

# **Gospel Hope for Instant Gratification Junkies**

Shannon McCoy

## **I. WHAT IS INSTANT GRATIFICATION?**

Instant gratification is satisfying a desire immediately, without delay or deferment.

1. It is a Mindset.
  - How we think
2. It is a Habit.
  - How we act
3. It is an Opportunity.
  - How we desire

## **II. HOW IS INSTANT GRATIFICATION A TRAP?**

A trap is something by which one is caught or stopped unawares.

1. Conflict of the Mind
2. Conflict of the Soul
3. Conflict of the Heart

## **III. INSTANT GRATIFICATION IN THE BIBLE**

1. The Garden Incident
  - Adam and Eve (Genesis 3:1-7)
2. Taking Matters into Their Own Hands
  - Abram and Sarai (Genesis 16)
3. A Man of the Wild
  - Esau and His Birth Right (Genesis 25:29-34)
4. Rebel with a Cause
  - Peter and His Sword (John 18:1-11)

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## **IV. WHAT IS DELAYED GRATIFICATION?**

Delayed gratification is the ability to resist a smaller but immediate reward while waiting for a larger more enduring reward in the future.

1. It is a Mindset.
  - How we think
2. It is a Virtue.
  - How we act
3. It is an Opportunity.
  - How we desire

## **V. DELAYED GRATIFICATION IN THE BIBLE**

Jesus resisted instant gratification by choosing delayed gratification (Luke 4:1-13).

1. The First Temptation
  - The Lust of the Flesh
2. The Second Temptation
  - The Lust of the Eyes
3. The Third Temptation
  - The Boastful Pride of Life

The principles of delayed gratification

- God's Will
- God's Way
- God's Timing

## **VI. GOSPEL HOPE FOR INSTANT GRATIFICATION JUNKIES**

The Prodigal Son (Luke 15:11-32)

- Acknowledgement
- Confession
- Repentance
- Reconciliation
- Restoration