

"I don't like it ... and i don't want it!"

Bye, bye laziness



Objectives

To identify in which moments and with which behaviors we develop our laziness.

To be aware of the consequences of our laziness to ourselves and to those who are near to us.

Let's get ready for the meeting

FOOD FOR THOUGHT
FOR GROUP LEADERS
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LAZINESS, which means the sense of physical and mental heaviness

In the repertoire of experiences that life has in store for us, there is also the feeling of tiredness. It is human and valid, in our daily life, to think of sparing ourselves a bit from [doing a lot]. However, when the thought of saving our energy becomes predominant and leads us to a situation of immobility, this is

DISCOVER THE BEAUTY within you

GROUP LEADER GUIDE

where we also open ourselves to a life of emotional laziness, limiting our personal interests and [creating in us a] lack of interest in life in general. In certain daily situations, there are some challenges that put us in a dilemma: to fight on or to flee? Laziness refers to all those behaviors of foregoing, passivity and immobility that we can often recognize in ourselves in dealing with situations that happen to us. It's giving in to the thought: "Yes, but come on, I'll do it later," and it exposes us to the risk of a growing inactivity which brings with it even greater dissatisfaction and sadness, which are difficult to overcome.

A **social phenomenon**, as evidenced in recent years, is that of the "NEET GENERATION", that is, the generation of young people who do not study, work, or even engage themselves in a training course; such phenomenon reveals a state of pervasive laziness that leads the youth to live their day without developing a

personal life project that corresponds to their personal attitudes and aspirations.

In our daily life it is convenient, when facing with doubt between allowing ourselves to get involved and avoiding to commit ourselves to an activity, to recognize the challenge and throw ourselves into action: we will experience some satisfaction and a feeling of strength and vivacity that bring us happiness. An exercise that can help is training our will: it is good and rewarding to feel the hardship that we experience – even physically – and at the same time to consciously decide to not give up our projects! A simple way to remain active is by choosing to first commit ourselves to more difficult activities and later to easier or relaxing ones. We can – in substance – help ourselves to choose an active and creative life: we will experience satisfaction and a sense of freedom.

Bibliography

De Beni, M. (2013). *Educare. La sfida e il coraggio*. Roma: Città Nuova.



Who will free me from laziness?

OBJECTIVE: Whoever will get touched must not move, but is struck by “laziness”, and must wait for a teammate to liberate him/her according to various predefined ways.

VENUE: Outdoors

PLAYERS: at least four.

MATERIALS: balloons, strings, scissors

DURATION: 20-30 minutes of play
(split into 5-minute rounds)

FLOW: One or more players (according to the size of the group) is/are “Laziness” and has/have the task of chasing the others and touching them. Once touched, a player stops and must wait to be liberated by a teammate who is still running around (if he/she moves he/she will be disqualified). In order to be liberated, several ways can be established (Figure):



- he/she must be touched by his/her free teammate
- he/she remains standing and his/her free teammate must turn around him/her in circles twice
- he/she remains on his/her feet with legs apart and his/her free teammate must pass under him/her, etc.

Meanwhile “Laziness” tries to touch the other players or the person who tries to come to help the immobilized players. The game ends when “Laziness” succeeds in immobilizing all the other players or after the time set (5 minutes). In the next round, some players who were immobilized in the previous round should represent “Laziness.”



Inside the image

We suggest the activity below to discover together with the teens the message behind the allegorical drawing of LAZINESS

MATERIALS

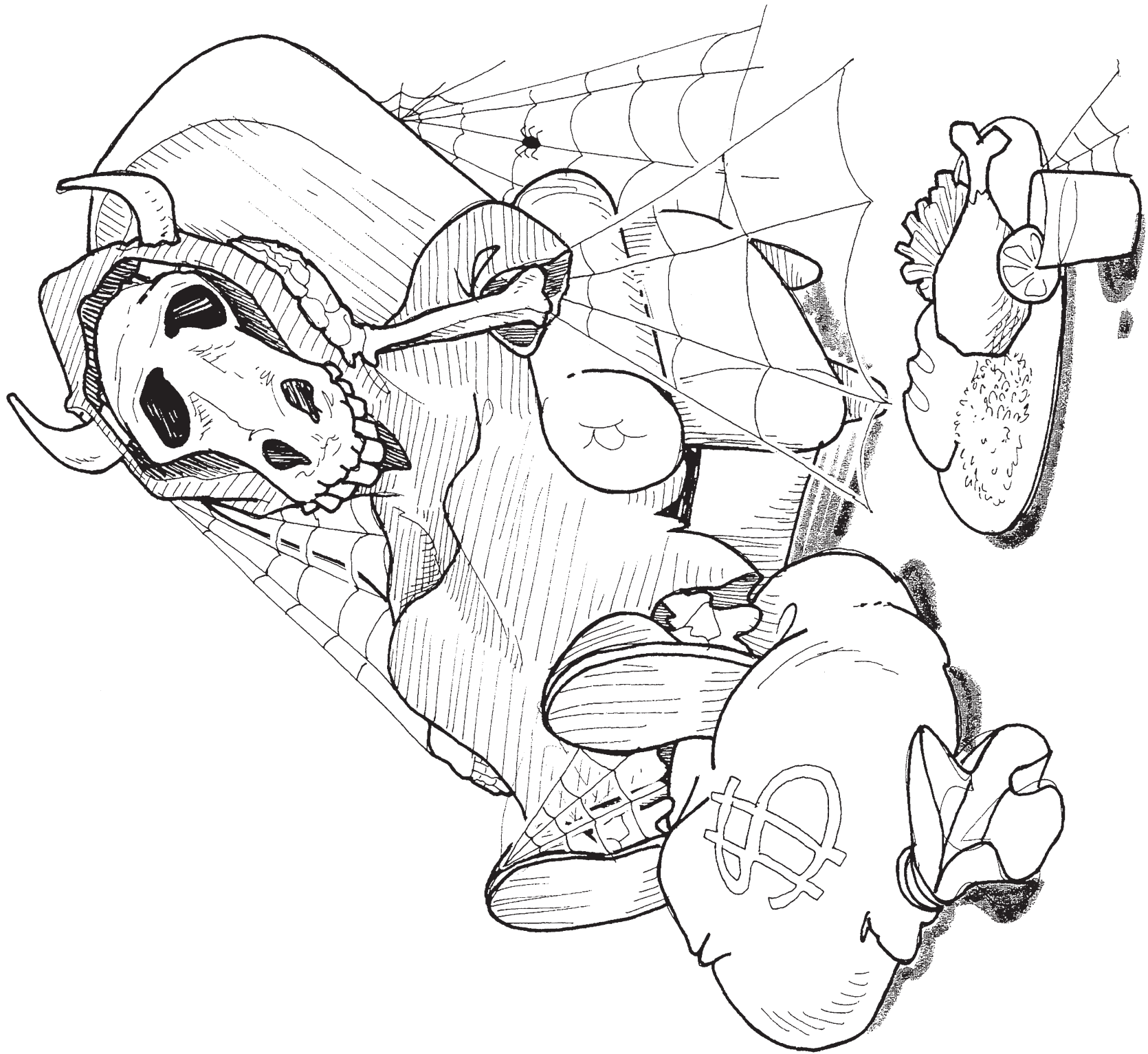
Photocopies of an allegorical drawing of laziness, white paper, pencils or marker pens.

FLOW The young people divide themselves in pairs or into small groups (staying apart from one another). In each group (or pair), only one young person receives the paper with the allegorical drawing of laziness without showing it to anyone. His/her task is to look attentively at the drawing and without showing it, tries to describe its content to the rest of the group. The

other young people in the group must try to draw on a white page what is being described to them. In the end, all the drawings will be collected and it will be decided which drawing most closely resembles the original drawing

REFLECTION We can take part in a brief discussion with some questions:

- In the group, what was the first characteristic of the drawing that you tried to describe? And why?
- Before seeing the original drawing, what ideas did you have of it? Did you imagine it differently?
- What can this drawing represent in the life of a young person? Which behaviors, in your opinion, could reduce us to being like that young person?
- What elements would you add around the drawing to make it more aligned to present reality or closer to the situations of laziness of young people today?



Let's live in this way

One day during vacation, my mother got ready to go out, but at a certain point, she asked me if I would like to go to the cinema with her; otherwise, she would have to go all by herself. I was comfortable in my pajamas on the armchair; I didn't want to go out.

So my mother went to her room to change. In that moment, I realized that I was not loving. I stood up from the armchair, got changed, then knocked on her bedroom door: "Mamma, I'm ready. What about you?"

M. [Switzerland]



A few years ago, I discovered I had a back problem. I had to use a back brace, but, because of the very hot summer, I used it less than the prescribed hours so that in my next radiography, the level of curvature became even more pronounced. I had to undergo rehabilitation in a specialized center, but my illness grew worse.

I began to get discouraged and give up, even leaving out my daily exercise. The unity of the Gen 3, however, gave me the push to do all I could up to the end every day, staying more faithful to my daily exercise. Little by little I began to notice some real progress and my back pain greatly diminished.

C. [Italy]

LAZINESS

It's that type of death seated in an armchair behind a spider's web, wearing rags, with money flying around here and there, and with food nearby, but which it did not deign to take, preferring to die of hunger.

It is laziness: it's like having underneath its chair a hundred kilograms of weight that is holding it down. It is also called idleness. Laziness: the vice which – they say – is father of all the others, because to an idle person, temptations to do all other evil things come

Chiara

Chiara Lubich,
Gen 3 Congress, 1973, Rocca di Papa,
"NO TO VICES, YES TO VIRTUES"

On <http://assistentigen3.focolare.org>
Video in IT – EN – ES
and PPT in international version



Points for Dialogue

- Think about your typical day: classify three things which you think are the most boring and which you do not like to do.
- What do you usually do when you are bored? How do you pass your time?
- Try to think of something that is tiring or boring for you, but which can make you happy in the end. What comes to your mind? Some examples: training in a sport to win a game, studying to get a good grade, making a long trip to go and meet a friend.

THE VOICE OF GOD

Do you want to learn how to love? To love God, to love your brothers and sisters for Him?

Don't wait for a moment, don't think much, don't pause to decide to love, but love at once in the present moment.

And loving means doing right away, right now, in this minute, God's will, not yours. Life consists of present moments which are worthwhile for those who want to work something.

It is the present moment, the fleeting moment, that counts, which for me, for you, for us, should be seen as an opportunity and lived well, until the end, by doing what God wants from us: studying, going for a walk, sleeping, eating, suffering, enjoying, playing ...

Learn how to listen in the depths of your soul the voice of God, the voice of conscience. It will tell you what God wants from you in each moment.

Does it lead you away from your neighbor? "Attention – your conscience tells you – you should love everyone, even your enemies..."

Do you want to skip your study time? "Attention – your conscience tells you – you will play with much joy after, if you perfectly do now your duty." And so on ...

Let's live well what God wants in the present moment; and, as one dot next to another dot makes a line, one moment next to another moment makes a life.

Chiara

Chiara Lubich,
Ogni momento è un dono, (Every moment is a gift
Rome 2008, pp. 87-88.

Let's try

"The clock of time given"

MATERIALS:
drawing of a
clock to be
cut, scissors,
coloring pens.

Cut, put together, and color the clock. This is the "clock of time given" and its hands move only when we are able to give our time to do an act of love.

To start, we can position the two hands at 12. From then on, every time we are able to not "waste time" but spend time doing something useful for ourselves and for others, we can move the hands forward some minutes or some hours based on how much time we have given.

At the back of the clock, we can keep a tally of the number of times our hands moved and went around the clock.



