



**SERIES: APRIL – YES, YOU CAN! OVERCOMING YOUR STRUGGLES**

**SPEAKER: Nick Orduna**

**Tuesday, 4/12/22**

**Scripture: 1 Timothy 4:7**

**Title: How Do I Overcome Laziness?**

Welcome to Win the Day. I'm Pastor Nick Orduna filling in for Nat Crawford and today we are going to talk about laziness.

I absolutely adore my first grandchild – her name is Mattley and she is 2.5 years old. It's amazing how fast they grow up when I look at pictures or just observe the new things she is learning and doing all the time. If I see little Mattley playing in the dirt maybe even eating dirt, I don't think much of it because toddlers do that sort of thing. However, if I see a grown man, all by himself, playing in the dirt, eating dirt, then I'm probably thinking there is something wrong with that dude and it's time to grow up!

Unfortunately, it's too easy to become spiritually lazy and we need to grow up in our salvation. The apostle Paul said we are to train ourselves to be godly (1 Timothy 4:7). The progressive work of sanctification takes time, energy, discipline, and it is a process. To get into physical shape you need to run, jump, lift weights, and practice. You don't just wake up one morning physically fit to play basketball. Neither should you expect to get into shape spiritually, unless you spend time training yourself to be more like your Savior. But to get into spiritual shape you need to practice the spiritual disciplines of the Christian life such as daily prayer, reading the Bible, and then living it out.

Many of us run the spiritual race: unprepared, tired, out-of-shape, and lazy. I love the book of Proverbs and it has much to say about laziness. Listen to some of the characteristics of a lazy or sluggish person referenced in Proverbs.

- They are work avoiders (12:24; 10:5)
- They are procrastinators - put off starting a task as well as completing those tasks already begun. (13:4; 20:4)
- They desire a life of ease (21:25)
- They are indifferent (10:5)
- They are apathetic (20:4)
- They make excuses (26:13)
- They don't think ahead or fail to plan ahead (6:6-8)
- They desire a little more sleep (6:10-11)
- They are a burden on others (10:5, 26)
- They are consumers (13:25)

The implications of the teaching of Proverbs on the sluggard are profound for each of us. I would hope that all of us would be able to admit that we have too much of the sluggard in us when it comes to those tasks which we find unpleasant. Whether it be on the job, at school, or in the home, we must learn to do what is more important before we do what is most enjoyable.

Nowhere are the symptoms of the sluggard more evident than in the area of my spiritual duties and disciplines. While there are other factors to consider, the primary reason for our failure to pray, to read and study our Bible as I should, to worship, and to share with others about our faith in Christ is that we can be a spiritually lazy. The sluggard will admit that these things are important, even essential, but never seem to get around to doing them as much or as well as they should.

Are you still playing in the dirt? Is it time to grow up in your salvation? May the Spirit of God help us as we work out our salvation and grow in the spiritual disciplines of the Christian life.