

St. Pope John Paul II once described the celebration of the Mass as “heaven on earth.” However, most Catholics would not describe our central act of worship and our greatest prayer as “heaven.” In fact, while we could understand that children and teenagers may complain that Mass is boring, even many church going parents would agree that Mass is boring. These parents are resigned to go to Mass as a family, so the family could be bored together!

Let’s take a look at boredom. Boredom is a combination of weariness, listlessness, apathy and unconcern that causes a person to feel like doing nothing. There are two primary causes of boredom. The first is overstimulation. We live in a society that encourages us to believe that more is better. If a little of anything is good, then more will always be better. We are so overstimulated by TV, radio, music, movies, the Internet, and by video games, that we are hyped up, tense, wound up tight, and as a result feel bored when stimuli slows down.

The second cause of boredom is under-commitment. Too many people live at the 20% level of commitment. Not many people today are 100% to anyone or anything. We are like customers in a cafeteria line. We have a “little of this” and a “little of that” and not much of anything. We are 20% committed to our marriage, 20% committed to our work, 20% committed to our relationships, 20% committed to our families, 20% committed to our careers, 20% committed to our church, and 20% committed to Jesus Christ.

Underneath all this is a deeper problem. Boredom comes from an excessive self-focus. Bored people are essentially selfish people who view the universe through their own stunted perspective. Boredom is simply the absence of an interesting or interested perspective.

The problem of boredom is not “out there” somewhere. The problem is inside. Look inside if you want the answer to your boredom.

One mother explained to her son why we have to go to Mass by saying: “Jesus sacrificed his life for us, so the least we could do is an hour of penance in church every week.” As well-meaning as that mother was, celebrating Mass is not to be an hour of penance, but a time of worship.

Everything that is said and done at Mass has a specific purpose and meaning. In fact, if you knew the significance of everything that goes on at a Sunday Mass, you would know your faith pretty well. The celebration of Mass is the highest worship we can give our Lord and God, and it’s the closest we can come to him here on earth.

Our Protestant brothers and sisters are passionate about having a personal relationship with Jesus Christ. Many Catholics do not realize they have the opportunity to be *most* personal with Jesus Christ every time they celebrate Mass and receive the real Body and Blood of Jesus in Holy Communion.

The primary focus of Mass is not the music, or the readings, or the sermon. The primary focus of Mass is the Eucharist—it is Jesus. Let’s not be bored with Jesus.