



Vices cause numerous damage to people. The vice of laziness leads to carelessness, negligence, omissions, and paves the way for other evils.

Laziness grows when it feeds itself. When people prefer something easy on the Internet than an important task, postpone again and again an important task, so that the vice increases in the heart.

Backwards, laziness is defeated if at specific times, we prefer to tackle the important not only to get rid of a pending issue, but by the conviction that it is worthwhile to do the right required at any time.

The way to defeat laziness is through love. Hence the name of the virtue of diligence, the worst enemy of laziness and the best ally of perfection and so many other virtues.

Diligence is that willingness to act good at every moment and with encouragement and determination. Helping a family member, undertaking the work pending in the office or the factory, cleaning the room. They are concrete actions that arise from love.

Because love has its own characteristic of activity. Whoever loves, works to serve, to reach out, to accomplish tasks that are seen not only as obligations, but as part of the path that binds us to others.

In environments that exalt rest, true love will take the hearts out of laziness and propel them into an activity full of confidence.

Overcoming laziness is possible with something as simple as the love applied at every moment. Now, without waiting for times that we do not know will occur, we can dedicate our time, energy, mind and heart, to the most beautiful thing: to love God and our brothers and sisters through concrete actions.