

## SELF ASSESSMENT OF SLOTH

“not lagging behind in diligence, fervent in spirit, serving the Lord” [Rom 12:11]

*There are many areas of our life which gives us opportunity to be slothful. Of the following five major categories in which we might fall prey to a spirit of slothfulness, what would your honest evaluation of yourself indicate as to the degree of your own slothfulness in each respective category? [1=lower level of slothfulness. 5=higher level of slothfulness]*

### **Physical Tasks [home chores, vehicle maintenance, etc.]**

**0---1---2---3---4---5 [in the space below list at least one initiative you honestly intend to begin to counter your slothfulness in this area of your life.]**

### **Financial Tasks [overseeing or handling taxes, investments, financial matters for the family, etc.]**

**0---1---2---3---4---5 [in the space below list at least one initiative you honestly intend to begin to counter your slothfulness in this area of your life.]**

### **Relationship Building [relationship with your spouse, children, friends, work colleagues, intentionally meeting strangers and making new friends, etc.]**

**0---1---2---3---4---5 [in the space below list at least one initiative you honestly intend to begin to counter your slothfulness in this area of your life.]**

### **Spiritual Life [your devotion to God, quiet time, bible reading/study, scripture memorization/meditation, outreach, doing “good deeds” to others, participation in church/body life, etc.]**

**0---1---2---3---4---5 [in the space below list at least one initiative you honestly intend to begin to counter your slothfulness in this area of your life.]**

### **Mental/emotional growth [general reading, studying, taking courses, classes, seminars, eager to constantly be learning and growing as a person]**

**0---1---2---3---4---5 [in the space below list at least one initiative you honestly intend to begin to counter your slothfulness in this area of your life.]**

Physical health/maintenance [i.e. exercise, diet, food control, recreation, etc.]

0---1---2---3---4---5 [in the space below, list at least one initiative you honestly intend to begin to counter your slothfulness in this area of your life.]

Inform your spouse or another friend of the initiatives you intend to take, and ask her, or them to help you in keeping your commitments/initiatives you are making. "The spirit is willing but the flesh is weak"

Prov 4:23 "Watch over your heart with all diligence, for from it flow the springs of life"

Prov. 6:6-7 "Go to the ant O sluggard, observe her ways and be wise, which having no chief officer or ruler, Prepares her food in the summer and gathers her provision in the harvest"

Prov 12:24-"The hand of the diligent will rule, but the slack hand will be put to forced labor"

Prov 12:27-"A lazy man does not roast his prey, but *the precious possession of a man is diligence*".

Prov 22:13-"The sluggard says, 'there is a lion outside; I will be killed in the streets!'

Romans 12:8-"...he who leads with diligence"..

II Corinthians 8:22-"We have sent with them our brother, whom we have *often tested* and found diligent in many things"

Ephesians 4:3-"being diligent to *preserve the unity of the spirit* in the bond of peace".

II Timothy 2:15-"Be diligent to present yourself approved to God as a workman who does not need to be ashamed, accurately handling the word of truth".

Hebrews 6:11-12-"And we desire that each one of you show the same diligence so as to realize the full assurance of hope until the end, so that you will not be sluggish but imitators of those who through faith and patience inherit the promises."