1. A sluggard - a lazy ____________ with a lazy ____________.
   Proverbs 19:24; 26:14; 24:32-34

2. A ____________ mind is a ____________ mind.
   Proverbs 26:13; 26:16

3. ____________ ____________
   Proverbs 12:11; 23:4

4. Be careful with ____________ and ____________.

5. It's not just about ____________.
   Proverbs 10:26; 18:9; 10:5

6. The solution: ____________ ____________
   Proverbs 12:24; 25:28; Colossians 3:23-24; Galatians 5:22-23
HEARING AND DOING

Each week this section will provide next steps for going deeper with the sermon material, as well as preparing for discussion in your Grow Group. Bring this sheet with you to your group meeting.

_slug-gard _/sləgərd/

noun

a lazy, sluggish person.

1. How well does this term describe you? (1= not at all, 10= perfect fit, 0= I’ll answer later) ________________

2. Read Proverbs 24:30-34. Notice the condition of the stone wall around the vineyard. Now read Proverbs 25:28. The “walls” of our lives should keep out thieves who steal what is precious to us. What are the top three “thieves” that steal your time?

3. Get out your calculator and let’s do some math. Transfer your answers from the front to the first column (and write them as minutes). Then do the math...

<table>
<thead>
<tr>
<th></th>
<th>Average per day (minutes)</th>
<th>Multiply by 6.08 (hours per year)</th>
<th>Divide by 38.4 (% of available time non-work, non-sleep)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ex: Texting</td>
<td>20 min</td>
<td>121.6 hours/year</td>
<td>3.2% of discretionary time</td>
</tr>
<tr>
<td>Television</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Facebook</td>
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<td>Sports</td>
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</tbody>
</table>

4. Read Proverbs 26:13-16. What is the root cause of procrastination according to these verses?

5. The sluggard’s mind is full of excuses. Which one of the following is the main reason why you don’t get things done:

- [ ] I won’t do it well enough anyway, so why bother?
- [ ] I get distracted by other things.
- [ ] I don’t have enough time.
- [ ] I forget what needs to be done until it’s too late.
- [ ] I just really hate doing that particular task.
- [ ] Others don’t do their fair share, so I won’t either.
- [ ] The tasks are too difficult for me to complete.
- [ ] There is a lion in the street. I might get eaten.