

**Introduction**

Boredom is not just an irritation, it is a spiritual problem. - **I Tim 5:11-15**

**Discussion****I. The Cause of Boredom****A. Overindulgence**

1. There is a law of diminishing returns - **Prov 25:16,27**
2. When pleasure becomes the first priority, the result is ironically boredom
3. Ceaseless pleasures cause ceaseless efforts by people to rekindle the initial thrill when they are bored. **Ezek 16:49-50; Prov 9:17**
4. Truly, covetousness and greed doesn't bring happiness but sorrow - **I Tim 6:10**
5. "Solving the problem" perpetuates it.

**B. Under-exertion**

1. Laziness causes a deep sleep - **Prov 19:15**
2. The slothful turn back and forth on his bed like a door on its hinges - **Prov 26:14**
3. Lack of work makes us disorderly and busybodies - **II Thess 3:11**
4. The lazy is too bored to even enjoy his indulgences - **Prov 19:24; Prov 12:27**

**II. Solving the problem****A. Contentment**

1. Life is not defined by the abundance of the things we own. - **Luke 12:15**
2. In many cases less is more. **Prov 15:16-17; 16:8; Prov 17:1, Eccl 4:6**
3. More leads us away from God. Less brings us close to God.
4. Godliness with contentment is a large gain - **I Tim 6:6-10**
5. **Phil 4:11-13**

**B. Diligence**

1. Our approach to life often determines our attitude towards life. **Prov 23:7**  
**Mark 7:21-22**
2. The answer to boredom is deciding not to be bored.
3. Are you bored with services, consider these
  - a. **Rom 12:11** - Be diligent in service, be fervent in spirit
  - b. **Heb 6:10-12** - Avoid sluggishness and show diligence
4. Whatever we do, we are to do it with all our ability - **Col 3:23-24; Eccl 9:10**

**C. Growth**

1. Notice how often diligence is mentioned - **II Pet 1:5-11**
2. The Christian life involves a endless growth in the grace and knowledge of our Lord - **II Pet 3:18**

**Conclusion**

- A. No longer live for yourself, but for Christ - **II Cor 5:14-17**
- B. **Rom 12:1-2; John 15:8**