

“Behold, a
sower went out
to sow...” –
Matthew 3:3



Overcoming Laziness

2nd Sunday of Hatour



Last week: Am I Lazy?

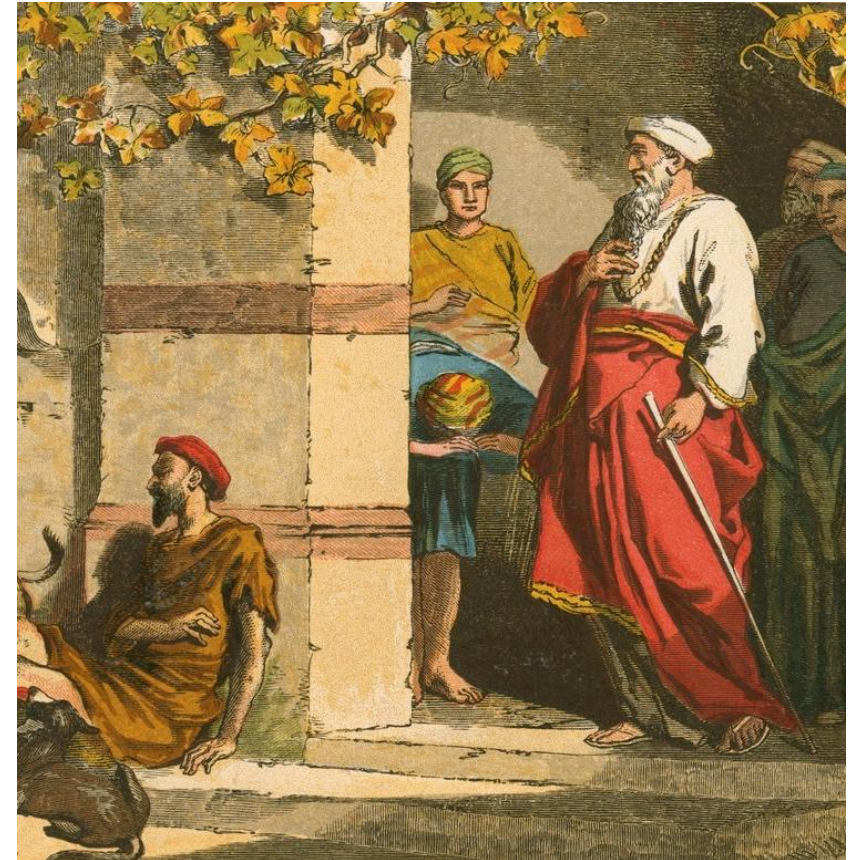
- What is laziness?
- Forms of Laziness
- Proponents of Laziness

Dangers of leaving it unaddressed

- Lost Opportunities
 - **"He who gathers in summer is a wise son; he who sleeps in harvest is a son who causes shame."** (Proverbs 10:5)
 - **"See then that you walk circumspectly, not as fools but as wise, redeeming the time, because the days are evil."** (Ephesians 5:15-16)
- Spiritual Decline
- Poverty
 - **"The soul of a lazy man desires, and has nothing."** (Proverbs 13:4)
 - Laziness can leave us impoverished spiritually

Dangers of leaving it unaddressed

- Ruined Relationships
 - EX: Rich Man and Lazarus
 - **"Therefore, to him who knows to do good and does not do it, to him it is sin."** (James 4:17)
- Becoming a Burden to Others
 - **"Bear one another's burdens, and so fulfill the law of Christ."** (Galatians 6:2)
- Sin Grows Quickly in Idleness
 - *"Empty mind is the devil's playground."* (Ancient proverb)
 - *"Always have some manual work so that the devil may find you occupied."* (St. Antony the Great)



Overcoming Laziness

- Ask for God's Grace
 - **"My grace is sufficient for you, for My strength is made perfect in weakness."** (2 Corinthians 12:9)
- Start With Small, Consistent Actions
- Structure Your Time
- Fight the First Thoughts
- Work
- Accountability
- Remember the Goal
 - **"My Father has been working until now, and I have been working."** (John 5:17)

Motivation for Diligence – why it's worth the fight?

- Diligence Transforms Your Life
- God's Reward
 - "Well done, good and faithful servant." (Matthew 25:23)
- Diligence is an expression of Love
- The Example of the Saints

CONCLUSION

“Ease and idleness are the destruction of the soul, and they can injure her more than the demons.”

(St. Isaac the Syrian)

