

THE DEADLY SINS – *Episode 7: Sloth*



Team Member Name: _____ Date: _____

Game Strategy – We all need a lazy day once in a while to kick back on the couch and watch the game, but when we give into, hold onto and yield to feelings of indifference, that’s when we begin to slip into sin.

Be ready to take the field for this workout by completing the **Pregame Film Study**. Your contributions to the Huddle Discussion in our workout are vital to our team success. Remember we win and lose as a team!

Pregame Film Study

1. View or listen to the episode referenced above.
2. Go deep with the Scripture References, Coaching Tips and Catechism Connection on page 2.
3. Reflect upon the **Huddle Up** questions below and jot down your thoughts.

Huddle Up – Use these questions for personal reflection to share with your team at the workout.

Warm-up Questions:

1. What particular point(s) caught your attention the most in this episode?
2. What is something useful that you learned from viewing this episode that you can apply in your own life?

Workout Questions:

1. What is the meaning of sloth or acedia? Give some examples of sloth.
2. What are some various ways that we see “sloth” at work in our modern culture?
3. What are some ways that we can counter sloth/laziness? How do we change our attitude in order to become more positive?
4. Indifference is a by-product of sloth. What is your understanding of “indifference” as it applies to our faith? In our society, why is indifference such a threat to our faith?
5. Has there been a period of time in your life when you have battled sloth (laziness) in the following areas of your life: physical, mental, or spiritual? Explain.
6. BALANCE – between work, rest, leisure activities, and prayer seems to be the key to preventing sloth. Do you have balance in your life? Explain.
7. At every Mass we ask forgiveness for the “things we have done and THE THINGS WE HAVE FAILED TO DO.” Why don’t we do what God wants? Sloth. Name some things that you have failed to do - kept putting off for weeks, months even years. Why haven’t you done them? Could it be that procrastination is another form of sloth? Discuss.

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Team Workout Plan - Watch the Kickoff, Game Plan and Red Zone video segments as a team. Break into huddles for discussion of the questions.

Postgame Recap - Watch the End Zone video segment as a team. Take note of the tips from the CTG team:

1. It is time for men to wake up!
2. Turn to the Blessed Mother for assistance.
3. Take on a positive attitude.

Complete your **Personal Action Item**. 

Scripture References

Proverbs 13:4

Proverbs 21:25-26

Ecclesiastes 10:18

Matthew 25:26-27

Matthew 5:13

Revelation 3:15

Colossians 4:1-6

Coaching Tips

Working to please myself is sloth.

Sloth is spiritual and emotional apathy, neglecting what God has spoken, and being physically and emotionally inactive. It can also indicate a wasting due to lack of use, concerning a person, place, thing, skill, or intangible idea that would require maintenance, refinement, or support to continue to exist.

Yawning in the face of God and focusing on me, despite that we are made for God. Sloth leads to anger.

An antidote to Sloth is Faith. Read the Scriptures daily. Be in awe of God, not indifferent towards Him.

Catechism Connection

1886 Vices can be classified according to the virtues they oppose, or also be linked to the capitals sins, which Christian experience has distinguished, following St. John Cassian and St. Gregory the Great. They are called “capital” because they engender other sins, other vices. They are pride, avarice, envy, wrath, lust, gluttony, and sloth or acedia.

2094 One can sin against God’s love in various ways:

-*Indifference* negates or refuses to reflect on divine charity; it fails to consider its prevenient goodness and denies its power

-*Ingratitude* fails or refuses to acknowledge divine charity and to return Him love for love.

-*lukewarmness* is hesitation or negligence in responding to divine love; it can imply refusal to give oneself over to prompting of charity.

—*acedia* or spiritual sloth goes so far as to refuse the joy that comes from God and to be repelled by divine goodness.

—*hatred of God* comes from pride. It is contrary to love of God, whose goodness it denies, and whom it presumes to curse as the one who forbids sins and inflicts punishments.

Personal Action Item

Develop a plan of action based upon our prayer and discussion related to the topic. How does the Lord want this topic applied in your life? Keep it simple – one or two action items.

I commit to becoming spiritually fit by...