

## Fruit Salad: Waiting for The Second Marshmallow

### Small Group Discussion Guide

If you have access to a device that's connect to the internet, start your discussion by watching the Marshmallow test:

[https://www.youtube.com/watch?v=QX\\_oy9614HQ](https://www.youtube.com/watch?v=QX_oy9614HQ)

If you can't use the link, type "marshmallow test" into the YouTube search bar. The video is posted by *Igniter Media* (runtime is 3:28).

Take a few minutes to read Proverbs 7, then share your thoughts. Does anything immediately jump out at you?

Share about a time that you were seduced by instant gratification. Was it worth it? How did you feel afterward?

Why do you think the voice of now speaks so much louder than the voice of later?

All that we know about the young man is that he's "simple." A study of the book of Proverbs would show you that someone who is simple is someone who isn't committed to be wise—they don't make wisdom a priority. What are some practical ways that we can make wisdom a priority in our own lives?

Seduction has the ability to blind us. In result, **we often sacrifice what we want most for what we want now.** As you feel comfortable share some real-life examples of this.

How can we remind ourselves of what we want most in the moments we're tempted by what we want now?

How does an intimate relationship with Jesus help us combat the power and seduction of instant gratification?