

THE BATTLE WITH BOREDOM

THE MIND OF CHRIST AND THE PURSUIT OF PLEASURE

"I said in mine heart, Go to now, I will prove thee with mirth, therefore enjoy pleasure: and, behold, this also is vanity."

~ Ecclesiastes 2:1

1. Boredom as a Spiritual Problem

- a. Is it the epitome of irony to preach a sermon on boredom?
- b. We are treating spiritual problems (sin) with God's word, faith, Jesus Christ
- c. Bored ~*def.* wearied from dullness, sameness, lack of excitement, meaning, or interest
- d. I.e. Feeling there is no life in life, not going anywhere, chronic non-amusement, no fun
- e. Boredom is not a result of what is happening *to you*, but what is not happening *in you*.
- f. A common spiritual problem we have is the failed pursuit of pleasure.

2. The Battle with Boredom

- a. Our culture is on an endless pursuit of pleasure, because it is in a battle with boredom.
- b. Fun ~*def.* Amusement, pleasure, mirth, merry, entertainment: pleasantly divert attention
- c. Are we winning the war? Social media, games, movies, music, food, comedy, internet...
- d. Even Christians preach the "gospel of fun and wonder" and call unbelievers Ebenezer
- e. We still face boredom even with abundant inane distractions because Ecc 2:1, 12:12
- f. The happiest place on earth is supposedly rides, sweets, and mascots (Disneyworld?)
- g. "He that loveth pleasure *shall be* a poor man" - Pro 21:17

3. Why You Are Bored

- a. Some things kill joy (i.e. pain, poverty, peril), but the most common is yourself.
- b. Why do we fail in our pursuit of pleasure? One reason, it's sinful → 2 Tim 3:4
- c. Evidence of sinful boredom = complaining (the verbal fruit of selfishness)
- d. "all have sinned, and come short of the glory of God" - His glory is a pleasure - Rom 3:23
- e. Life as pleasing ourselves (selfishness – sin) will never bring satisfaction.
- f. It's what happens when your mind entertains insignificance for too long. Ps 143:5, 1:2
- g. 'Amusement' literally means not to think (muse – think, meditate, ponder, consider)
- h. Boredom is a byproduct of unbelief, sludge of the hopeless, uninspired, and apathetic.
- i. It is a symptom of a selfish mind without purpose and joy (spiritually empty, vain)
- j. It is a failure to enjoy life, a result of repeated discontent with the routine. 1 Tim 6:6-8
- k. You will never win the battle with boredom without God, Christ, and the truth. 1 Tim 5:6

4. Enjoying Life When You're Bored

- a. When we worship pleasure, fun, and self-interest we deny our purpose and Gods.
- b. Pleasure is not evil. Pursuing pleasure without God is. 1 Tim 6:17
- c. Remember your Creator before you grow to say "I have no pleasure" - Ecc 12:1
- d. Find your pleasure, enjoy, rejoice in the Lord, knowing and serving Him - Phi 4:4
- e. WCF – The purpose of man is to glorify God and enjoy him forever. Col 3:3
- f. I have set the LORD always before me... therefore my heart is glad - Psalm 16:8-9
- g. *"Trust and obey, there's no other way, to be happy in Jesus, but to trust and obey."*
- h. Faith and hope in the purpose of God brings joy, know God's will and do it - 1 Tim 2:4
- i. Be grateful and enjoy good quiet work as a gift of God – Ecc 3:13-14, 2 Thess 3:12-13
- j. Have nothing to do (build something), going nowhere (have hope) – Eph 1:18, 4:15-16
- k. God did not become man so "this should be fun", "explore interesting new things"
- l. Christ did not come to be served, but to serve – enjoy seeing others benefit - Eph 3:8-9
- m. Boredom is the flesh yelling out, sow to the Spirit and reap life everlasting - Gal 6:7-10