



LESSON 5: AVOIDING LAZINESS - BE LIKE THE ANT

WELCOME

Choose one of the following to answer:

- When you travel, do you plan everything out or just figure it out as you go?
- What's something people can always count on you for?

WORSHIP

Listen to a song like "Awesome God" by Rich Mullins on YouTube, Spotify, etc. As you listen, reflect on questions like "How is God standing for you right now?" or "Where in your life do you currently see God's awesomeness on display?" After the song, take a few minutes to pray as a Life Group.

ABOUT THE ANT...

In Proverbs 6, the ant is used as a simple but powerful picture of what diligence looks like. No one is standing over it telling it what to do, yet it keeps working anyway. It doesn't wait until it's pressured, threatened, or forced. The ant just does what needs to be done, which is the kind of diligence Proverbs is talking about: something that comes from the inside, not from external pressure. The ant also thinks ahead so that it gathers food at the right time, choosing future security over present comfort. That's a sharp contrast to the mindset of "a little sleep, a little slumber," where rest now feels more important than what that delay might cost later.

What the ant does wouldn't impress anyone at first glance. Its work is repetitive, ordinary, and easy to overlook. But Proverbs reminds us that wisdom is built through small, daily habits, not big heroic moments. Instead of looking like outright rebellion or refusal, laziness shows up as putting things off, assuming there will always be more time tomorrow, etc. The ant's steady and faithful pace reveals how small delays can quietly add up to big problems over time.

The ant also takes responsibility instead of making excuses. It doesn't wait for perfect conditions or blame circumstances for why it can't act. Proverbs treats laziness as more than a personality trait or a lack of motivation—it's a failure to take responsibility for the life God has entrusted to us. That's why the consequences are described as showing up suddenly, "like a robber." When they arrive, they feel unexpected, but they're actually the result of long-term neglect. On the other hand, diligence works quietly in the background, protecting us from future crises by choosing to act early, consistently, and wisely.

WORD

****Below are seven discussion questions/prompts. There's no pressure to cover every question. As a Life Group, feel free to choose the questions/prompts that you want to cover and use the rest for personal reflection and deeper study during the week.*

1. How is the sluggard described in **Proverbs 6:1-11** (actions, speech, body language, intent, etc.)?

2. Read **Proverbs 6:6–8**. What does the ant teach us about wise living (foresight, faithfulness, responsibility, etc.)?

3. How does **Proverbs 6** challenge the assumption that spiritual failure usually begins with one dramatic act?

4. In **Proverbs 6** how do the themes of financial warnings (v. 1–5), diligence vs. laziness (v. 6–11), corruption of character/integrity (v. 12–19), and sexual sin (v. 20–35) build on one another? How do you see a similar progression in our society?

5. How does **Proverbs 6:20-35** describe adultery not only as sin against others but as self-harm?

6. How is life better when we live within God's guardrails by valuing stewardship, diligence, character, and sexual integrity?

7. Where in your life is God asking you to take responsibility or choose discipline instead of delay?

WITNESS

As Christians, we should always have at least one person in our lives with whom we are trying to share Jesus. So, who in your life needs to hear about Jesus? Share that name with your Life Group and then, as a Life Group, pray for all of the names that are shared.

PERSONAL REFLECTION & DEEPER STUDY FOR THIS WEEK

***This section is designed to help you continue reflecting on what you discussed in your Life Group. Hopefully, these questions and prompts will inspire you to listen to God, apply Scripture, and take your next step with Jesus. Work through them at your own pace, and invite the Holy Spirit to guide you as you draw closer to Him.

- Review any questions/prompts in the WORD section that your Life Group didn't get to, or ones you'd like to explore more deeply on your own.

- Read Proverbs 6 in one sitting every day this week.

- Memorize Proverbs 6:20 or Proverbs 6:20–22.

- Diligence and Laziness

Read Proverbs 6:6–11 alongside Galatians 6:7–9 and Hebrews 12:11.

- o How do these passages describe the relationship between present discipline and future outcomes?

- o Why are the consequences of laziness often delayed rather than immediate?

- o How does the phrase “a little sleep, a little slumber” describe subtle spiritual drift?

- o In what area might God be calling you to endure short-term discomfort for long-term good?

- o In what ways does diligence protect us spiritually, emotionally, and relationally?

- Desire and Consequences

Read Proverbs 6:24–35; Proverbs 5:3–14; and 1 Corinthians 6:18–20.

- o How do these passages present sexual sin as self-destructive rather than merely forbidden?

- o What metaphors are used to describe desire and its consequences, and why are they so vivid?

- o Why does Proverbs emphasize the inevitability of consequences rather than the possibility of escape?

- o How does this section challenge modern ideas about secrecy, autonomy, and control?