



Episode V – Sloth and Zeal

***{Start with reviewing the previous Meetings Challenge or discuss prior to sharing this week's challenge.}**

Let's Begin: Think about how the challenge went for the last session. What went well? What was difficult?

Opening Prayer:

Begin with a brief moment of silence shaking off any and all distractions or difficulties of the day and remembering that God is always with us.

Read: **Psalm 73**

After the Reading Conclude with this prayer:

Heavenly Father, keep me zealous for Your mission and Your will in my life. Help me to never tire or grow weary of the spiritual path You lay before me. Help me to direct my passions rightly toward You and Your way. Amen.

Video: Seven Deadly Sins, Seven Lively Virtues Video: Episode V – Sloth and Zeal

Reflection or Discussion Questions:

1. Did anything said in this video on Sloth and Zeal resonate with you or truly strike you? Why?
2. St. Thomas Aquinas defines Sloth as, “Sorrow in regard to spiritual good.” The inability to muster the energy/interest in advancing in our spiritual life. What do you think of this definition? Have you seen this or felt this yourself?
3. Bishop Barron connects relativism (the tearing down of universal truth) with a spiritual paralysis that is synonymous with Sloth. What do you think about this connection?
4. Bishop Barron says the antidote for Sloth is, “zeal for the mission” and then gives various biblical examples. How do you see this play out in your life and the life of others around you?
5. Another set of antidotes he suggests is to prayerfully ask for your mission, read scripture with the urgent question about your mission, listen to the people around you, and practice the spiritual and corporal works of mercy. Out of these zealous actions which do you gravitate toward and which do you find more difficult?

Session Challenge:

- Re-consider question #5 about antidotes for sloth and put one of the suggestions into concrete action this next week.

Closing Prayer: (Leaders: We recommended offering time during the closing prayer for participants to offer personal intentions.)

Read Luke 1:39-45 keeping in mind how Mary “made haste” in her mission.

{Optional additional Readings} CCC 2733, CCC 2447