

Sloth

AWARENESS Before listening reflect on what you already know or understand about topics we'll cover in the episode.

- 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?



LISTEN TO THE EPISODE: [Sloth](#)

READ [Matthew 8:28-34 & Galatians 6:7-10](#)

REFLECTION After listening, consider the following questions:

- 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 for further study

[Ecclesiastes 1:1-11](#), [Proverbs 6:6-11](#), [Psalm 63](#), [Psalm 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, and 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.”

<https://groundworkonline.com/episodes/sloth>

Printed on November 21, 2024

©  ReFrame Ministries