

IN THE BOREDOM

God With Us: An Edge Digital Check-In Series

CONTENT OVERVIEW

Many of the things we loved to do and filled our days with have either disappeared completely, been put on hold, or have drastically changed. For many of us, we were always “too busy” as we drove our kids from one activity to another or filled our weekends with activities we love. Then everything came to a halt, and our previously full schedules were suddenly quite empty.

Maybe, for the first few weeks, it was really nice. We had lots of time to spend with family, we were able to work on projects around the house, we could hone in on our baking skills, and we could spend our evenings binge-watching our favorite show. But, after a few weeks, this newfound “free time” may have lost its charm. At the end of the day, we may be really bored. All the things that used to fill our free time and all the new activities we are trying to fill a new kind of free time with may not be quite as fulfilling as we thought they would be.

Your child(ren) is feeling it, too. All of the endless time they have to be on the devices they love, watch TV, or play video games may not be as fulfilling as they thought. All of the excited feelings about not having a ton of free time may be replaced by a longing for something to do because they are bored.

So, what can we do? How do we help our middle school youth approach these times of boredom? How do we lead them to the freedom, contentment, and joy they long for? How do we help them find purpose?

Boredom is not always a bad thing. Challenge your youth, however, to find creative and life-giving ways to respond to their boredom. Encourage them to not immediately turn to their phones, video games, or the TV when they are bored. If necessary, set times when they can and cannot be on their devices, so you are not constantly fighting over it. Offer suggestions for things to do such as learning a new talent, practicing current skills, cleaning around the house or yard, reading, and diving deeper into prayer.

We were created by God and for God, and only in God will we find true contentment, joy, peace, love, and happiness. Only in following Jesus and living in a relationship with Him will we find new life — not life simply full of stuff, or activities, or hustle and bustle but a life that is full of meaning and purpose.

As all of the activity around your youth melts away, it can be an incredible time for them to find new things that give them a greater purpose, so they can begin to evaluate how they choose to spend their time.

FAMILY REFLECTION QUESTIONS

- What is something you used to love to do with your free time but has become boring?
- Read John 10:10. What is your definition of life to the fullest? How do you think this is similar or different from what Jesus meant?
- What is one new thing you want to try this week? How will this help you find a greater purpose?