

Outline

7 Deadly Sins: Sloth

When we hear the word “sin”, we often think about major issues such as lying, cheating or stealing - but smaller issues can be sins too. The bible calls Sloth a sin. We tend to think of it as just being lazy, but it isn't that simple. Sloth is best defined as a resistance to expending the energy needed to be productive and make life work. Sloth can keep us from achieving our goals and dreams, and from living a full and productive life. Join Dr. Townsend as he helps you understand the reasons why sloth may be something you struggle with. He will show you how to get moving, and how to discover the rich life you were designed for! Proverbs 22:13

Small group discussion questions:

1) In what area(s) of life do I tend to be slothful?

2) What has inactivity in areas of my life cost me?

3) I recognize that I will need help to change this pattern. Who can help me be accountable as I become more active?