - Prov. 23:7 - “For as he thinks in his heart, so is he.”

Solving The Problem

- Sin comes from our heart and attitudes.
 - Mark 7:21-23 - “For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders, 22 thefts, covetousness, wickedness, deceit, lewdness, an evil eye, blasphemy, pride, foolishness. 23 All these evil things come from within and defile a man.”

Solving The Problem

- If you are bored...
- Be diligent in service; be fervent in spirit
 - Rom. 12:11 - “Not lagging in diligence, fervent in spirit, serving the Lord”
- Avoid sluggishness and show diligence
 - Heb. 6:11-12 - “And we desire that each one of you show the same diligence to the full assurance of hope until the end, 12 that you do not become sluggish, but imitate those who through faith and patience inherit the promises.”

Solving The Problem

- Whatever we do, we must do it with all of our ability
 - Ecc. 9:10 - “Whatever your hand finds to do, do it with your might...”
 - Col. 3:23-24 - “And whatever you do, do it heartily, as to the Lord and not to men, 24 knowing that from the Lord you will receive the reward of the inheritance; for you serve the Lord Christ.”

Solving The Problem

- Grow to become what we were designed to be
- We were created in God's image
 - Gen. 1:26-27 - “Then God said, Let Us make man in Our image, according to Our likeness; let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over all the earth and over every creeping thing that creeps on the earth. 27 So God created man in His own image; in the image of God He created him; male and female He created them.”

Solving The Problem

- We have been given the capacity to become more like Him
 - 2Peter 3:18 - “But grow in the grace and knowledge of our Lord and Savior Jesus Christ...”

Solving The Problem

- 2Peter 1:5-11 - “But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, 6 to knowledge self-control, to self-control perseverance, to perseverance godliness, 7 to godliness brotherly kindness, and to brotherly kindness love. 8 For if these things are yours and abound, you will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ. 9 For he who lacks these things is shortsighted, even to blindness, and has forgotten that he was cleansed from his old sins. 10 Therefore, brethren, be even more diligent to make your call and election sure, for if you do these things you will never stumble; 11 for so an entrance will be supplied to you abundantly into the everlasting kingdom of our Lord and Savior Jesus Christ.”

Solving The Problem

- When we put ourselves first and live for ourselves, our lives become pointless and we are bored. When we put others first and give ourselves for them, our lives take on worth and meaning.
 - 2Cor. 5:14-15, 17 - “For the love of Christ compels us, because we judge thus: that if One died for all, then all died; 15 and He died for all, that those who live should live no longer for themselves, but for Him who died for them and rose again... 17 Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.”

Solving The Problem

- Rom. 12:1-2 - “I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. 2 And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.”
- John 15:8 - “By this My Father is glorified, that you bear much fruit; so you will be My disciples.”