



## 3 Screens

### *“Now and Later” Discussion Guide*

*Intended for use as soon as possible after the assembly program.*

**Allow 15-20 minutes to discuss the following questions:**

If you don't have time for all of the following questions, choose those you think will be best in your situation:

1. What kinds of things provide the best instant gratification?
2. Does anyone want to share a personal example of good instant gratification?
3. What are some things we really need to do or have now?
4. List some areas where seeking instant gratification does more harm than good. Examples?
5. What kinds of things are better when we wait for them or save them for later?
6. What kinds of things are better when we work hard before they can be enjoyed.
7. List some words and phrases that can be associated with delayed gratification.

(Patience; perseverance; contentment; diligence; hard work; accomplishment; achievement; overcoming; “Good things come to those who wait”; “Patience is a virtue”; “The best things are worth waiting for.”)

Point out how few negative and how many positive things are associated with delayed gratification.

Suggested assignment: Choose one or two things you need to do now, and one or two you need to work toward for later. Write them out and keep a reminder somewhere it won't be lost.