

## WORSHIP

### SUGGESTED WORSHIP SONGS:

Our God is Greater, We Praise Your Name, Blessed be Your Name

## WELCOME

**Waiting.** Do you like waiting? Briefly explain why.

## WORD

### 1 TIMOTHY 4:7–8

<sup>7</sup>On the other hand, discipline yourself for the purpose of godliness; <sup>8</sup>for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come.

Most people do not like waiting. Today's generation want everything immediately. "Immediate-itis" is the tendency to choose a small reward now at the expense of a larger reward later. It is a spiritual disease that demands a quick and immediate gratification of desires.

Many people cannot handle money, success or relationships when it happens too quickly because maturity takes time. Thus, learning the principle of waiting is critical because in reality, waiting is part of our growth. If we rush it, we may not be able to enjoy the benefits of what we desire in full. It is also easier to make mistakes when we are in a hurry.

In the Bible, we can learn certain disciplines on how to overcome the temptation of immediate gratification.

### PRACTICE DISCIPLINE FOR GODLINESS

To overcome "immediate-itis" we must practice self-discipline. This is the ability to say no to immediate gratification and say yes to what is best for the future.

Discipline for the sake of discipline is a drudgery, and physical discipline only gives temporary benefits. But discipline for a higher purpose of godliness is a delight and is more profitable (1 Corinthians 9:25–27); it holds a promise not only to our present life on earth but also for our life to come (1 Timothy 4:8).

The Bible tells us that life on earth is a preparation for eternity. Christianity does not begin and end with salvation. We are also called to take on a serious mission on earth. For that, we must exercise self-control in order for us not to get disqualified for the imperishable prize that awaits us. Life on earth is only a preparation for an eternal future.

If we truly want to follow Jesus, our lives should be in full obedience to Him. A true follower of Jesus will

not live in willful disobedience. Christianity is simple – salvation is free but we cannot be a follower of Jesus if we are not following Him.

### PRACTICE DISCIPLINE FOR GOD'S BEST

**Samson** was physically strong but he had no self-control for his desires especially when it comes to women (Judges 14:2–3; 16:1). He became very consumed with his sexual appetite that he did not realize God's presence in his life had already departed him. He was spiritually blind long before he lost his eyes to his enemies. He made choices that cost him to lose his God-given strength and he ended up being bound in chains as a prisoner of the Philistines. God called Samson to walk with him, but he got caught up with temptation.

*"Temptation is an exit ramp from the road  
God has called you to be on."*

– Tim Keller

We should all be careful not to compromise what we want most for what we want now. We should all pursue God's best. It is not enough that we know God's will, we have to do it God's way and in God's time.

$$\boxed{\text{God's Will}} + \boxed{\text{God's Way}} + \boxed{\text{God's Time}} = \text{God's Best}$$

Usually we do not receive God's best because we are not willing to wait. God is using the waiting period to mold our character. Therefore, we should not quit and learn to wait.

**Jesus** himself was tempted by the devil (Matthew 4:1–2). But Jesus came out victorious because He was practicing spiritual disciplines of prayer and fasting,

## WORD (cont'd)

being alone with God (solitude), listening to Him (silence) and meditating on the Word of God (Scripture reading).

Jesus did not use His divine power to overcome temptation. When He was tempted, He was perfectly human in the flesh like us, but He did not sin (**Hebrews 4:15**). We know that He understands the temptations we face, because the Bible says He Himself was tempted in every way. More so, He modeled to us how we can also overcome temptation and not sin. The key is to be constantly practicing spiritual discipline.

If we begin to believe that the devil is offering something better, we will find ourselves falling into his trap to commit sin sooner or later.

Jesus did not fall from the trap of the devil because He knew God has something better. Jesus knew that the kingdom of this world was nothing and that it was temporal and what God promised Him was eternal.

Temptation is real. We will always encounter temptation but we should take it as a privilege to show the world that in Christ we can overcome it.

Temptation in our lives is not meant for us to sin, it is an opportunity to show the adequacy of God. We will naturally despair, but if we believe in God and His promises, we will supernaturally be strong in waiting upon the LORD to give us His best (**Psalm 27:3-14**).

### DISCUSSION QUESTIONS:

*(Leaders: Please choose questions that are appropriate to the level of spiritual maturity of your members)*

1. **Discipline for Godliness.** What is the command and the promise according to **1 Timothy 4:7-8**?
2. **Wait and See.** What are the consequences of not waiting and the benefits of waiting based on the passages we studied today?
3. **I Will.** What will you start and stop doing to overcome “immediate-itis”? What are your discipline goals?

## WORKS

### MY MARSHMALLOW TEST

The follow up studies of the Stanford Marshmallow Experiment showed that after many years, the children who were able to wait for the reward in the experiment came out to have better SAT scores, educational attainment, family life, social life, health condition and other life measures than those who were not able to wait.

Apparently, there is a direct correlation between delayed gratification and success in life.

How are you in terms of delayed gratification? What are the marshmallows in your life?

Identify and share them with your accountability partner. Pray and help each overcome instant gratification by practicing regular self-discipline.

### WEEKLY PRAYER POINTS

#### I. Thanksgiving

- Worship God for who He is, what He has done, and what He will do in our lives

#### II. Country and the World

- Upright and moral governance of Public Servants and a God-centered Philippines
- Repentance and Salvation

#### III. Church

- That CCF Members would honor and love God and make disciples
- Elders, Pastors, Leaders, and Families
- Ministries and Churches worldwide

#### IV. CCF Facilities

- Worship and Training Center
- Prayer Mountain

#### V. Personal Concerns

- Deeper intimate relationship with God
- Righteous living
- Salvation of family and friends