

# 20 Days of Trouble

## Topic #17 – Laziness

### **Textbook Def:**

Not willing to work or be energetic. Slow-moving; sluggish. Conducive to inactivity or indolence.\*

### **Real-Life Look:**

The mechanic's garage was a sea of activity. All except for John's bay. It was pretty quiet in his neck of the woods. Ed, the shop foreman, walked over to check on John and make sure everything was okay. He approached the shiny red Dodge on the side where John's legs were sticking out. As Ed bent over, he couldn't believe his eyes. John was lying under the truck with a book in hand. He was actually reading, on company time, while his co-workers were covering his workload.

"You need to get Heart Smart," the doctor informed him, "Your health depends on it." Marco despised exercise and had no attention of raising his heart rate and burning calories as his doctor had suggested. Weren't there drugs to take of this for him?

Leo was tired when he got off of work. He started at 6am and often worked at least a nine or ten hour shift. When he got home, the last thing he wanted to think about was bathing the kids, cleaning up from dinner, and feeding the dog. It's not like his wife, Mandy, had a job anyway. There was no reason why she couldn't get the kids ready for bed without his help. Relaxing in front of the television with a cold one and his feet kicked up was what he looked forward to each and every day. It was his own little slice of heaven.

Sally knew Jan was going right by the bakery that had her favorite croissants. "*Perhaps Jan wouldn't mind picking up a few for her,*" she thought. She was craving them but couldn't leave the house. Mary was going to come by at some point with the darling bowls she grabbed for Sally last week. Sally hadn't wanted to strain herself worrying about getting to the store before the sale ended, so Darlene offered to pick them up. Okay, so Sally had planted the seed, but Darlene took the bait. Sally would return the favors one of these days, but she just wasn't out and about as much as everyone else, except to get her manis and pedis, but that didn't count.

## **Sword of the Spirit:**

*"All hard work brings a profit, but mere talk leads only to poverty."* Proverbs 14:23

*"Anyone who does not provide for their relatives, and especially for their household, has denied the faith and is worse than an unbeliever."* 1 Timothy 5:8

*"If anyone, then, knows the good they ought to do and doesn't do it, it is sin for them."*  
James 4:17

## **Breaking It Down:**

*"If you don't do it, no one is going to do it for you."* My mom's words still ring in my ears decades later. She is a 'doer', a 'can-do' person, and she raised me to be the same. I don't think I've got a lazy bone in my body and I credit this to 'Mah'! My mantra? *"I may go down but I'm going down swinging!"* I have a very low tolerance for lazy behavior.

## **Laziness kills.**

*It can kill:*

- Relationships
- Career potential
- Academic success
- Your health and physical well-being
- Opportunity
- Advancement
- Purpose

## **Laziness is a choice.**

This term is directed towards the person who is *fully capable* of getting the job done or rising to the occasion but chooses not to. They would prefer to let others carry them and pick up their slack or to leave the task unattended or unfinished.

Have you ever witnessed someone who chooses to stand down and let others do their work for them? It's infuriating, isn't it? No one likes to be taken advantage of and lazy people make a habit of doing just that. They are often considered 'users', 'takers', and 'manipulators.' We see them at work, school, in friendship circles, in sports, and in families. They play on our pity, concern, compassion, sense of responsibility, inability to say 'no', and desire to avoid conflict.

Anyone else despise group projects? Were you, like me, ALWAYS the one doing ALL the work? Might as well just have done it myself! I would have preferred that anyway!

How about those who are lazy in marriage? Initially, they promise the sun, moon, stars, and sky, but when it comes to rolling up their sleeves and doing the hard work, they just can't be bothered and offer a million excuses:

- I'm so busy.
- Work is draining me.
- I'm exhausted from the kids.
- You're ignoring all the things I do.
- You're just a complainer.
- I can never do enough to make you happy so why should I bother.

*Even if there are remnants of truth in the above excuses, what good will come of taking the lazy way out and doing nothing?* None. You are just inviting *more trouble* into an already strained or fractured relationship.

What about with our kids? The current 'Entitlement Generation' is suffering primarily because things were handed to them far too easily. Mommy and Daddy didn't want little Johnny to have to work hard or break a sweat, or they just didn't want to fight with him about his chores, responsibilities, etc. It's easier just to turn the other way and do it themselves. Unfortunately, these types of parents have actually taught and encouraged their kids to be lazy and have set them up for a very, very difficult journey.

The ill-effects of laziness are a domino effect. Not only do they affect you personally, but all of the people around you as well.

**Side Note** - Sometimes, though, the extreme opposite of laziness can be to your detriment, as I have personally discovered. Slowing down or, heaven forbid stopping, can be near impossible. Thank God for my hubby. I credit him for insisting on balance, even when I don't want to hear about it or do it. If you are an industrious, hard-working, tireless type, make sure you have some system of checks and balances in place to avoid imbalance, burnout, or other negative side-effects from the nonstop 'GO'!

### **The Benefit in Decluttering Trouble:**

Life is for the living. We are expected to participate, do our part, and pull our weight. There are a plethora of benefits and blessings which come from this behavior.

When we are active at home, in relationships, in school, at work, and with friends, our lives are fuller; richer. We develop a deeper sense of purpose and belonging. We find great joy and contentment when participating.

I find putting my head on the pillow at night is always easiest when I have done my best.

Satisfaction sleeps well.

\*[www.thefreedictionary.com](http://www.thefreedictionary.com)

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