



ACEDIA: MANAGING MEDIOCRITY

DUMB WAYS TO LIVE

OVERCOME the 7 DEADLY SINS

Lust

Unrestrained sexual craving

Be pure.
Guard your heart.
Give yourself a project, exercise when you're bored.

Gluttony

To over-indulge, especially by over-eating

Be moderate.
Exercise regularly, avoid excess in eating and drinking.

Pride

Inflated sense of one's accomplishments

Be humble.
You need God and others. Pray and serve.

Sloth

Laziness, lack of effort

Be diligent.
Have a schedule, don't let your life revolve around resting.

Wrath

Uncontrolled feelings of hatred and anger

Be patient.
Moderate your emotions, take deep breaths before reacting.

Greed

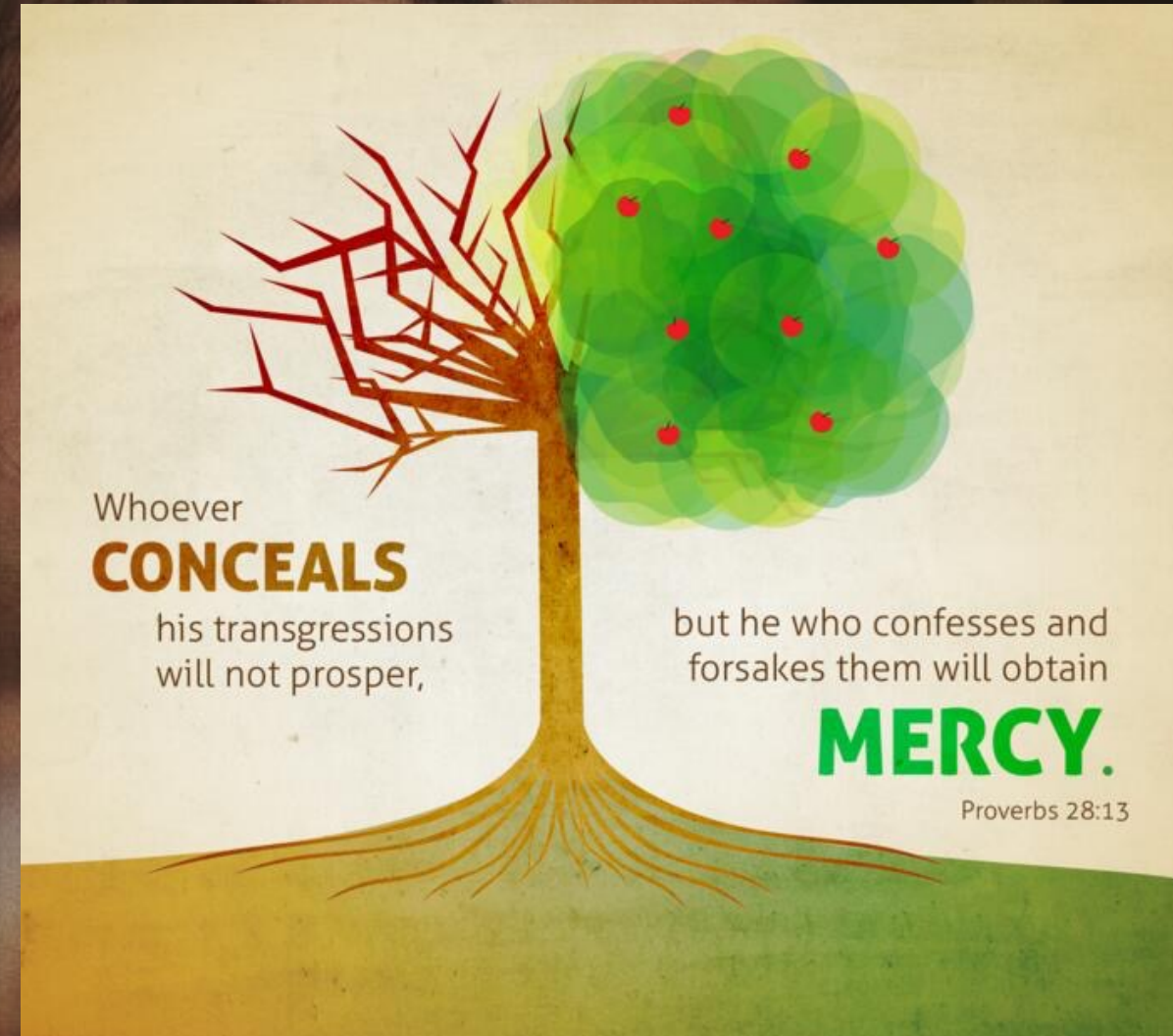
The excessive desire for material things

Be generous.
Donate something you like but don't need to the poor.

Envy

Jealousy towards another's happiness

Be thankful.
Thank God everyday for what you have and don't have.



THE MID-DAY DEMON



Acedia – Ακηδία

*Sloth / Negligence / Distraction /
Despondency / Listlessness / Indifference /
Laziness / Boredom / Depression /
Fatigue / Exhaustion / Torpor / Tedium /
Inattention/Procrastination/ Restlessness /*

*“Spiritual resistance to
spiritual progress.”*

It's a desire to run away from the destiny that God has called us towards. Acedia moves us to apathy and inactivity but also to busyness and distraction.

MANAGING MEDIOCRITY

LOVE THE LORD YOUR
GOD WITH ALL YOUR
HEART AND WITH ALL
YOUR SOUL AND WITH
ALL YOUR MIND.

&

LOVE YOUR NEIGHBOR
AS
YOURSELF.

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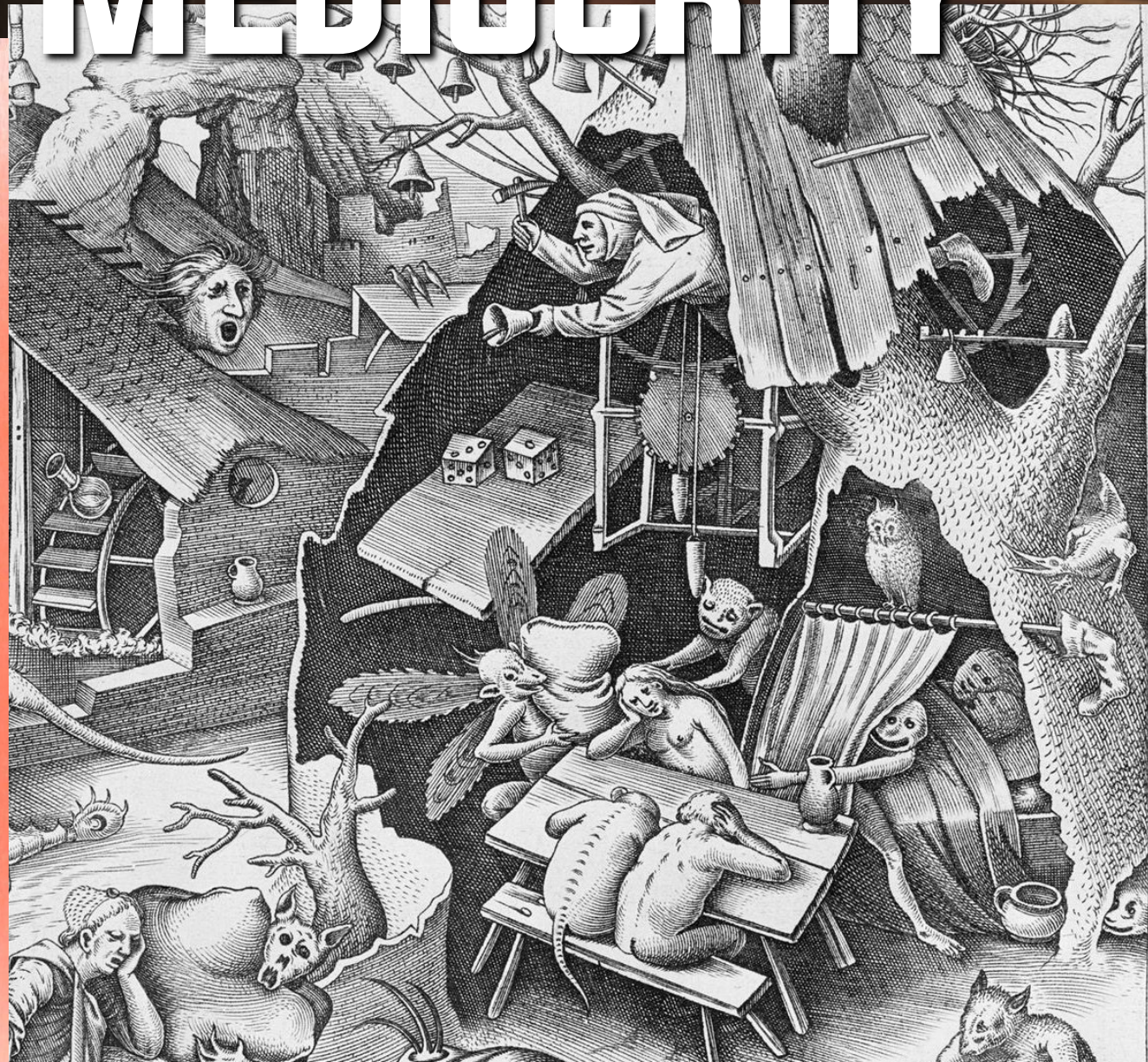
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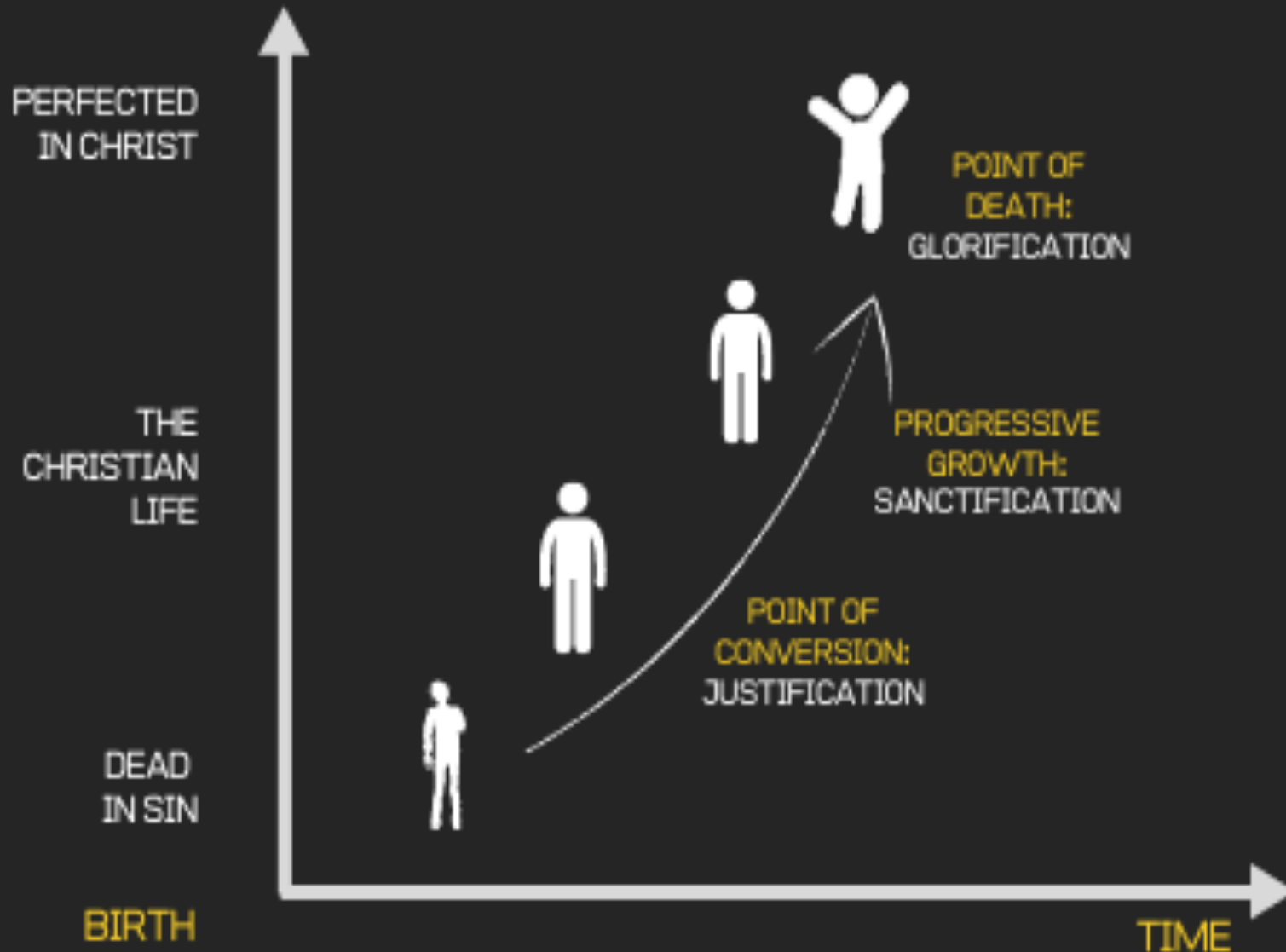
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THRILL & DRILL



Acedia attacks spiritual progress by doing two things:

- Making us apathetic to spiritual progress thru boredom or discouragement
- Distracting us willingly with busyness or other fleshly pursuits.

INCREASING MEASURE

2 Peter 1:5-8

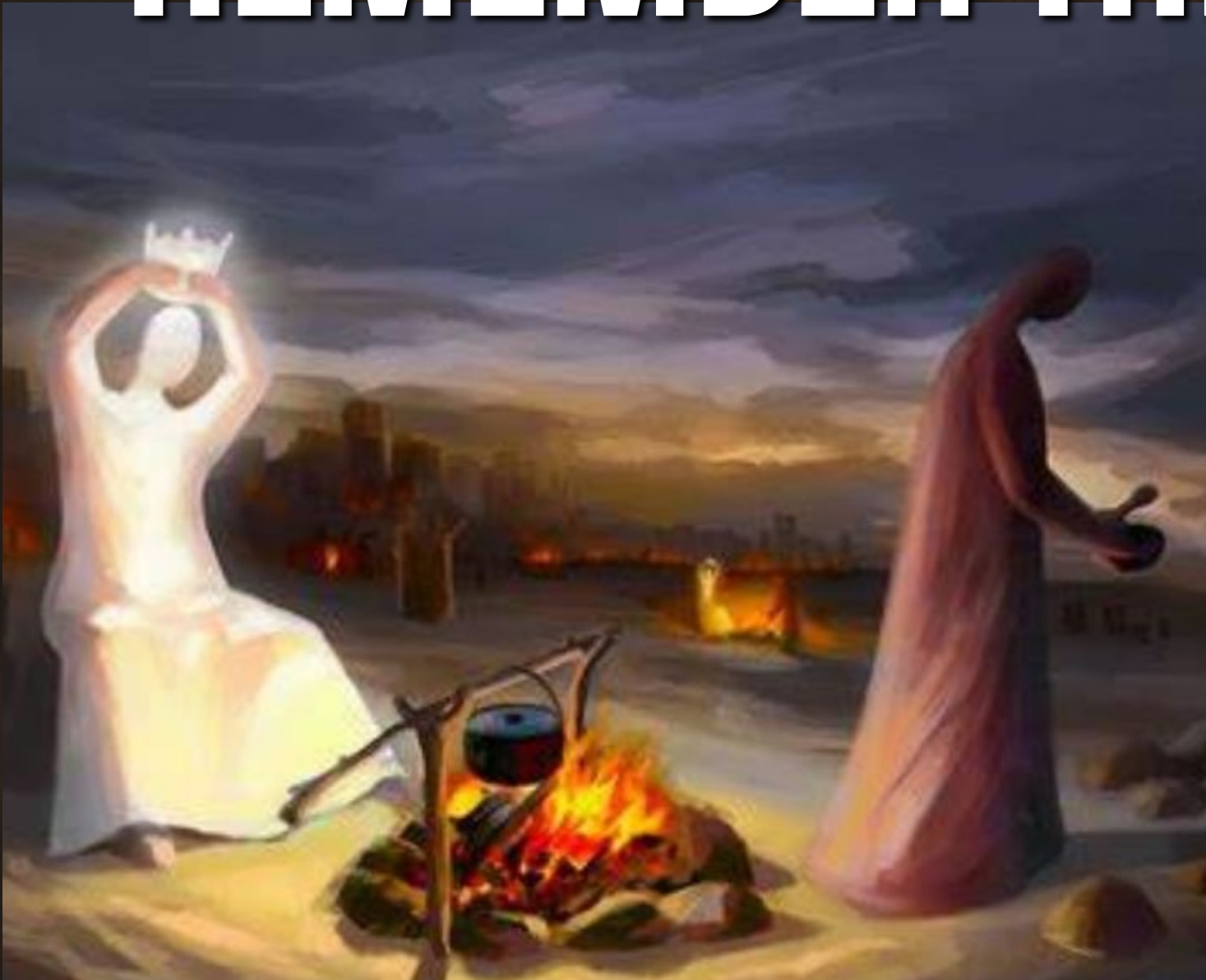


Make every effort to

add to
your

For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ.

REMEMBER THE REWARD



MARK 8:36

WHAT GOOD IS IT
FOR SOMEONE TO
GAIN THE WHOLE
WORLD, YET
FORFEIT
THEIR
SOUL?

FIGHTING ACEDIA

Stabilitas Locus: The stability of place. Stand your ground. Evagrius, *“Stay. You must not abandon the cell in times of temptation, fashioning excuses seemingly reasonable. Rather you must remain seated inside, exercise perseverance.”*

Keep Moving Forward: Routine and ritual are essential for spiritual progress. We need to learn to ignore what doesn't matter and make a deliberate effort to pursue what does. Learning (Bible study), prayer, quiet contemplation, and worship. Persevere in becoming like Jesus, even when it feels slow, difficult or mundane.

Connect to Community: Acedia thrives in isolation. One of the best ways to fight back against it is to immerse yourself in a community of believers who will encourage and support you.