

### WHAT ARE YOU SEEKING IN YOUR SPENDING?

Proverbs 21:20

*Precious treasure and oil are in a wise man's dwelling, but a foolish man devours it.*

Proverbs 17:1

*Better is a dry morsel with quiet than a house full of feasting with strife.*

Proverbs 22:7

*The rich rules over the poor, and the borrower is the slave of the lender.*

Q: To what degree are my reservations about tithing and giving influenced by my current debt level?

Q: Why do we buy stuff we don't need and can't afford?

A: New stuff creates a momentary sensation of happiness.

Q: What if I'm out of debt?

A: Pray and seek how God would lead you to maximize your generosity potential.

### Six Reasons Why People Stay in Debt

1. They want to keep up appearances.
2. They are unwilling to sacrifice.
3. They fear change.
4. They're addicted to stuff.
5. They don't know how.
6. They're lazy.<sup>1</sup>

### Foundations of financial health

- God **own** it all, **knows** it all, and **loves** me.
- You don't serve the budget; the budget serves you as you serve God.

### Steps to financial health

- 1) Give to God: Take the Big Test and start tithing (10%).
- 2) Give to yourself: Retirement (10%).
- 3) Make a financial battle plan to get out of debt (Budget).<sup>2</sup>
- 4) Build a \$1,000 emergency fund.
- 5) Avoid going into debt for depreciating items.
- 6) If your finances reflect that credit cards are dangerous for you, do plastic surgery today.

- 7) Go to a cash envelope system.
- 8) Think in terms of “**Total** Cost” vs. “Monthly **Payments**.”
- 9) Talk with your spouse or accountability partner before making purchases over a certain amount.
- 10) Brown bag your lunch and make your own coffee.  
 $\$8.00$  per lunch out 5 days per week =  $\$2,080 \times 2 = \$4,160$  annual.  
 $\$3.50$  coffee 5 days per week =  $\$910 \times 2 = \$1,820$  annual.  
 Lunch & coffee =  $\$5,980$ .
- 11) Beware of **BOGO** or SALE.
- 12) **Unsubscribe** from your favorite store’s email list.
- 13) Don’t try to compensate for personal shortcomings with unwise purchases.
- 14) Don’t go shopping while you’re depressed.
- 15) Don’t go into debt for a wedding. Focus on building the marriage. A 50+ year marriage is more important than 1 day that will sink you financially for years.
- 16) Give your children 3 buckets: Giving, spending, & saving. Help them learn the power of “No.”
- 17) Budget for **fun**.
- 18) Schedule your purchases. Plan your meals and purchase food accordingly.
- 19) Get a **side** hustle.
- 20) Consider downsizing.

### Steps towards time maximization

- 1) Remember scheduling your time is not **opposed** to fun or rest. With a schedule, you’ll likely have more time for meaningful fun and rest.
- 2) You don’t serve the schedule; the schedule serves you as you serve God.
- 3) Identify your energy & time wasters.
  - a. If social media is a temptation, consider deleting the app from your smartphone. Instead, fill your “dead time” with Scripture through the YouVersion Bible app.
  - b. Activate the “Screen Time” feature on your smartphone to see just how much time you spend there.
- 4) Begin your week the week **before**. Schedule a “look forward” time on your calendar.
- 5) Consider planning your meals.
- 6) Start Sunday morning on Saturday. Set your alarm, set out your clothes, find your keys, and set out your Bible on Saturday evening.
- 7) Remember “your” time is a gift from God to manage and maximize for His glory and your good.

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<sup>1</sup> <http://www.daveramsey.com/blog/6-reasons-people-stay-in-debt>. Also, see *The Total Money Makeover* by Dave Ramsey.

<sup>2</sup> For a budget example, see: [https://cdn.ramseysolutions.net/media/pdf/forms/fpu\\_monthly\\_cash\\_flow\\_plan\\_forms.pdf](https://cdn.ramseysolutions.net/media/pdf/forms/fpu_monthly_cash_flow_plan_forms.pdf)