



Helping Kids Use Boredom God's Way

When There's Nothing Fun to Do

Learning Objectives

By the end of this lesson, students will be able to:

1. Explain how Samuel learned to listen to God in the quiet.
2. Identify how boredom can become a chance to notice God's presence.
3. Practice simple ways to turn boredom into prayer, gratitude, or creativity.

Scripture Focus

- "Speak, Lord, for your servant hears." (1 Samuel 3:9, *ESV*)
- "Be still, and know that I am God." (Psalm 46:10, *ESV*)

Lesson Flow (25 min)

1. Connect (3 min)

- **Opening Thought:** Ask: "What do you usually do when you're bored and there's nothing fun to do? How does it feel inside when you're bored?"
- **Assessment:** Teacher observes student attentiveness and willingness to share.

2. Teach (7 min)

- **Bible Story:** Read or retell the story of Samuel Listening to God in the Night (1 Samuel 3:1–21)

Samuel was a young boy who lived in the temple, helping the priest Eli. At night, when the temple was quiet and still, Samuel lay down to sleep. Suddenly, he heard a voice call his name: "Samuel!" He ran to Eli and said, "Here I am!" But Eli shook his head. "I didn't call you. Go back to bed."

It happened again. And again! The third time, Eli realized something special was happening. He told Samuel, "Go back and if you hear the voice again, say, 'Speak,



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Lord, for your servant hears.” Samuel obeyed. When God called a fourth time, Samuel answered just as Eli had taught him. That night, Samuel discovered that in the quiet and waiting, God speaks.

- **Discussion Questions:**

1. What did Samuel do when he first heard the voice?
2. Why do you think God spoke to Samuel in the quiet night?
3. What could you do the next time you feel bored?

- **Explain:**

- Boredom can help us pause and listen for God.
- God can use quiet times to teach us and bring us closer to Him.

- **Assessment:** Teacher checks understanding through answers and engagement.

3. Model (7 min)

- **Teacher shares:** a personal example of a time when boredom or quiet gave you a chance to think, pray, or notice God.
- **Student activity:** Invite kids to role-play quick scenarios: “You’re bored on a rainy day—what could you do to listen for God?” Or play “Listening Pictionary,” where students draw simple actions like praying, reading, helping, or being still, and classmates guess.
- **Assessment:** Teacher notes engagement and ability to apply the lesson to examples.

4. Pray (2-3 min)

- *“Lord, help us remember that boredom is not wasted time. Teach us to say, ‘Speak, Lord, we are listening,’ and to use quiet moments to draw close to You.”*
- **Assessment:** Teacher observes participation and reverence during prayer.

5. Closing/Reflection (5 min)

- **Key Takeaway:** Boredom can open space for God.
- **Student Reflection:** Ask: “What’s one thing you can try next time you’re bored to make space for God?”
- **Teacher closes:** Reinforce that boredom can be a gift, not just an annoyance.
- **Assessment:** Teacher notes thoughtful responses and ability to express a personal application.

Optional Extension: Independent Practice

- Students can make a small “Boredom Plan” card, writing three things they could do when bored (pray, create, help someone). Encourage them to keep it at home as a reminder.