

OVERCOMING THE ENEMY OF SLOTH

Go to the ant, you slacker! Observe its ways and become wise. Without leader, administrator, or ruler, it prepares its provisions in summer; it gathers its food during harvest. How long will you stay in bed, you slacker? When will you get up from your sleep? A little sleep, a little slumber, a little folding of the arms to rest, and your poverty will come like a robber, your need, like a bandit. Proverbs 6:6-11

We have a great deal to say about this, and it is difficult to explain, since you have become too lazy to understand. Hebrews 5:11

Adopt the same attitude as that of Christ Jesus, who, existing in the form of God, did not consider equality with God as something to be exploited. Instead he emptied himself by assuming the form of a servant, taking on the likeness of humanity. And when he had come as a man, he humbled himself by becoming obedient to the point of death—even to death on a cross. For this reason God highly exalted him and gave him the name that is above every name, so that at the name of Jesus every knee will bow—in heaven and on earth and under the earth—and every tongue will confess that Jesus Christ is Lord, to the glory of God the Father. Therefore, my dear friends, just as you have always obeyed, so now, not only in my presence but even more in my absence, work out your own salvation with fear and trembling. For it is God who is working in you both to will and to work according to his good purpose. Philippians 2:5-13

1. Rest: Stop working for your salvation

“Harold Abrahams was weary even when he rested, and Eric Liddell was rested even when he was exerting himself. Why? Because there’s a work underneath our work that we really need rest from. It’s the work of self-justification.” Tim Keller

2. Grow: Be working out your salvation

“Sloth is aversion to the divine good in us.” Thomas Aquinas

...work out your own salvation with fear and trembling. For it is God who is working in you both to will and to work according to his good purpose. Philippians 2:12-13

...train yourself in godliness. For the training of the body has limited benefit, but godliness is beneficial in every way, since it holds promise for the present life and also for the life to come. 1Timothy 4:7-8

Reflection Question:

Where is God inviting you to invest in your spiritual growth?

Scripture from the CSB unless noted.