



## Rising out of Spiritual Boredom

### The Bitter Grip of Boredom:

**Question:** How do I get out of the bitter grip of spiritual boredom?

### Wrong Answers: I get out of the bitter grip of spiritual boredom by:

- ...distracting myself with pleasures and self-medicating with substances.
- ...finding a new spiritual “secret” that has just been discovered.
- ...doing one little thing.
  - Incremental changes generally fail.
  - Sweeping changes are the most effective changes.
- ...expecting others to pull me out.
  - Take self-responsibility to grow and draw near.
  - I am personally responsible to pursue spiritual growth.

### Real Answers: I get out of the bitter grip of spiritual boredom by:

- ...engaging God with a passion. Genesis 32:24-32.
  - Jacob became Israel.
- ...expecting God to show up. James 5:16b-18.
  - Elijah was like us but he...

**Truth:** I rise out of spiritual boredom by becoming a thoroughgoing supernaturalist—engaging God and expecting God.

**For Instance:** My friend Todd engages God passionately and really, truly, consistently expects God to show up.

# Central Application:

Are you willing to pray the prayer below, sign on the bottom line, and engage God with a new determination?

November 11, 2007

Dear Father,

I will, with Your Spirit's help, abandon spiritual stuckness and spiritual boredom by engaging You passionately in conversation—laying out on the table what is going on inside of me and what I am angry about and what I am afraid of and what I have done and what I want and what I need and what I have been thinking and why I slipped away and what I want to do for You and who I want to become.

I am making a settled commitment to wrestle with You—to engage You and to never ignore You. Cripple me if you need to and I will accept that—but I will not let go of You.

I am making a settled commitment to expect You—to believe that You will show up in my needs, in my opportunities, in my family, in my ministries, and in my relationships.

Father, I am no longer content to coast along in respectable and safe religious living.

Motivate and enable me to engage You and to expect You.

In Jesus' name I pray. Amen.

Sincerely,

Your new Israel, \_\_\_\_\_ (Write your name here if you are willing to pray this prayer.)

In order to live into this new commitment to engage God faithfully I will:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# Walking Papers

Practical helps for walking with Christ and pursuing God through obedience, reflective living, and community.

**Truth:** I rise out of spiritual boredom by becoming a thoroughgoing supernaturalist—engaging God and expecting God.

Please take some time each day this week for "spiritual recalibration" by thinking through the following ideas and questions related to having "eternity in our hearts:"

- **Today:** In your own times of spiritual boredom and stuckness what are the major factors that bring you there?
- **Monday:** What are your main personal tactics for dealing with spiritual boredom and stuckness? Do you find that they work?
- **Tuesday:** Have you taken personal responsibility for your spiritual life and for pursuing spiritual growth? Do you find yourself projecting that responsibility on your pastor? Your church? Your parents? Your spouse?
- **Wednesday:** Do you have personal examples of successful change that were radical in nature rather than incremental in nature?
- **Thursday:** What would it look like in your own life to engage God with a passion—to grab on to him and say with Jacob, "I will not let you go until you bless me!"
- **Friday:** What would it look like in your own life to expect God to show up? How specifically do you need Him to show up in your life and relationships now?
- **Saturday:** Are you willing to sign the application prayer from the outline and make the commitment to engage God and to expect God to show up?
- **Bonus Thought:** Describe a time in your life when you were more engaged with God and more expectant toward God. What were the characteristics of that time?
- **Bonus Thought:** Describe someone you know who is zealously engaged with God and continually expectant toward God. What are they doing? Thinking?