

# Spring Meeting – March 5-8, 2017





# Spring Meeting 2017

## Sunday

*AM - Help!  
I need  
more self-  
control.*

*PM - Help!  
I am not  
very  
grateful.*

## Monday

*Help!  
Daily Bible  
reading is  
a chore.*

## Tuesday

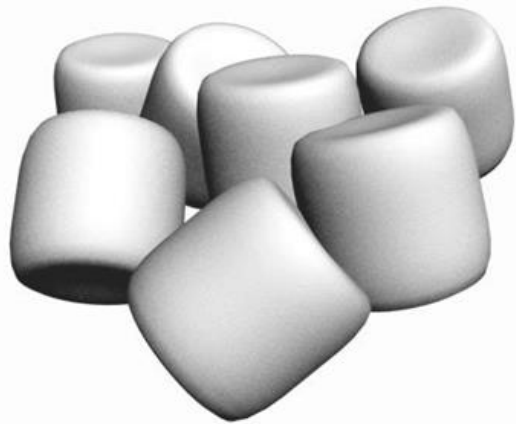
*Help! My  
zeal is  
running  
low.*

## Wednesday

*Help! I'm  
afraid of  
death and  
dying.*



# *The Marshmallow Principle*



**Help! I need  
more self  
control!**



# The Marshmallow Principle

**God and the  
Bible love  
self-control**

*versus*

**Society  
hates  
self-control**

**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.