

<b>Title:</b> Blessed are the Bored in Spirit, A Young Catholic's Search for Meaning	<b>Author:</b> Mark Hart
<b>Media type:</b> (check one) X Book _CD/Audio book _ DVD	<b>Call Number:</b> T.282 HAR
<b>Review submitted by:</b> Sharon Krieg	<b>Date:</b> July 24, 2015
<b>Subject</b> (e.g. Prayer, Family Life, Sacraments, Saints, Bible Study, Moral Conduct, Social Justice) Spiritual Maturity	
<p><b>1. What is this book about? (describe briefly)</b> Mark Hart speaks to the average teenager who attends Mass and gets nothing out of it except that he's supposed to go with his parents/other people. He tries to reach the teenagers who wonder why they should even go to Mass and what good does it do beyond being a place to hang out with other Catholic teenagers.</p>	
<p><b>2. What main message does the author convey?</b> Transformation of self to become who God calls you to be and achieve greater closeness with God. Rather than a weak interest, a lukewarm faith, to attain a better perspective about Our Father who loves you, not to think He doesn't care about you and ignores you. Mr. Hart guides the reader with humor to a better realization of how his relationship with God can improve and how the person himself can improve. The last two pages of the book summarize everything he recommends, but in order to fully understand each point as listed on the last two pages, one needs to read the corresponding chapter.</p>	
<p><b>3. What inspired you the most about this book, and why would you recommend it?</b> The author speaks about the concept of what courage is and how sufferings in life can be beneficial (Ch. 7). I recalled a cartoon show called "Courage the Cowardly Dog" In this show Courage repeatedly goes beyond his fears in order to rescue his beloved owner Muriel. As he runs away from the monsters carrying Muriel in his paws he utters "What I go through for love!" Mr. Hart states, " It's a total abandonment of self and a complete renunciation of everything that renders our hearts blind, numb or fearful. Why do we fear anything with God on our side (Romans 8:31)? We need to heed the rallying cry of our Lord and follow his command: "Do not fear." (In the gospels, Jesus tells us not to fear more than he tells us to love!) Our hearts, if bent on him and directed toward him, will lead us back to him."</p>	
<p><b>4. Who would benefit from reading this book?</b> Inquiring teenage minds will benefit from reading this book. There are so many thought provoking ideas expressed that I believe that a teen (and even adults with a tepid faith life) will find powerfully inspiring answers to their faith questions.</p>	
<p><b>5. Any other impressions:</b> Mark Hart is very honest and open about his personal faith experiences. That was refreshing and I think the ideas he expresses seem more authentic when he relates how particular situations affected him. Also he has a keen insight as to human nature, both the positives and the negatives and how these attitudes/actions can affect our closeness with God's will for us.</p>	