Ibn Mas‘ūd (may Allah be pleased with him) used to give us a reminder every Thursday

Shaqīq ibn Salamah (may Allah have mercy on him) reported: Ibn Mas‘ūd (may Allah be pleased with him) used to give us a reminder every Thursday. A man said to him: "O Abu ‘Abdur-Rahmān, we would like for you to give us a reminder every day!" He said: "What prevents me from doing so is that I dislike to bore you. I give you an admonition every now and then, just as the Messenger of Allah (may Allah's peace and blessings be upon him) was giving them to us, out of fear that we might become bored."

[Authentic hadith] [Narrated by Bukhari & Muslim]

Shaqīq ibn Salamah (may Allah have mercy on him) reported that Ibn Mas‘ūd (may Allah be pleased with him) used to give them an admonition every Thursday. So a man told him that they wished that he would give them an admonition every day. He told them that what prevented him from doing so was his fear that they would become bored and annoyed; and that he was committed to giving them admonitions, yet he would examine their needs (and give them accordingly); just as the Messenger of Allah (may Allah's peace and blessings be upon him) used to do with them, for fear that they would become bored. Definitely, boredom causes the admonition to have no effect.

http://sunnah.global/hadeeth/en/show/3082