

Hey, Say, Pray and Obey *Boredom*



- **“Hey!** I know what this is. This is boredom.” Once you know what you are feeling, you can start to do something about it!
- **Say**, truth from God’s word. For boredom, you can say this Bible verse: ***“Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil.” Ephesians 5:15-16***
- **Pray.** Pray something like, “God, I am feeling bored right now, but I really want to obey you. Help me to not waste time, but instead to look for opportunities to please you. Thank you, God.”
- **Obey.** After asking God for help, the last thing to do is obey. Instead of letting our boredom cause us to waste time or get into trouble, we can step out, obey God and look for ways to please him in what we say and do.