

30

THINGS TO DO

when you're bored



WHY THIS LIST?

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.
(Romans 12:1 ESV)

So many times when we are wasting our time in sin or sloth we cry out to God for help. We may, however, feel like heaven responds with silence. After all, God can't tell me what to do with myself when I'm bored...or can he?

The Lord has promised us that in his Word he has given us all that we need for life and godliness (2 Peter 1:3). His Word is enough for our every circumstance.

We've created this "bucket list" for you for a couple reasons.

First, we want you to experience the help of the Lord through his Word. He tells us that our temptations are "common to man," and that he will provide a way of escape for every temptation we face so that we can endure it and come out victorious and obedient to him (1 Corinthians 10:13).

Second, we feel burdened for our society. We forfeit precious time to screens and numbness and inactivity when we could be truly living. Scripture warns us to "Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil" (Ephesians 5:15-16 ESV). We hope to inspire you to spend your time more intentionally.

We pray that you adopt this as your bucket list, not to check boxes, but to redeem your time. We also pray it's your battle plan, for when you're tempted to dishonor the Lord when you're alone. Most of all, we pray that God would give you joy as you obey his Word and walk in his will.

Do not be overcome by evil, but overcome evil with good.
(Romans 12:21 ESV)

1

READ THE BIBLE

Did you spend time in God's Word today?

Blessed is the one...whose delight is in the law of the Lord, and who meditates on his law day and night.
(Psalm 1:1-2 NIV)

2

CALL MOM OR DAD

How could you reach out to a parent or mentor in your life and bless them today?

"Honor your father and mother"—which is the first commandment with a promise— "so that it may go well with you and that you may enjoy long life on the earth."
(Ephesians 6:2-3 NIV)

3

WORK WITH YOUR HANDS

What physical work needs to get done around your house—cooking, cleaning, woodworking, fixing?

Aspire to live quietly, and to mind your own affairs, and to work with your hands, as we instructed you, so that you may walk properly before outsiders and be dependent on no one.
(1 Thessalonians 4:11-12 ESV)

4

INVITE SOMEONE OVER

Who could you serve by spontaneously inviting them to your next meal, which you prepare or purchase?

Seek to show hospitality.
(Romans 12:13 ESV)

5

HELP A FRIEND

Are you aware of any of your friends' needs and could you contribute to meeting that need today?

Contribute to the needs of the saints.
(Romans 12:13 ESV)

6

PRAY FOR YOUR GOVERNMENT

What concerns do you have for your current government leaders that you can bring before God?

I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people—for kings and all those in authority.
(1 Timothy 2:1-2 NIV)

7

MAKE A PRAYER PLAN

Do you have regular times of talking with God?

Be constant in prayer.
(Romans 12:12 ESV)

8

CHECK ON YOUR HOUSEHOLD

Are you aware of how your housemates are doing spiritually, physically, and emotionally?

But if anyone does not provide for his relatives, and especially for members of his household, he has denied the faith and is worse than an unbeliever.
(1 Timothy 5:8 ESV)

9

SING AND SCRUB

What part of your home or car could use a good cleaning while you sing to some Spotify?

Sing joyfully to the LORD, you righteous; it is fitting for the upright to praise him.
(Psalm 33:1 NIV)

10

TACKLE A TEDIOUS TASK

What task have you been putting off? Your future self will be thankful if it gets done!

Sluggards do not plow in season; so at harvest time they look but find nothing.
(Proverbs 20:4 NIV)

11

MAKE SOME WALL DECOR

What's a Bible verse you want to memorize? Where could you put it so that you will see it often?

These commandments that I give you today are to be on your hearts... Write them on the doorframes of your houses and on your gates.
(Deuteronomy 6:6-8 NIV)

12

READ A BOOK

Where's that book you've been meaning to read?

be transformed by the renewal of your mind.
(Romans 12:2 ESV)

13

PRAY FOR A MISSIONARY

Do you know anyone living for Jesus in another country who could use prayer?

Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel.
(Ephesians 6:19 NIV)

14

TELL THE TRUTH

Who have you lied to and need to tell them the truth?
It's time to step into the light.

Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body.
(Ephesians 4:25 NIV)

15

WRITE A SYMPATHY CARD

Who do you know who is suffering and could use some Scriptural encouragement?

Rejoice with those who rejoice, weep with those who weep.
(Romans 12:15 ESV)

16

DISCOVER YOUR SPIRITUAL GIFT

How could you reach out to a parent or mentor in your life and bless them today?

Do not neglect your gift.
(1 Timothy 4:14 NIV)

17

VISIT A WIDOW OR ORPHAN

How could you be physically present today in the life of someone who lost their spouse or a parent?

Religion that is pure and undefiled before God the Father is this: to visit orphans and widows in their affliction, and to keep oneself unstained from the world.
(James 1:27 ESV)

18

SHARE YOUR WEALTH

What do you have an excess materially and how could you share it with a friend in need today?

Honor the LORD with your wealth and with the firstfruits of all your produce.
(1 Timothy 6:17-18 ESV)

19

TAKE A BIBLE CLASS

What topic in Scripture or book of the Bible do you want to learn more about?

Do your best to present yourself to God as one approved, a worker who has no need to be ashamed, rightly handling the word of truth.
(2 Timothy 2:15 ESV)

20

GO EXERCISE

Is it nice enough outside for a walk or run? Is your gym open?

For physical training is of some value.
(1 Timothy 4:8 NIV)

21

TELL SOMEONE ABOUT JESUS

What neighbor, coworker, or family member has not heard the good news about Jesus from you?

Do the work of an evangelist.
(2 Timothy 4:5 ESV)

22

PURGE YOUR PERSONAL SPACE

Ask the Lord if there is anything in your life that dishonors him, that he wants you to physically get rid of.

Therefore, if anyone cleanses himself from what is dishonorable, he will be a vessel for honorable use, set apart as holy, useful to the master of the house, ready for every good work.
(2 Timothy 2:21 ESV)

23

WRITE THANK YOU NOTES

Who in your life deserves a note of appreciation?

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.
(1 Thessalonians 5:16-17 ESV)

24

GET INVOLVED AT CHURCH

Is there a group, ministry, class, or event you could join to spend more time with other believers?

Not neglecting to meet together, as is the habit of some, but encouraging one another.
(Hebrews 10:25 ESV)

25

MAKE PEACE

Who in your life are you at odds with, and what is an action you can take today to pursue peace?

Strive for peace with everyone, and for the holiness without which no one will see the Lord.
(Hebrews 12:14 ESV)

26

DANCE

Do you enjoy dancing, or ever wanted to learn how?
Now's the time!

They will come and shout for joy on the heights of Zion; they will rejoice in the bounty of the Lord—... Then young women will dance and be glad, young men and old as well.
(Jeremiah 31:12-13 NIV)

27

JOURNAL

Have you reflected on what you are grateful for, or God's work in your life?

I will remember the deeds of the Lord; yes, I will remember your wonders of old.
(Psalm 77:11 ESV)

28

FIND A READING BUDDY

Ever thought of reading a book out loud with a friend instead of watching a movie?

A cheerful heart is good medicine, but a crushed spirit dries up the bones.
(Proverbs 17:22 ESV)

29

GO OUTSIDE

When was the last time you went outside for more than half an hour?

Light is sweet, and it pleases the eyes to see the sun.
(Ecclesiastes 11:7 NIV)

30

JOB SEARCH

Is there a job you could take on part-time or a volunteer position available to you?

For we hear that some among you walk in idleness, not busy at work, but busybodies. Now such persons we command and encourage in the Lord Jesus Christ to do their work quietly and to earn their own living.
(2 Thessalonians 3:11-12 ESV)

Whatever you do,
**DO ALL TO THE
GLORY OF GOD.**

1 CORINTHIANS 10:31 ESV