



*"Laziness means more work in the long run."* —C.S. Lewis

Summer is a great time to get refreshed from the school year. I get it. You have to wake up super early during the school year, so taking advantage of sleeping in until you have to get up is often a main goal in the summer. Sleeping in does not necessarily make you lazy or a "sluggard," but it can lead to it if we are not careful. Sluggishness is a heart issue before it shows up as something you do.

Rest is good. Even God rested on the seventh day of creation. Sleeping is not bad, but it becomes sluggishness if we are not responsible with it. Sleeping takes time and time is a precious thing. If we go to bed late on a Saturday night, it might be tempting to skip church in the morning.

So we have to ask ourselves: am I neglecting anything else that may be important in order to sleep? Time with God, church, family, or friends? Being a sluggard has to do more than just sleeping for a long time. It has more to do with a mindset we have about life and how we use the time we are given. Let's see what God's Word says about being a sluggard.

Questions:

The dictionary defines *sluggard* as "a habitually lazy person." The root word in sluggard is the word "slug." What are the characteristics of a slug?

Slimy - can't be trusted; will do anything to get on top and succeed; everywhere they go, they leave a trail of slime.

Slow - they are lazy; just go with flow.

No backbone - might have a spirit of fear or doesn't really stand out or make a difference.

Read Proverbs 6:6-11. From these verses, what are the lessons we can learn from the ant (vs. 7-8)? [Without being told, the ant does what it needs to do and plans ahead.]

What are some of the things that you could be "preparing" or working toward this summer, instead of just "resting" the summer away?

This verse is extremely relatable to some of us more than others, but let's read verse 9 again. Verse 9 is asking when the sluggard is finally going to wake up. A slug is nocturnal. It is awake at night and sleeps during the day while others are working. A sluggard does not like to work!

Read Proverbs 20:4. What is the principal lesson from this verse? [If you do nothing, that is what you will have. Ever heard the phrase, "No pain, no gain"? What "work" looks like may be different for everyone, but the point is "doing nothing" is sometimes not the wisest thing to do.]

A sluggard is slimy and slow. It is always trying to get out of work and makes excuses. Proverbs 26:13-14 is an example of this. Lions are usually found in forests or woods, not on public streets in a city. In this case, the sluggard just made up this excuse to get out of work and stay in bed. Can you think of a time or example of this in your own life?

Challenge for the Week: Wake up 30 minutes earlier than you need to and use that time in a wise way to serve others, read, pray, or spend time with God.

Verses for the Week: Take time each day this week to read over these passages. Journal them in a notebook or in your phone. What are the principles and lessons found in these verses? If you had to sum up those lessons in one sentence, what would it be?

Day 1 - Proverbs 10:4-5

Day 2 - Proverbs 15:9

Day 3 - Proverbs 24:30-34

Day 4 - Proverbs 26:15-16

Day 5 - 2 Thessalonians 3:10-12

Day 6 - Hebrews 6:11-12