

# NSD Notes

*For though I be free from all men, yet have I made myself servant unto all, that I might gain the more. (1 Cor. 9:19)*

Volume 1 No. 6

February 8, 2009

## Services

Bible Study ..... 10 a.m.  
Morning Service.....11 a.m.  
Evening Service.....6 p.m.  
Wednesday Meeting.....7 p.m.

## News @ NSD

### WELCOME VISITORS!

#### Please pray for:

- **Dema Franklin** – broke her wrist last week and is unable to drive for the next 6 weeks.
- **Ken and Martha Holloway** – Ken is unable to drive until he receives his new lenses; Martha has recurring heart problems.
- **Jason Henderson** – travelling.
- **Ernest Peeples** – awaiting deployment to Kuwait.
- **Jeanne Lynne** - will begin aggressive chemotherapy treatment this month.
- **Chuck Holloway** (Ken’s brother) and **Benjamin Hoskins** (Daniel’s Dad) need prayer for their recurring ailments.

Please **update your Member Directory** with the new page for Perette Godwin. The new page is on the table in the foyer.

**The next Ladies Bible Study is tomorrow, February 9<sup>th</sup> at the Hoskins’ home.**

## MARSHMALLOW TEST

*David A. Sargent*

In the 1960s, Walter Mischel conducted an experiment at Stanford University called *The Marshmallow Experiment*. The experiment involved testing a group of four-year-olds. Each was offered a marshmallow and promised another, only if they could wait 20 minutes before eating the first one.

The children reacted differently. Some gobbled down the lone marshmallow immediately. Others kept looking at the marshmallow, smelling it, and even touching it, but refrained from eating it. Others sought to distract themselves by singing or walking around until the second marshmallow arrived.

Researchers then followed the progress of each child into adolescence and found that those with the ability to wait were better adjusted and more dependable (as determined by surveys of parents and teachers). Those who waited also scored an average of 210 points higher on the Scholastic Aptitude Test.

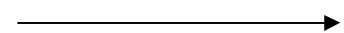
On the other hand, the one-third that could not wait for the second marshmallow continued to demonstrate the lack of ability to control immediate impulses to achieve long-range goals. For example, Ronald Gross cites that when it was time for the big test, they would tend to get distracted into watching a favorite television program.

Ques: HOW DO WE FIGHT TEMPTATION?

The ability to wait in order to obtain a greater reward has been termed "*delayed gratification*." It requires one to exercise self-control to say "NO" to something NOW in order to obtain a greater benefit in the future.

Observe a "case study" in the life of a man named Moses:

*"By faith Moses, when he became of age, refused to be called the son of Pharaoh's daughter, choosing rather to suffer affliction with the people of God than to enjoy the passing pleasures of sin, esteeming the reproach of Christ greater riches than the treasures in Egypt; for he looked to the reward."* (Hebrews 11:24-26)



# North San Diego church of Christ

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All are welcome to our worship  
and study meetings!

... singing psalms and hymns and spiritual songs with  
thankfulness in your hearts to God. **Col 3:16**

My praise shall be of You in the great  
assembly;

I will pay My vows before those who  
fear Him.

The poor shall eat and be satisfied;  
those who seek Him will praise the  
LORD.

Let your heart live forever!

All the ends of the world shall  
remember and turn to the LORD,  
and all the families of the nations  
shall worship before You.

For the kingdom is the LORD's, and He  
rules over the nations.

**Psalm 22:25-28**

All people that on earth do dwell  
Sing to the Lord with cheerful voice  
Him serve with mirth, His praise forth tell  
Come ye before Him and rejoice

O enter then His gates with joy  
Within His courts His praise proclaim  
Let thankful songs your tongues employ  
O bless and magnify his name

**Louis Bourgeois**

## [Marshmallow Test]

Moses' first marshmallow was the treasure of Egypt. He was willing to say "NO" to it in order to obtain the reward of following God!

Each of us is tempted with "marshmallows." Satan makes sure of that. Giving in to these temptations is called SIN;

*Let no one say when he is tempted, "I am tempted by God"; for God cannot be tempted by evil, nor does He Himself tempt anyone. But each one is tempted when he is drawn away by his own desires and enticed. Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death. (James 1:13-15)*

And the wages of sin is death;

*For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. (Romans 6:23)*

**Ans: THROUGH  
JESUS CHRIST  
OUR LORD!**

(Rom 7:25)

None of us has ever been successful in denying ourselves the temporary pleasures of sin and therefore we are guilty.

*There is no difference, for all have sinned and fall short of the glory of God. (Romans 3:23)*

But God loves us so much that He gave His Son Jesus to die on the cross for our sins so that we may have forgiveness of our sins and the hope of eternal life. He will forgive those who trust in Jesus turn from sin in repentance, confess Jesus before men, and who are baptized into Christ.

So we must focus on the great reward by following Him, and with His help and grace continue to say "NO" to sin and "YES" to eternal life.

Say "NO" to the instant gratification of sin and "YES" to Christ so that you may receive the greatest gift of all.

*From Living Water, Feb 2, 2009.*

**ELDERS:** Dan Austin, Robyn E. Hamilton

**DEACON:** Matt Wells

**MINISTER:** Dan Austin