

DON'T IGNORE YOUR BOREDOM

HOW TO RUIN YOUR LIFE – PART #2

Pastor Kevin Cummings – September 20, 2026

“Create in me a pure heart, O God, and renew a steadfast spirit within me.” Psalm 51:10

II Samuel 11:1-27; Matthew 5:1-12

- Sometimes the most dangerous words are: “_____”
- To ruin your life, simply allow the foundation of your life to weaken, then falling is inevitable. (Psalm 127:1; I Corinthians 3:9-15)
- Refuse to believe that you are above an implosion. (I Cor. 10:12)
- Three key factors can cause our lives to implode:
 1. Isolating ourselves. (Pro. 18:1; I Cor. 12:12; Heb. 10:25)
 2. Ignoring our boredom. (I Timothy 5:13)
 3. Pridefully believing in ourselves.
(II Chronicles 26:16; Proverbs 16:18; 29:23)

I. Boredom can be _____. (II Samuel 11:1-27)

- When our hearts are not filled with _____ for God, we _____ from God. (Psalm 34:5; 52:7, 9; 57:1)

A. Boredom basically says, “_____”

1. When we are bored, we have committed adultery.
2. When we are bored, we have forsaken our 1st love.
(Book of Hosea; Revelation 2:1-7)

B. Boredom is more than simply not having anything to do; it is an _____ for activity. (Psalm 37:4-5)

- The problem is _____ having anything to do but choosing to do what God doesn't want us to do. (Josh 24:15; Mt. 6:33)

C. Boredom can _____ other sins. (James 1:13-15)

- A few minutes of boredom can produce a _____ of consequences. (Galatians 6:7-8; Hebrews 11:25)

II. Boredom can be _____. (Matthew 5:1-12)

A. The popular way to satisfaction is having the right _____ . (Jeremiah 2:12-13)

1. Experiencing pleasure (Ecclesiastes 2:1-3)
2. Achieving success (Ecclesiastes 2:4-6)
3. Accumulating things (Ecclesiastes 2:7-8)
4. Gaining power (Ecclesiastes 2:9-11)

B. God's way to satisfaction is having the right _____ (Ephesians 4:22-24; Philippians 2:5-16)

1. Satisfaction is _____ determined:
 - By what's happening around me, but rather by what's happening in me.
 - By what I have, but rather by whose I am.
2. Satisfaction is a _____. (Philippians 4:11-13)
 - I can't always choose what happens to me, what others do to me or what others say about me, but I can always choose my response.

3. Satisfaction begins with _____. (James 4:6)

“But he said to me, my grace is sufficient for you, for my power is made perfect in weakness. Therefore, I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.” II Corinthians 12:9

4. Satisfaction comes _____ from believing the unbiblical saying that God helps those who help themselves, but from realizing that God helps those who admit they can't help themselves.

ACTION POINTS:

- 1.) Real lasting satisfaction only comes from _____
- 2.) Jesus says satisfaction is possible, but it is _____
- 3.) When bored, our choices lead us toward _____ or the _____
- 4.) The cure for boredom is to “_____”

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“Create in me a pure heart, O God, and renew a steadfast spirit within me.” Psalm 51:10

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- Sometimes the most dangerous words are: “I’m bored.”
- To ruin your life, simply allow the foundation of your life to weaken, then falling is inevitable. (Psalm 127:1; I Corinthians 3:9-15)
- Refuse to believe that you are above an implosion. (I Cor. 10:12)
- Three key factors can cause our lives to implode:
 1. Isolating ourselves. (Pro. 18:1; I Cor. 12:12; Heb. 10:25)
 2. Ignoring our boredom. (I Timothy 5:13)
 3. Pridefully believing in ourselves.
(II Chronicles 26:16; Proverbs 16:18; 29:23)

I. Boredom can be sin. (II Samuel 11:1-27)

- When our hearts are not filled with wonder for God, we wander from God. (Psalm 34:5; 52:7, 9; 57:1)
 - A. Boredom basically says, “God is not enough.”
 1. When we are bored, we have committed adultery.
 2. When we are bored, we have forsaken our 1st love.
(Book of Hosea; Revelation 2:1-7)
 - B. Boredom is more than simply not having anything to do; it is an unfilled desire for activity. (Psalm 37:4-5)
 - The problem is not having anything to do but choosing to do what God doesn’t want us to do. (Josh 24:15; Mt. 6:33)
 - C. Boredom can lead to other sins. (James 1:13–15)
 - A few minutes of boredom can produce a lifetime of consequences. (Galatians 6:7-8; Hebrews 11:25)

II. Boredom can be a blessing. (Matthew 5:1-12)

- A. The popular way to satisfaction is having the right circumstances. (Jeremiah 2:12-13)
 1. Experiencing pleasure (Ecclesiastes 2:1-3)
 2. Achieving success (Ecclesiastes 2:4-6)
 3. Accumulating things (Ecclesiastes 2:7-8)
 4. Gaining power (Ecclesiastes 2:9-11)
- B. God’s way to satisfaction is having the right attitude. (Ephesians 4:22-24; Philippians 2:5-16)
 1. Satisfaction is not determined:
 - By what’s happening around me, but rather by what’s happening in me.
 - By what I have, but rather by whose I am.
 2. Satisfaction is a choice. (Philippians 4:11-13)
 - I can’t always choose what happens to me, what others do to me or what others say about me, but I can always choose my response.
 3. Satisfaction begins with humility. (James 4:6)

“But he said to me, my grace is sufficient for you, for my power is made perfect in weakness. Therefore, I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.” II Corinthians 12:9
 4. Satisfaction comes not from believing the unbiblical saying that God helps those who help themselves, but from realizing that God helps those who admit they can’t help themselves.

ACTION POINTS:

- 1.) Real lasting satisfaction only comes from knowing and serving Jesus.
- 2.) Jesus says satisfaction is possible, but it is internal not external.
- 3.) When bored, our choices lead us toward sin or the Savior.
- 4.) The cure for boredom is to “Turn your eyes upon Jesus.”