

April 22-23-24, 2016

The
HELP
That Comes From
GOD
Acts 26:22

Bartlett church of Christ

Help! I need more self control!

The Marshmallow Principle

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God and the Bible love self-control	<i>versus</i>	Society hates self-control
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You can learn self-discipline!

The Marshmallow Principle

- Stop making excuses for eating one marshmallow.
- Plan to deal with the temptation of one marshmallow.
- Stop staring at one marshmallow while you're waiting for two.
- Keep thinking about that reward.