

Delaying Gratification (becomes an addiction)

What do we get instant gratification from? Basically saying- what are we slaves to ?

What drug are we itching for?

- fast food
- Streaming services (no commercials, whole seasons out at once)
- Social media likes
- Cant sit in traffic
- Internet - AOL
- Gambling
- Online shopping one button + 1 day delivery
- Text/calls (we can only text 20/month before were locked)
- prayers answered immediately

Instant Gratification in the bible

- jacob and esau (Gen 25:29-34)
- Sold his birthright for soup bc he was tired from a days work in the field
- Birthright:
 - Double inheritance compared to younger son
 - Leader of family after father death
 - Continue gods covenant and lineage of messiah
 - Traded for a temporary satisfaction of hunger

Delayed Gratification in bible

- jesus tempted (40 days no water or bread)
 - After resisting and delaying gratification: Matthew 4:11
 - "Then the devil left him and angels came to minister to him"

What do we delay gratification in?

- Study for a good job
- Save \$ instead of shopping
- Waiting on God to answer a prayer
- Deny your pleasure
 - I want to watch tv: instead read a book
 - I want to sleep: get up and pray 5 min.

The culture taught us:

- You always have to be doing something
- You cant sit without your mind wandering
- You cant sit without making a sound
- You cant sit without fidgeting with something

Fasting time is not about food

- discipline
- Delay gratification
 - Want to eat fetari food
 - I want to scroll on social media
- Control the urges
 - First we need to control the body
 - Be hungry a little. Delay breakfast, lunch, dinner
 - Then control the mind
 - Delay lustful thoughts
 - Delay negative self-talk
 - Then we can control our soul
 - When sin comes we can reject it
 - St. Antony- delayed comfort by going back to the cave with the devil

Delayed Gratification- freedom

“I have adhd” - NO- you are undisciplined and dont want to control your urges

Ask God for patience and strength this fast.