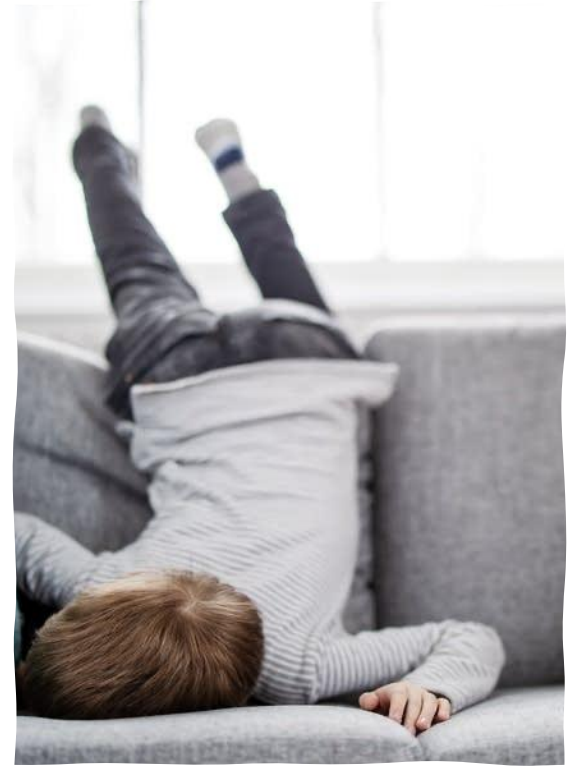




“...no one knows who the Son is except the Father, and who the Father is except the Son, and the one to whom the Son wills to reveal Him.” – Luke 10:22

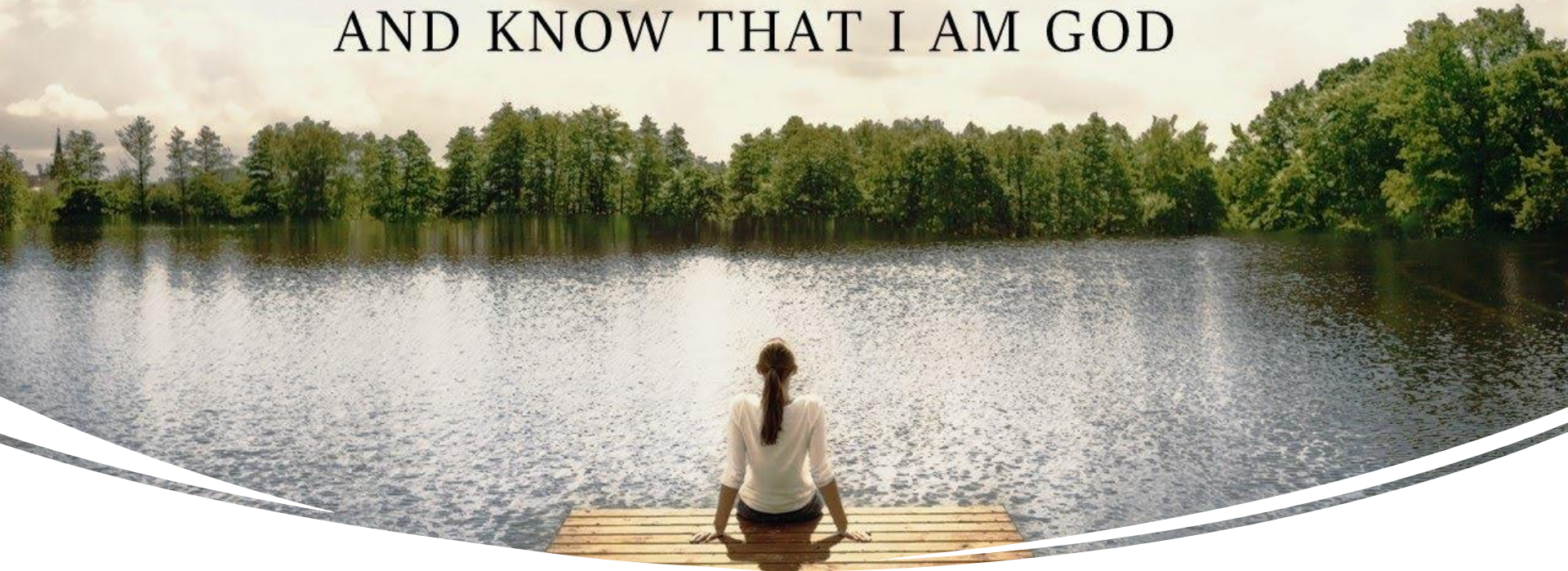


The Beauty of Boredom

2nd Sunday of Tute

BE STILL

AND KNOW THAT I AM GOD



Why are
we bored?

- Boredom is “*the desire for desires.*” (Leo Tolstoy)
- “**Be still, and know that I am God.**” (Ps. 46:10)
- Silence and waiting are not failures but invitations.

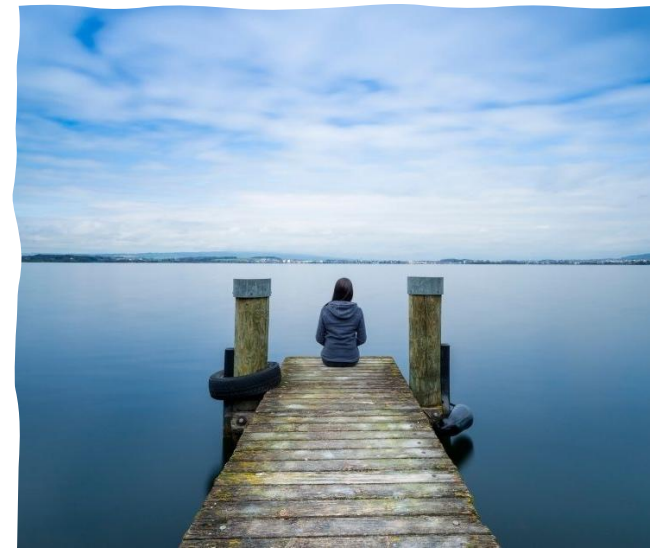
Why are we uncomfortable with boredom?



1. Accustomed to constant stimulation
2. We might feel we are missing something
3. Overachiever
4. Silence confronts us with ourselves, our sins, or a sense of estrangement from God.

Benefits of Boredom (Void of distractions)

1. Encourages creativity
2. Promotes Reflection
 - **“Do not labor for the food which perishes, but for the food which endures to everlasting life, which the Son of Man will give you.”**
(John 6:27)
3. Teaches contentment
 - Overstimulation feeds our desire for more stimulation
 - Boredom gives us time to recalibrate our senses



Benefits of Boredom (Void of distractions)

4. Promotes inner peace
 - **"Be silent in the presence of the Lord God; for the day of the Lord is at hand."** (Zephaniah 1:7)
5. Social benefits
 - Allows us time to notice people
 - Engage in conversation
 - Share the faith



Action Items

- Discipline Yourself
 - Create “no-phone zones
 - Create “no-phone times”
- Resist the urge to grab the phone while waiting
- Choose Purposeful Engagement
- Embrace Silence as Sacred
 - **“In returning and rest you shall be saved; in quietness and confidence shall be your strength.” (Isaiah 30:15)**
- Boredom is not time that needs to be occupied, but time that can be sanctified.



A person with long hair, wearing a grey beanie, a light grey hoodie, and dark pants, is sitting on a dark, textured ledge. They are looking out over a body of water towards a distant shoreline under a cloudy sky. The image is partially obscured by a white curved shape on the right side.

The Beauty of Boredom

- *“What is God inviting me to see, think, or pray about right now?”*
- **“Whom have I in heaven but You? And there is none upon earth that I desire besides You.” (Psalms 73:25)**



St. Augustine

- “Late have I loved you, O Beauty ever ancient, ever new, late have I loved you!”
“You were within me, but I was outside, seeking there for you.”
“The lovely things kept me far from you, though if they did not have their existence in you, they had no existence at all.”
“You called, shouted, broke through my deafness; you flared, blazed, banished my blindness.”
“You breathed your fragrance on me; I gasped; and now I pant for you; I tasted you, and now I hunger and thirst.”
“You touched me, and I burned for your peace.”
— *Confessions* Book 10