



**“Delayed Gratification”  
A Practical Usage Of  
God’s Word  
Hebrews 11:24-26**



# Practical Living Experiences Confirm God's Word


- Over 40 years ago, a behavioral scientist at Stanford University conducted a series of studies on 600 children
- The investigators would sit pre-schoolers at a table and place a single marshmallow in front of the child
- They explained to the child that he/she could either eat that marshmallow now or wait 15 minutes and get 2 marshmallows
- Predictably, most of the children decided that 1 marshmallow in the hand was worth 2 in the future



# The Study Didn't End There!

## The Researchers Tracked Those Children For Almost 20 Years!

- The children “who waited,” were less prone to give in to peer pressure
- They were less likely to panic under stress
- They, overall, tended to be more self-reliant, confident, and more trustworthy than those who had trouble postponing their gratification (rather than impulse-driven)
- They, overall, had better S.A.T. scores and focused time



# Instant Gratification Has Become the Rule Of Our Society!

- Our laptops and phones must have a certain speed
- We service our whole automobiles at “*Jiffy Lube*”
- It’s easier for us to bank over the phone now than at an A.T.M., much less go inside a bank building
- Pick up a gallon of milk at a high-priced “*Quick Mart*”
- Pay extra for high-speed internet
- We must ship our packages by “*AMAZON*” overnight
- We are mad if our order of “*chicken nuggets*” at the drive-thru makes us pull over into the “waiting spaces”



# Observations

- ▶ Like the children in the first analogy, some of us will not wait for “*the second marshmallow*” and “*postpone our gratification*”

**We Grow Into Adulthood  
With the Same Childish  
Desires!**

**We Want What We Want  
When We Want It!**

# Impulse Gratification In Adulthood Can Lead to All Kinds Of Destructive Tendencies!

- Unsuccessful Marriages - *“Locked in” on sex before marriage. We don’t “vet each other”*
- Lower Job Satisfaction - *didn’t study long enough, poor grades (has nothing to do with intellect, but wanting to avoid “the ordeal of studying”) no instant gratification*

*“How long will you lie there you sluggard? (be impulse driven) When will you get up from your sleep? A little sleep, a little slumber, a little folding of the hands to rest,---and poverty will come on you like a thief and scarcity like and armed man.”*

*Proverbs 6:10-11*

## How Do You Determine If You Have a Problem With the Desire for Instant Gratification? Answer These Questions:

- ▶ Do you buy things on credit simply because *“I want it now?”* (no thoughts on responsibility) *It’s about looks, status, sense of self*  
or *“I want my child to have this”*

One of the forgotten phrases of the last generation is, *“We can’t afford this right now!”*

- ▶ Do you get discouraged if you don’t see quick results? (*dieting, studying, savings*)
- ▶ Am I prone to take shortcuts in my job because they are quicker, whether it’s right or wrong? (sometimes it’s easier to make a false statement than do the work)

Skip classes rather than take them



# Questions



- ▶ Do I expect my times of prayer and worship to bring quick results, or do I persevere even when I seem to be deriving no immediate benefit?

Do I tend to stop praying for something when God doesn't answer quickly? Isaiah 40:31 says to wait!

- ▶ Do I give financially to the church on a regular basis, or does my stewardship and service change based on what I feel I'm getting out of it?
- ▶ Do I tend to value quick results rather than quality results? Ecclesiastes 11:1 (*Ship your grain across the sea; after many days you may receive a return*)

Who Determines That? ("after many days")





# What Then Is Delayed Gratification?

*The Process in Which You Schedule the Pain and Pleasure of Life in Such a Way as to Enhance the Pleasure By Meeting the Pain First and Getting It Over With*

*(It's really the only decent way to live!) Hebrews 11:24-26*

*Whether it's Academics, Relationships, or Christianity*



# The Plan Of Salvation

**Hear the Gospel**                      **Acts 15:7**

**Believe the Gospel**                **Acts 15:7**

**Repent of Sins**                      **Acts 17:30**

**Confess Christ**                      **Acts 8:37**

**Be Baptized**                         **Acts 8:38**