

one with
virtue

**Lesson Plan
for Kids**
(12 and under)



Emma Breaks the Grip of Sloth

Emma was a girl who loved to dream big dreams. She imagined writing stories, learning piano, and helping her mom in the kitchen. At night, she would sometimes tell God all the things she hoped to become one day. Back then, she believed she would grow into those dreams. She just didn't realize that dreams require effort.

After school, Emma usually had homework, piano practice, and small chores to finish. At first, she tried to stay on top of them. But little by little, something inside her began to change. When it was time to begin, a quiet voice would whisper, "I don't feel like it."

Slowly, she began to listen to that voice. Instead of starting her homework, she scrolled through videos. Instead of practicing piano, she flopped onto her bed. Without realizing it, Emma was letting the **vice of sloth** take root in her heart. Sloth isn't just laziness of the body—it's laziness of the soul.



Source Teaching: Scan the QR code to access this source teaching as well as additional resources such as related Scripture, quotes, and more. Or, visit horseandchariot.com/the-vice-of-sloth

For Emma, sloth looked like constant delay. She would say, “I’ll do it later,” but later rarely came. Her chores piled up. Her practice grew sloppy. Even her prayers became rushed or forgotten. She wasn’t doing nothing—she was just doing everything that didn’t really matter.

At first, it felt easy. There was no pressure, no effort, no stretching herself. But soon she felt something else. She felt restless and bored. When her teacher returned a math test with a low grade, Emma sighed. She knew she could have done better. She just hadn’t tried.

Her mom gently reminded her about piano recital coming up. Emma shrugged. “I’ll practice tomorrow,” she said again. Deep down, she knew she wasn’t becoming who she wanted to be. Sloth had made the hard things seem unpleasant and the easy things seem irresistible.

By the end of the month, Emma felt unfulfilled. Her stories were half-written. Her room was messy. Her heart felt heavy with the quiet ache of unused potential. Sloth had promised comfort, but it had delivered regret.

One evening, Emma sat at her desk staring at a blank page. She remembered how excited she once felt about writing. She missed that feeling. She realized that she hadn’t lost her talent—she had just stopped pursuing it.

Emma understood that waiting to “feel like it” wasn’t working. She knelt beside her bed and prayed, “God, I’ve been avoiding the work You’ve given me. Help me choose what is good, even when it’s hard. Help me take the next step.” She knew she needed the **virtues of discipline and diligence**.

The next afternoon, when the whisper said, “Not today,” Emma answered it differently. She opened her math book and finished one assignment. Then she practiced piano for fifteen focused minutes. It wasn’t perfect, but it was a start.

Each small step felt like pushing against resistance. But something surprising happened. The more she worked, the lighter her heart felt. Discipline, though difficult at first, began to bring peace. She started finishing what she began.

Emma learned that sloth makes life smaller, but diligence makes it fuller. Choosing action over laziness didn’t make her busier—it made her stronger. When she stopped drifting and started moving forward, joy returned.

Emma discovered that God is not glorified in comfort, but in faithfulness. By taking steady steps—even when she didn’t feel like it—she began becoming who God created her to be. And in that pursuit, her soul awakened to something better than ease: living with purpose.

Simple Reflection Questions (5 Minutes)

Ask the kids these three questions to get them thinking:

- 1. The "Feeling" Question:** How did Emma feel after she kept saying, "I'll do it later"? *(Answers: Heavy, bored, restless, unfulfilled, regretful)*
- 2. The "Warning" Question:** What were the warning signs sloth was taking root in Emma's heart? *(Answers: Delaying homework, skipping practice, messy room)*
- 3. The "Grace" Question:** What changed when Emma stopped waiting to "feel like it" and took one small step?

The "Later vs. Now" Exercise (4 Minutes)

This is a physical way to show the difference between Sloth and Diligence.

Step 1 (The Drifting Life): Have everyone sit slouched in their chair with arms hanging loosely. Tell them: "This is what sloth looks like. We drift. We say, 'Later.' We wait to feel motivated. But nothing moves forward."

Step 2 (The Faithful Step): Now have everyone sit up straight, plant their feet firmly on the ground, and take one deliberate step forward. Tell them: "This is diligence. It doesn't wait for a feeling. It takes the next step, even when it's hard."

The "Help Me Begin" Prayer (2 Minutes)

Have the kids close their eyes and repeat after you:

Dear God,

- Sometimes I don't feel like doing what is good.
- Help me take the next step.
- Give me discipline and focus.
- Teach me to finish what I begin.
- Help me live with purpose.

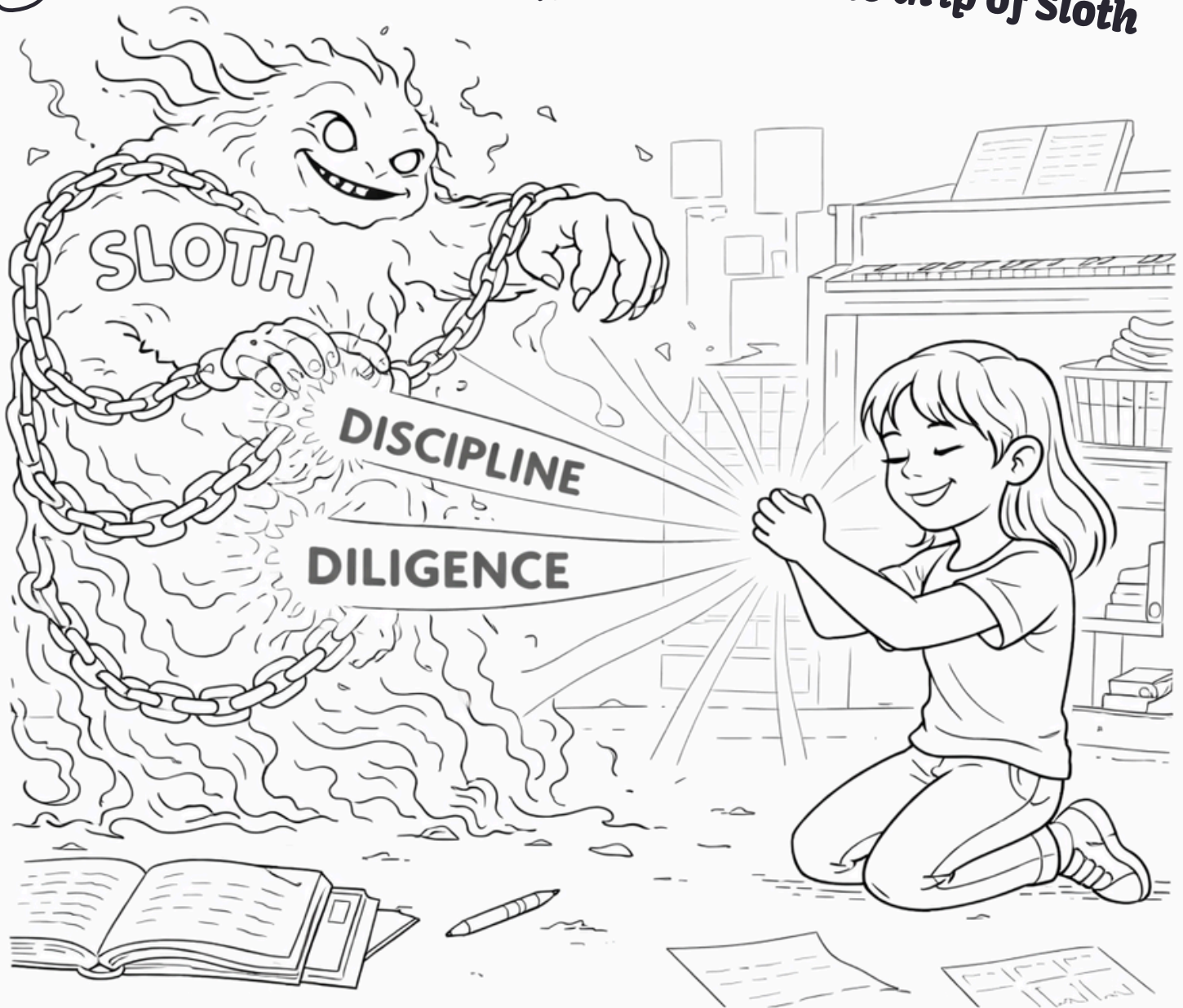
Amen.

Fun Extras:

- **Coloring Page:** Give the kids time to color and fill in the page on the back
- **Virtue over Sloth:** Talk through the examples at the bottom of the coloring page. Try to relate them to real-life situations you've encountered recently. This is a great way to connect the lesson to everyday life and gently challenge growth.

CHOOSE DISCIPLINE & DILIGENCE!

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Circle what it looks like to choose virtue over sloth

- Starting even when you don't feel like it — or — Saying, "I'll do it later," and never starting
- Leaving your room messy and walking away — or — Cleaning up even when no one is watching
- Practicing a little each day to get better — or — Lying on the couch instead of practicing
- Rushing through homework just to be done — or — Doing your best work and checking it twice
- Making excuses: "It's too hard. I give up." — or — Saying, "I can try again. I'm not giving up!"
- Stepping up and helping without being asked — or — Waiting for someone else to do the job