

## **Boredom**

### **1- Objectives**

- ❖ What is boredom?
- ❖ How to overcome boredom?

### **2- Reference**

- ❖ <http://www.canonglenn.com/2011/02/15/bored-and-weary/>
- ❖ <http://www.wikihow.com/Overcome-Boredom>

### **3- Scriptural Verse**

- ❖ “But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint” (Isaiah 40:31)

### **4- Lesson Outline**

- ❖ We tend to like things we are good at and dislike things we are not good at.
- ❖ Challenge produces anxiety and stress while lack of challenge produces boredom.
- ❖ Pascal said, “...we seek rest in a struggle against some obstacles. And when we have overcome these, rest proves unbearable because of the boredom it produces.”

### **What is boredom?**

- ❖ An emotional state experienced when an individual is left without anything in particular to do, and is not interested in their surroundings.
- ❖ An unpleasant, transient affective state in which the individual feels a pervasive lack of interest in and difficulty concentrating on the current activity.

### **Causes of Boredom**

- ❖ Lack of challenge: prevented from engaging in some wanted activity.
- ❖ Lack of interest: forced to engage in some unwanted activity.
- ❖ Unable to remain engaged: simply unable, for no apparent reason, to maintain engagement in any activity.

### **Can entertainment lead to boredom?**

- ❖ Anything routine that is no longer becomes engaging, challenging, or interesting even if it is designed to alleviate boredom, may lead to boredom (the paradox of summer vacation).
- ❖ Idleness (lack of toil) leads to sin: St. Paul said about some women “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” (1 Timothy 5:13).
- ❖ King Solomon said, “Whatever my eyes desired I did not keep from them. I did not withhold my heart from any pleasure, for my heart rejoiced in all my labor; and this was my reward from all my labor. Then I looked on all the works that my hands had done

and on the labor in which I had toiled; and indeed all was vanity and grasping for the wind. There was no profit under the sun” (Ecclesiastes 2: 10-11).

- ❖ The curse of work : “In the sweat of your face you shall eat bread till you return to the ground, for out of it you were taken; for dust you are, and to dust you shall return” (Genesis 3:19).
- ❖ This is a double curse: we must work to make a living and we need to work to make a living.

### **Boredom in this new generation**

- ❖ Times such as sitting in traffic, waiting in line at the grocery store, sitting in a doctor’s office, waiting to pick up a child from school, etc. were natural pauses in our lives, where we had time to ponder things, to reflect on goals not yet achieved, and to be alone with our thoughts.
- ❖ Today’s generation may never get to know themselves well, because they are constantly seeking distractions. Cell phone makers have even created 2 minute episodes of your favorite TV shows that can be viewed on your screen, while waiting in line.

### **Entertainment vs. Distraction**

- ❖ Entertainment is not a goal; it is not “good” in and of itself. It is a temporary relief from work for renewal in order to return to work more diligently. St. Anthony’s work between prayers is a very good example to avoid boredom in prayer.
- ❖ Boredom keeps us from being as productive as we could be, but we should not flee boring activities; big important milestones are achieved through a sequence of insignificant boring steps. Thousands of mundane, boring, and routine activities caused to grow from an infant to an adult.
- ❖ Prophets or famous people are known and we hear about the most public parts of their ministry, not the decades of mundane obedience and growth that got them to that point.
- ❖ Moses started in the king’s palace, then worked 40 years as a shepherd and lastly spent 40 years wandering in desert bearing all the complaints of his people.

### **Some causes of spiritual boredom**

- ❖ Doing the minimum required without love (love is creative and contradicts boredom).
- ❖ Trying to find joy in the joyless (Joy comes after sufferings).
- ❖ Wrong expectations (waiting to be praised).
- ❖ Laziness (we don’t struggle to find the sweetness of the Lord).
- ❖ Not identifying the magnitude of the challenge and the dangers of failure.
- ❖ Not identifying the power of God to overcome the challenges.

### **Real solutions to spiritual boredom**

- ❖ Fill your time with useful activities – don’t use entertainment as an escape.
- ❖ Remind yourself of the goal.
- ❖ Boredom is temporary, push through it, and don’t let it push you back.

- ❖ Remember that spirituality is exciting, but I have a fallen nature. The problem is me.
- ❖ The more you excel, the more engaged you will be.
- ❖ Heaven is not boring! It is beyond one's imagination.

## **5- Conclusion**

- ❖ Facing boredom: "Quick and simple; Try something new" This works somewhat when we are free to pick-and-choose...but it does not solve every problem. We have to force ourselves to continue the task (Israelites in the desert were bored of manna, but still had to eat it) and Our Lord said, "Blessed are those who hunger and thirst for righteousness for they shall be filled" (Matthew 5:6).

## **6- Activities / Discussion Points**

- ❖ Plan as a group to fill your summer time with interesting and entertaining activities, even if you have work, so that you will get a new fresh start for the coming school year.
- ❖ Your plan should be spiritual in the 1<sup>st</sup> place to enjoy the sweetness of the Lord and to feel the joy of getting together in God's love.