

A photograph of a desert landscape featuring large sand dunes. The foreground is covered in sand with distinct, wavy ripples. A series of footprints leads from the bottom left towards the center of the image. In the background, more dunes are visible under a sky with soft, colorful clouds in shades of orange, yellow, and blue, suggesting a sunset or sunrise. The word "Seven" is written in a white, cursive script across the upper left portion of the dunes.

Seven

WELL-WORN PATHS

Seven Deadly Sins

Seven Deadly Sins Seven Life-Taking Ruts

Seven Well-Worn Paths

- In the Bible?

Seven Well-Worn Paths

- In the Bible?
 - No and yes

Biblical References to the Seven Deadly Sins

Deadly Sin (and grammatical variants)	Number of Biblical References
Sloth (slothful, slothfulness)	5
Gluttony (glutton, gluttonous, gluttons)	9
Envy (enviable, envied, envious)	13
Lust (lustful, lustfully, lusts, lusty)	23
Greed (greedily, greedy)	27
Pride (proud, proudly)	138
Wrath (wrathful)	274

Sloth

- What is wrong with rest?

Sloth

- What is sloth (what's wrong with rest)?
- Is this really that big of a problem?

Sloth

- What is sloth?



Sloth

“an oppressive sorrow which so weighs upon a man’s mind that he wants to do nothing.”

- Thomas Aquinas

Deut. 28.65-67

You shall find no ease, no resting-place for the sole of your foot. There the LORD will give you a trembling heart, failing eyes, and a languishing spirit. Your life shall hang in doubt before you; night and day you shall be in dread, with no assurance of your life.

Deut. 28.65-67

In the morning you shall say, 'If only it were evening!' and at evening you shall say, 'If only it were morning!' – because of the dread that your heart shall feel and the sights that your eyes shall see.

Sloth

- What is sloth?
 - Heavy wet blanket that weighs us down so we want to do nothing

Sloth

- What is sloth?
 - Heavy wet blanket that weighs us down so we want to do nothing (or nothing that ultimately matters).

Matt. 21.18-22

¹⁸ Early in the morning, as Jesus was on his way back to the city, he was hungry. ¹⁹ Seeing a fig tree by the road, he went up to it but found nothing on it except leaves. Then he said to it, “May you never bear fruit again!” Immediately the tree withered.

Mark 11.12f

¹² The next day as they were leaving Bethany, Jesus was hungry. ¹³ Seeing in the distance a fig tree in leaf, he went to find out if it had any fruit. When he reached it, he found nothing but leaves, because it was not the season for figs. ¹⁴ Then he said to the tree, “May no one ever eat fruit from you again.” And his disciples heard him say it.

Sloth

- What is sloth?
 - Heavy-wet blanket
 - Noon-day demon

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 - Spiritual boredom

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Sloth

a disposition that results from living lives of
sorrow, distraction, boredom.

It leads to indifference
that steals our sense of the importance and
urgency and joy of the life we have been
invited to live in Christ.

Sloth

- What is sloth?
- Is it really a serious problem or even really a problem at all?

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- Makes us weary as to the urgency of the task

Sloth

- Makes us indifferent as to importance of who and what we have been called to
- Makes us weary as to the urgency of the task
 - Makes us deaf

Sloth

- Makes us soft to the difficulty of the task

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 - John Cassian, refers to those who give into sloth as deserters in warfare

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- Makes us soft to the difficulty of the task
 - John Cassian, refers to those who give into sloth as deserters in warfare
 - Why do I pray “Lift my burden” rather than “Make me stronger”?

Sloth

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- Makes us weary as to the urgency of the task
- Makes us soft to the difficulty of the task

Sloth's Opposite

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- Diligence:
steady, earnest, energetic effort often in
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- Diligence:
steady, earnest, energetic effort often in the face of opposition
- *Diligere*: to esteem, love, or have regard for
- Dante correctly called sloth a failure to love God with all our heart, mind, and soul.

Sloth

- What is sloth?
- Is it really a serious problem or even really a problem at all?
- Solutions to Sloth

Solutions to Sloth

- Repent

Francois Fenelon

Francois Fenelon

“Say what is in your heart. Tell God that you no longer feel anything for him, that everything is a terrible blank to you, that he wearies you, that his presence does not even move you,

Francois Fenelon

that you long to leave him for the most trifling activity, and that you will not feel happy till you have left him and turn to thinking about yourself. Tell him all the evil you know about yourself.”

Solutions to Sloth

- Repent
- *Memento mori*

Solutions to Sloth

- Repent
- *Memento mori*
 - Climacus – the thought of death is one of sloth's enemies

Solutions to Sloth

- Repent
- *Memento mori*
- Behold/Contemplate the good, true and beautiful

Solutions to Sloth

- Repent
- *Memento mori*
- Behold/Contemplate the good, true and beautiful
- *Ora et labora*

Solutions to Sloth

- Repent
- *Memento mori*
- Behold/Contemplate the good, true and beautiful
- *Ora et labora*
- Rejoice and Give Thanks

A photograph of a desert landscape featuring large sand dunes. The foreground is covered in sand with distinct, wavy ripples. A series of footprints leads from the bottom left towards the center of the image, winding up a dune. The sky is filled with clouds, illuminated by the warm, golden light of a sunset or sunrise. The overall scene conveys a sense of journey and exploration.

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