

SPICE - Boredom Breaker

Ice-Breaker: When do you get bored? What causes your boredom? What does that communicate about your personality?

☛ **The danger of spiritual boredom: we reach for our idols** – “When the people saw that Moses was so long in coming down from the mountain, they gathered around Aaron and said, ‘Come, make us gods who will go before us. As for this fellow Moses who brought us up out of Egypt, we don’t know what has happened to him.’” (Exod. 32:1) –

When I fed them, they were satisfied; when they were satisfied, they became proud; then they forgot me. (Hosea 13:6)

When bored, what idol is a threat? Do you realize it? How does it affect you negatively?

Busting spiritual boredom...

- **Call it out (reflection encourages confession)** – “No one stops to think, no one has the knowledge or understanding to say, ‘Half of it I used for fuel; I even baked bread over its coals, I roasted meat and I ate. Shall I make a detestable thing from what is left? Shall I bow down to a block of wood?...Is not this thing in my right hand a lie?’” (Is 44:19, 20b) – How often do you stop? How often do you think about your spiritual condition? Is busyness a way to avoid yourself?

...when you are on your beds, search your hearts and be silent. (Psalm 4:4)

- **Flesh it out (journals chronicle journeys)** – “Trust in Him at all times, O people; pour out your hearts to Him, for God is our refuge.” (Psalm 62:8) – How do you track your spiritual progress if you didn’t write it down? Have you or are you open to journaling?
- **Shake it up (change fuels motivation)** – “Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever.” (1 Cor. 9:24-25) – How might you cross-train in your spiritual walk? What is something you could do that you’ve never done before?

☞ **Hire a personal trainer – they’re free!** – “For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands. For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.” (2 Tim. 1:6-7)

- **Let it go (surrender leads to power)** – “Are you so foolish? After beginning with the Spirit, are you now trying to attain your goal by human effort?...Since we live by the Spirit, let us keep in step with the Spirit.” (Gal. 3:3; 5:25) – Have you ever walked by the Spirit and then used your own human effort to do the same task? How did it go? In What area can you trust the Holy Spirit more?

The ultimate boredom breaker is seeking joy in what the soul was made for...

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He has made everything beautiful in its time. He has also set eternity in the hearts of men; yet they cannot fathom what God has done from beginning to end.” (Eccl. 3:11)

What is the take away for you from this sermon? What is one of the 4 “*busting spiritual boredom*” ideas above you can work on in the coming weeks/months? Take some time to pray and commit that to the Lord.