

The Deception of Instant Gratification

IT'S MY MONEY



I WANT IT NOW!



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“Gratification” is the pleasurable emotional reaction of happiness in response to a fulfillment of a desire or goal.

The term **“immediate gratification”** is often used to label the satisfactions gained by more impulsive behaviors: choosing now over tomorrow.

The skill of giving preference to long-term goals over more immediate ones is known as **“deferred gratification”** or **patience**, and it is usually considered a virtue, producing rewards in the long term.

-- R. F. Baumeister/B. J. Bushman, *Social Psychology and Human Nature* (2010) p. 49

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How can I overcome the temptation of instant gratification?

- Pre-commitment: One of the best ways to protect yourself from the temptation of instant gratification is to make decisions beforehand. Heb. 11:24-27 (cf. Joseph)
- Know yourself: Make an honest assessment of yourself, with strengths and weaknesses. Write down those temptations you most often fall to and try to understand why you do so. James 1:13-15

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How can I overcome the temptation of instant gratification?

- Manage your environment: Do not allow yourself to be put in a position to be tempted by something you know you struggle with. Eph. 5:15-17 (cf. David)
- Remember why we are fighting the pleasures of this life: We seek the one to come! It will be worth it! II Pet. 3:12-14 (“look” – to await, expect; to think of)