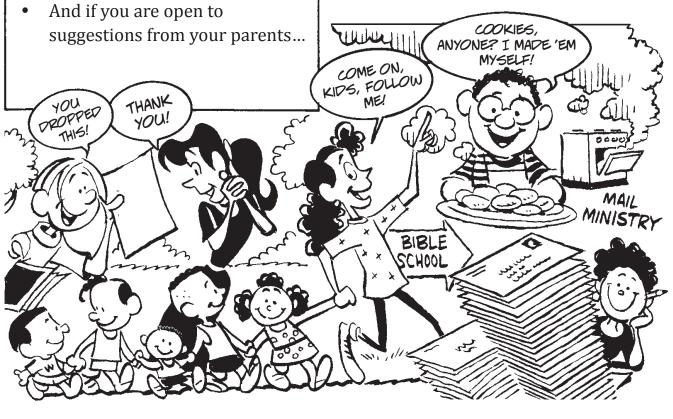


But did you know that if you...

- Ask Me
- Spend time with Me and My teachings
- And let Me speak to your heart
- And if you are open to

...your days and your life can be filled with enjoyment and fun?



Here's a secret you probably didn't know: Helping others and focusing on others can zap feelings of boredom!

Another secret to overcoming boredom when you feel you have nothing exciting to do is to challenge yourself to grow in some skill, sport, or hobby.





When you're spending time in My Word, then you understand the importance I place on caring for and helping others and not just living for yourself. You don't want to just have fun. You're not just thinking about your own entertainment, but you understand that helping others is a wonderful way to have fun! The feeling you get after having been a blessing to someone is way better than how you would feel after spending hours focused only on entertaining yourself.

For example, why not...

- Bake some cookies for your family
- Help a sibling with their homework
- Take down the laundry for your mom
- Wipe the car down for your dad
- Write a letter to your grandparents
- Help a neighbor with some weeding
- Build up your siblings through kind words and deeds



Then you'll find what's really fun and challenging!
When you go to bed at night, you'll have this great feeling
like you really did something, you accomplished something!
You didn't just spend the day doing things that won't last.

If you really want to get over your boredom:









