

Rationalism Steeped in Instant Gratification

Handout

This handout summarizes the key themes and questions from the presentation on how modern culture blends rationalism with instant gratification, and the implications for our personal, ethical, and spiritual lives.

Key Concepts

- Rationalism: A cultural emphasis on logic, efficiency, measurement, and optimization.
- Instant Gratification: The desire for immediate rewards, reinforced by technology and consumer culture.
- Rational Impulsivity: When rational systems (e.g., algorithms) are used to satisfy short-term cravings.

Cultural Impacts

- Productivity culture devalues emotional and moral depth.
- Public discourse favors speed and reactivity over reflection.
- Americans experience tension between high performance and emotional burnout.

Church and Faith

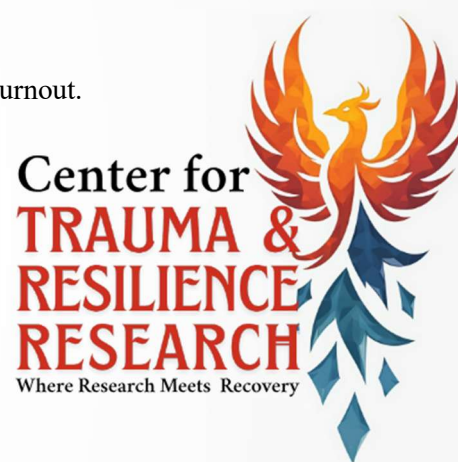
- Churches may adopt business metrics and consumer appeal strategies.
- Worship can become performance-driven rather than contemplative.
- Faith is sometimes sold as a quick fix rather than a lifelong formation.

Moving Forward

- Embrace spiritual practices that foster patience: prayer, fasting, silence.
- Encourage deep learning, long-term discipleship, and communal discernment.
- Reclaim the value of mystery, waiting, and moral imagination.

Reflection Questions

1. Where do I notice instant gratification shaping my decisions?
2. How do I measure success—in my life, my work, my faith?
3. What practices could help me slow down and deepen my values?
4. How might I support others in resisting the pressure to perform or please quickly?



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