

## How to Beat Boredom

"But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint" (Isa. 40:31).

### I. A Change of Place

"I was glad when they said unto me, Let us go into the house of the Lord" (Ps. 122:1).

- A. When people are confined to the same place for lengthy periods of time, they may become bored.
- B. A change of scenery relieves monotony. A vacation, a short trip, even a visit to a new restaurant often helps.
- C. Going places for God offers the most effective change of place. Calling on others, witnessing, and winning the unsaved to Jesus Christ banish boredom.

### II. A Change of Face

"A man's wisdom maketh his face to shine, and the boldness of his face shall be changed" (Eccles. 8:1).

- A. A new hair style, hat, dress, or suit often lifts drooping egos. By deliberately changing one's facial expression, one can actually change one's feelings.
- B. Stop frowning and start smiling. "Put on a happy face. A cheerful expression helps generate a positive attitude toward oneself and others.
- C. Hoping in God creates happiness (Ps. 146:5).

### III. A Change of Pace

"The steps of a good man are ordered by the Lord" (Ps. 37:23).

- A. A change of pace is often the answer to boredom. Some need to slow down; others need to speed up.
- B. While temperaments and health conditions vary with individuals, feelings should not determine one's pace.
- C. Almost everyone needs a spiritual change of pace. We need to do more for God, giving Him first place in our lives.

#### IV. A Change of Grace

"And God is able to make all grace abound toward you"  
(II Cor. 9:8).

- A. Many Christians fail to depend on God as they should.  
People who rely solely on others are continually disappointed.
- B. God's grace is never a disappointment. Trusting in Him banishes boredom, for the Christian's life is a continual challenge.
- C. God's grace changes darkness, drabness, and dejection to light, life, and love (II Cor. 12:9).