

Laziness

Objective

Identify laziness in our lives and ways to overcome it.

References

www.insight.org – Dr. Charles Stanley
The Book of Proverbs

Scriptural Verses

“Go to the ant, you sluggard! Consider her ways and be wise,” Proverbs 6:6

Other relevant verses

- 2 Thessalonians 3:6-13
- Jeremiah 48:10

Lesson Guidelines

Characteristics of a Lazy Person

There are various degrees of laziness that we possess. Laziness is an attitude we chose to have regarding some aspects in our lives such as work, school, family or even our spiritual lives. We choose to be lazy in areas that we do not want to spend the time and effort on because these areas are not immediately gratifying to us.

- Procrastinates – refuses to face responsibility (Proverbs 20:4).
- Avoids work – finds reasons and excuses not to work (Proverbs 22:13).
- Is indifferent, negligent, careless and insensitive – is disorganized and doesn't care about the outcome of his work and how it affects others - (Proverbs 24: 30-32).
- Can't be depended upon to get the job done (Proverbs 10:26).
- Expects somebody to meet his needs (Proverbs 19:24).
- Thinks he's got all the answers (Proverbs 26:16).
- Is very shortsighted – has no long term goals or sense of direction. (Proverbs 6:6-8).
- Is deceptive – tries to give the impression that they are busy so that they are not asked to do anything else.
- Need constant gratification – if they do something beyond their norm, they seek more compensation and recognition.

How God views Laziness

- An act of rebellion against Him and against what He created us for (Ephesians 2:10).
- It is a sin of wastefulness – wasting the gift that God gave us (1 Peter 4:10).
- An act of selfishness – trying to get away with working less usually at some one else's expense because they will have to fix the careless job. Also living off of welfare when one can work results in fewer resources for those who really need them (Philippians 2:3-4).

- Gross violation of a simple command of our Lord Jesus Christ (Colossians 3:23-24).
- Flagrant violation of the word of God (Ephesians 4:1).

Consequences of Laziness

- Problems with self esteem, relations with others – people do not trust you with important work because they feel that you cannot do it properly. They do not recommend you to others.
- Pressures from others – to get your act together.
- Financial problems – poor performance at work.
- Pain due to lack of exercise and discipline in various aspects of life.
- Eternal penalty.

Causes of a Lazy Attitude

- Depression.
- Circumstances.
- Childhood environment – lazy parents that kids imitate.
- Poor self esteem – this results in a lack of desire in taking on challenging activities out of fear of failing.
- Negative attitude.
- Lack of sense of direction.

How to deal with Laziness

- Recognize this sinful attitude in your life.
- Understand the causes of laziness.
- Work on poor self esteem.
- Work diligently and give it your best no matter what (Romans 12:11).

Conclusion

Laziness is an acquired behavior that we choose to have when dealing with areas of life that are not satisfying to us. We must realize that this behavior is sinful and not in accordance with the will of God for us. Therefore, we must through the Grace of God attempt to change this attitude in order to be more successful in life and to inherit eternal life as well.

Discussion Points/Activities

1. What are some lazy behaviors that you might have?
2. What are they directed to? Your home? Your work? School?
3. Can you change these lazy behaviors?