



GRATITUDE BOREDOM BUSTERS: SUNDAY SCHOOL LESSON

OVERVIEW

Boredom can feel and look like a lot of things, but perhaps it is best summed up by Tolstoy as a “desire for desires”, or simply put the feeling of wanting to do something meaningful with our time, which might be why it is hard to decide what to do when we are bored. We also live in era when downtime is scheduled and planned for our a lot of children. Today we want use this idea of “desire” in the context of the Prophet Jeremiah telling the people in exile to not lose hope because God has a plan for them to prosper. Prosperity isn’t about wealth but about thriving in the world and living into the dream that God has for each of us. Perhaps the best way to find our way through boredom is to think about what that dream is, how we already are living into it and how we can use our downtime as an opportunity to connect with the things, people, and activities we love. This lesson can easily be used as a children’s story with the additional handout as something to take back to the pew with them.

SCRIPTURE: JEREMIAH 29:11

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”

DISCUSSION

Today we’re going to talk about being bored. I wonder what it feels like when you are bored. (discuss) I wonder if you can tell me what it feels like when you have free time and you’re having fun or not feeling bored at all. (discuss) Sometimes free time is easy and fun and other times it’s hard to decide what to do. I want to share a piece of scripture with you. (read the above) This short passage is a message from God to a group of people who are experiencing a hard time in their lives, but this message from God is true for us too, God wants us to prosper. Can anyone tell me what the word “prosper” means? (succeed, grow strong) There once was a famous priest named Desmond Tutu and he was an archbishop. Archbishop Tutu taught us that God has a dream for each of us because God loves us so very much. When we are doing things that bring us joy, that’s God’s dream. When we are sharing kindness or saying thank you, that’s God’s dream. Sometimes when we are bored we lose sight of the things that help us to feel like we are prospering or living into God’s dream for us. Today, I’m going to give you a worksheet that we’re going to fill out that lists things we love and are grateful for, as well as things we like to do so that when we’re bored, we’ll have this sheet to help us come up with ideas for things that will help us prosper, especially when we are bored. Before we move onto our worksheet, I wonder if anyone wants to share something you’re grateful for, either a person or experience. (discuss) I am grateful for all of you, getting to talk with you always brings me joy and thank you for being you.

ACTIVITY

Handout the paper “All About Me: Gratitude Edition” for the students to fill out. Once they’ve done that, you can invite them to share what they drew or wrote about. Once everyone who wants to has shared, you can pass out the Gratitude Boredom Busters for them to take home. Note: prior to passing out the sheet, please affix the scratch off stickers (if you ordered your kit from UTO, you can also purchase these stickers online) over the solid blue rectangles that are filled with text. The information for adults is located on the back of the sheet. If you have additional time, you can also read the children’s book by Desmond Tutu: *God’s Dream*.