

THE WAY OF THE SLOTH

. . . Seven deadly sins. They sound so — deadly!

I have hard time thinking about these sins, especially when doing so becomes more experience and less an academic exercise. There is one that I've always been pretty sure that I've not committed. It is the sin of **SLOTH**. I've always thought of sloth to be doing nothing, or nothing "worthwhile." We could call it the couch potato sin. But, Lauren Winner challenges this view in her book *Still*. One Sunday morning at church one of her church friends commented, "*Busyness is the new sloth.*" That caused her to examine her life and to see that she was "*too lazy to do what's important, or hard, so [she stayed] busy with everything else.*"

Rebecca Konyndyk DeYoung fleshes this out in her book, *Glittering Vices*. She says that sloth is "*resistance to the demands that relationships of love make on us.*" We hide behind our lists, our phones, our computers, our activities, all to avoid the work of loving God and our neighbors.

So today, I put away my phone, my Facebook, and my endless to-do list for a moment of spiritual quietness. Has life's demands made you too a very busy sloth? ~B