

# SLOTH

Matthew 8:28-34 & Galatians 6:7-10

## Awareness

Before listening, reflect:

- What is sloth? How would you describe it to someone else? As you currently understand it, what makes sloth a sin?
- Can you identify a time in your life when you lacked passion for something important to the point that you just gave up on it?

Sloth is often equated with laziness, so we think the natural remedy is busyness. But is that really all sloth is? This common misperception of sloth is what makes it one of the more difficult deadly sins to identify until after it has already done major damage to someone's spiritual life. Sloth is more than just inactivity. It involves giving in to a lack of passion, spiritual weariness, boredom, or excuses, and when left unchecked, sloth can quickly lead to loss of faith and even despair, the complete loss of hope. The effects of sloth can be deadly, but thankfully, scripture teaches us how to recognize the sin and gives us a remedy through Jesus Christ.

## Reflection

After listening, consider:

- Before listening to the program, we asked you to identify a time in your life when you lacked passion for something important. Looking back on that time, would you now identify that attitude as sloth? Why or why not?
- How is sloth different than relaxing? How does sloth relate to boredom?
- In segment 2, host Scott Hoezee considers the importance and value of community in working against the sin of sloth. What issues do your communities face? Where might sloth loom and threaten the good your community does?
- In segment 3, Dave Bast discusses how we tend to avoid activities or conversations that seem to cast our spirits low. Do you see this tendency in your own life?
- Which promises in scripture bring you hope or lift your spirits every time you read them? Make a list for quick reference when you need a dose of biblical joy and encouragement.

## Related Passages

- **Ecclesiastes 1:1-11**
- **Proverbs 6:6-11**
- **Psalms 63**
- **Psalms 51:10-12**

- **Luke 18:18-30**
- **1 Corinthians 15:50-58**

## **Conclusion**

Seek the Lord in prayer. Bring before Him everything you've reflected on in this exercise: struggles with sloth, communities, downers, promises in scripture. Seek His guidance and help through the Holy Spirit; thank Him for the promises you identified in scripture and the beauty around you. Remember and pray the words of the psalmist in Psalm 51:12:

“O Lord, restore to me the joy of Your salvation.”

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<https://groundwork.reframemedia.com/episodes/sloth>

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