



A Doctor's Prescription for "Boreditis" and "Lethargitis"

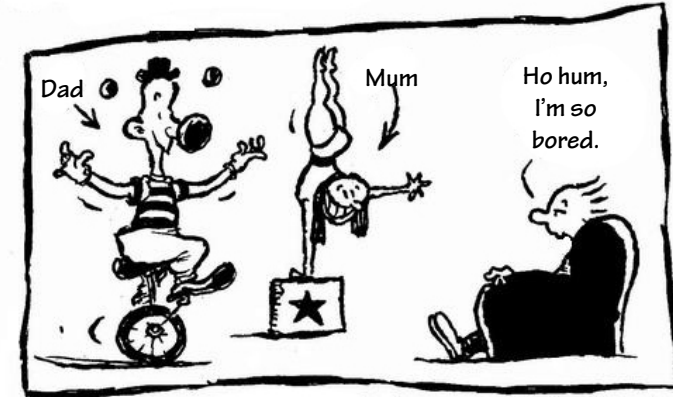
Dear Doc,

Do you think that maybe my parents and teachers should do more to keep me entertained? Sometimes when I tell my parents that I have nothing to do, they'll suggest something that's not super exciting, like playing with my younger siblings, reading a book, or learning how to do something new—all things I don't find very entertaining.



Doug writes to Doc.

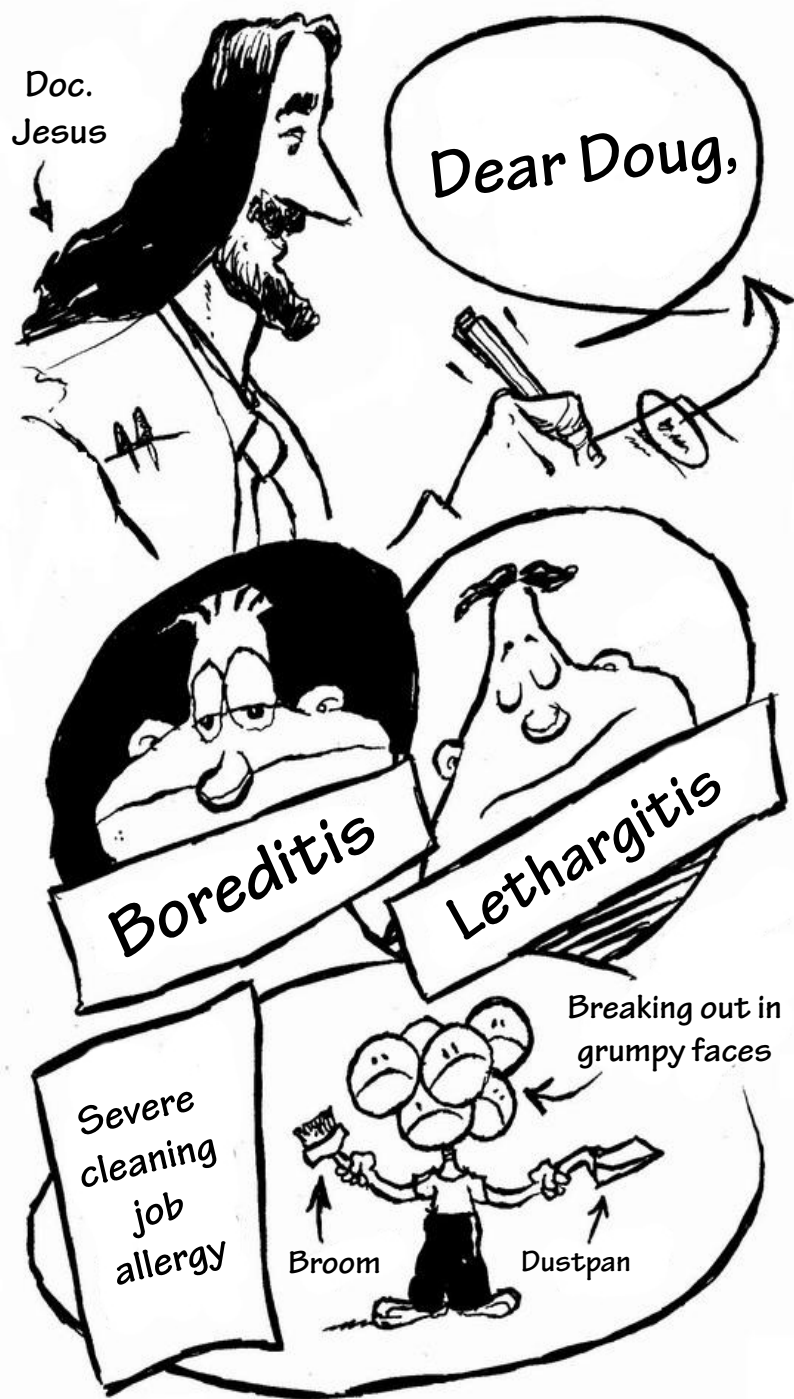
My parents and teachers say that I need to be more motivated, but what does that have to do with me being bored? I wish my life was more exciting and that I could do the kind of interesting activities I see others get to do. I'm older now, so I should get to do more interesting things, but it seems all that's happening is more chores and lots and lots of school. My dad told me that I need to take more responsibility because I'm older, but "responsibility" seems to mean more work and is definitely not very fun.



Doug's parents try to do more to entertain him



My older brother is someone I want to be like, because he seems happy all the time. How can I be more like him?
Cheers,
Doug



Response from Dr. Jesus:

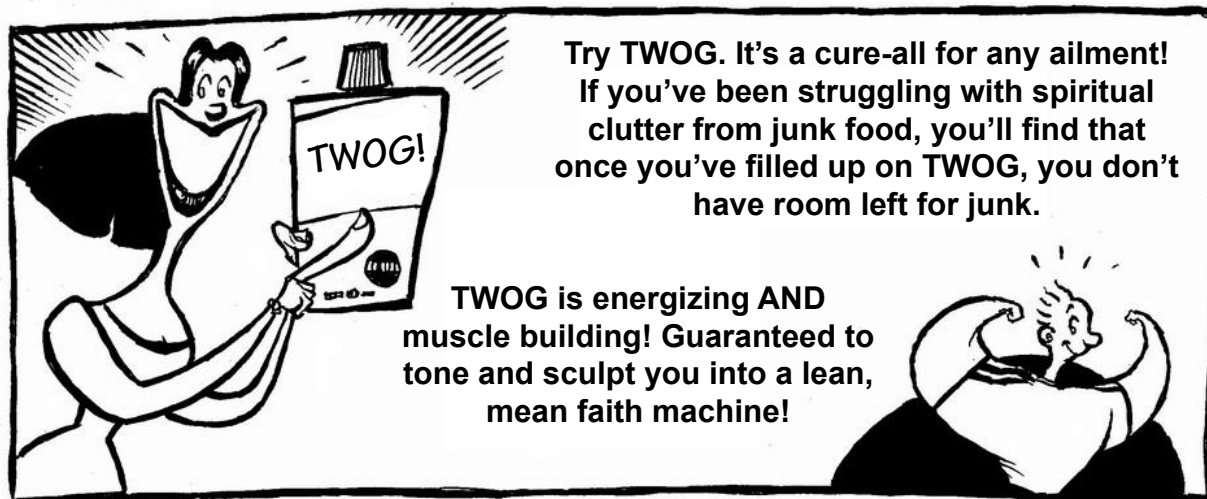
Dear Doug,

Let Me study your case history here. ... Hmmm, yes, just what I thought! It appears that you have a serious case of boreditis. You've also been struggling with some mild lethargitis. You have severe allergies to cleaning jobs. My file here says that you break out in grumpy faces when faced with dishes. ... Wow, that *is* serious!

We'll need to intervene before boreditis and lethargitis begin interfering with your overall well-being and development.

First, I want you to start by taking a healthy dose of TWOG* (aka The Word of God). It's a tried-and-proven remedy that's been around since the beginning of time. You'll want to make sure you have a good dose of TWOG sometime during your day. And you don't want to skip doses or your condition could worsen.

 We'll be back after this commercial break! ...

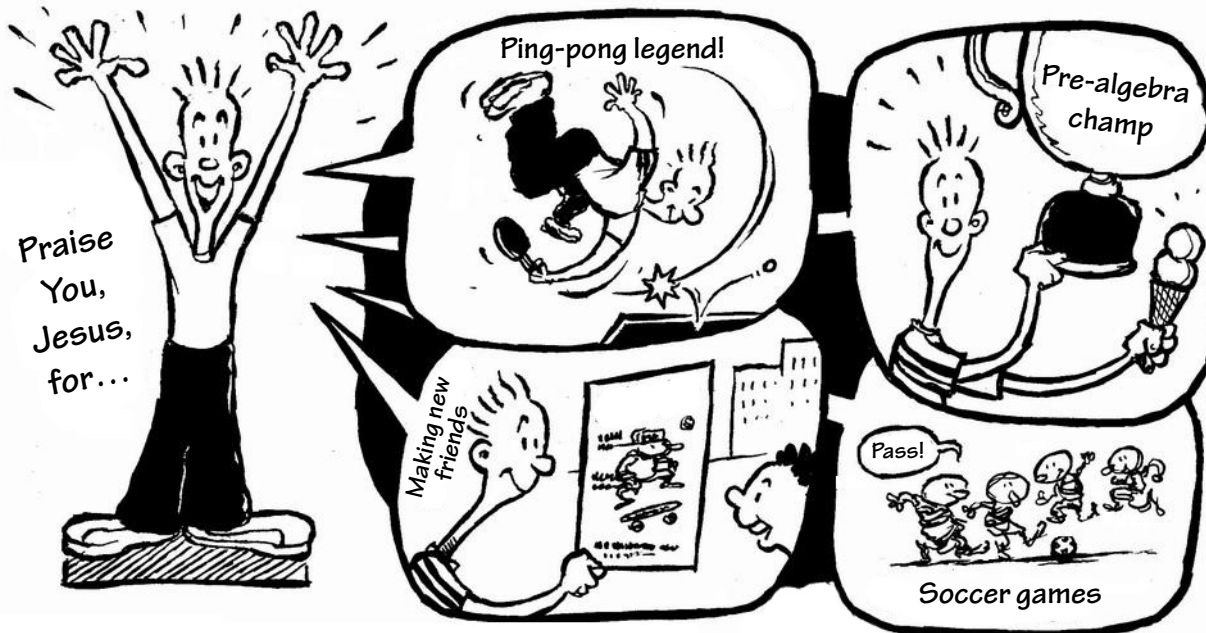


Try TWOG. It's a cure-all for any ailment! If you've been struggling with spiritual clutter from junk food, you'll find that once you've filled up on TWOG, you don't have room left for junk.

TWOG is energizing AND muscle building! Guaranteed to tone and sculpt you into a lean, mean faith machine!

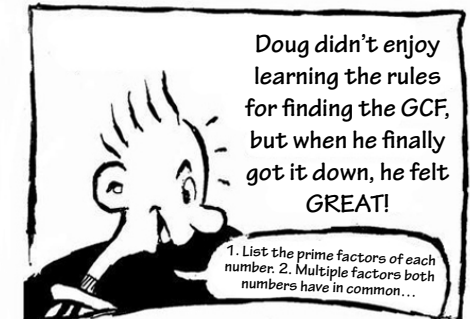
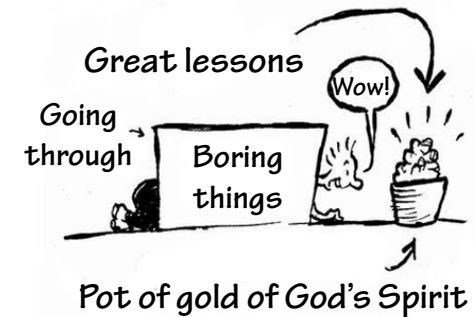
Next, I have some exercises for you. Find a mat or carpeted area and place your feet shoulder-width apart. Now, lift your arms in the air and praise Me for all the blessings in your life. Thank Me for all the fun things that you *do* get to do, such as family time, class excursions, the big ice cream reward for mastering your prealgebra, learning to play ping-pong and getting good at it, the weekly soccer game with your neighbors and friends, camps, etc. If your arms start getting tired (because I know your praise list is going to be long), you can put them down and just praise Me from your heart.

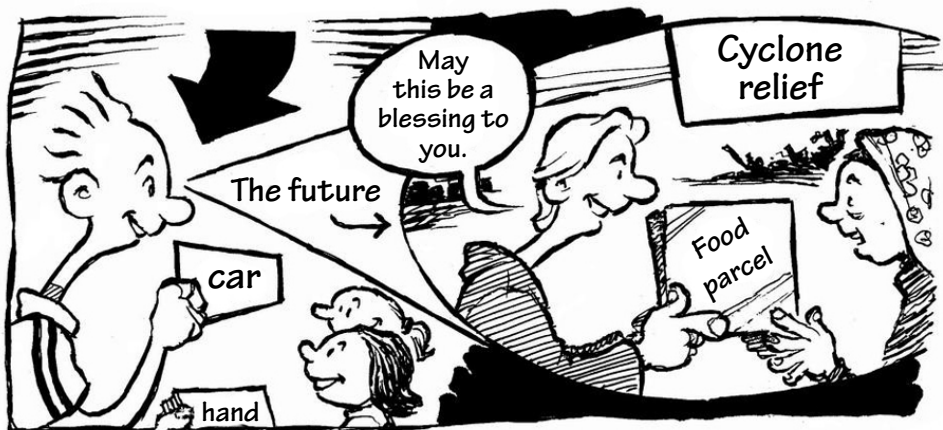
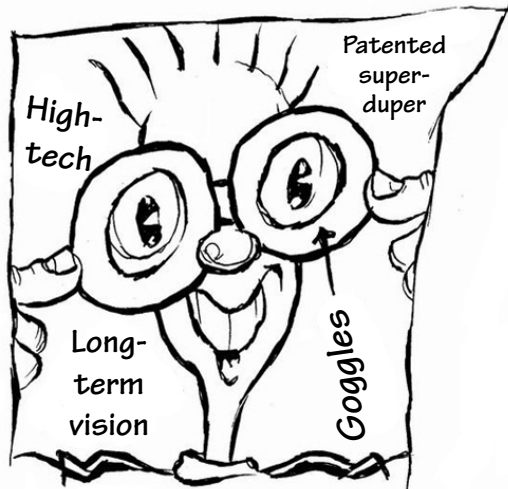
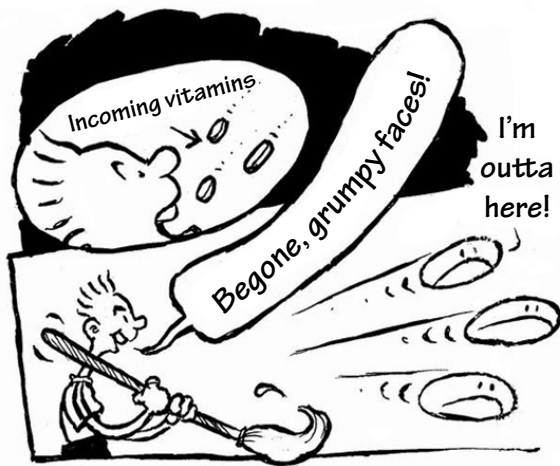
An important way to keep boreditis from returning is to take large doses of the vitamin pills of praise. Seeing things through eyes of praise strikes right at the heart of this ailment, and you'll find yourself happier and more inspired for sure!



Here's another tried-and-proven remedy for overcoming boreditis: Ask Me how you can learn something new through what you're being asked to do. Even a tedious job can be turned into something interesting if you ask Me to help you learn new things from each experience. Much of it depends on your attitude.

I want to warn you that boreditis and lethargitis are persistent, pesky conditions. So I'm going to give you your own special vitamins of perseverance and motivation that you can take whenever you feel a breakout of grumpy faces coming on, or a case of boreditis.





The vitamins of perseverance and motivation* will give you a super-charged boost to keep going, even when something is difficult or trying. They are slow-release capsules, which mean they have a good effect for a loooooong time, and keep you going and going and going, even when the going is tough. (*Directions: Pray for perseverance and motivation.)

Lastly, I want to give you a gift for when you're faced with chores or your schoolwork. It's a pair of My high-tech, patented, super-duper long-term vision glasses (also with night vision, for when things look dark and gloomy). Put these glasses on for a vision of how these things that you're doing now—which seem so unimportant or tedious—are needed to help you become the skilled person you are preparing to become.

I have a plan for you, a special, important, unique plan! If you can trust Me—your Soul Doctor—and take a look through these long-term vision goggles, they will help you to see waaaaay into the future. You'll remember that your school, your chores, the Word you read, and everything you learn *now* is helping you to reach the goals that I have for you in the *future*. You might not be able to imagine how some of these things are going to help you later in life. But I promise they will.

If you follow through on this counsel, you'll be happier and ready for whatever I bring your way next. I love you!

Love,

Dr. Jesus, PhD* (*Phenomenal Doctor)

S&S link: Character Building: Personal Responsibility: Excellence-2d/e
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