

Managing Financial Stress

Matthew 6:31-33 (NLT) “So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ ³²These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs.

³³Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

✓ Financial **peace** begins when God's plan becomes your plan.

Proverbs 3:5-6 (NLT) Trust in the LORD with all your heart; do not depend on your own understanding. ⁶Seek his will in all you do, and he will show you which path to take.

How to Manage Financial Stress

1. Avoid the trap of **debt**.

Proverbs 22:7 (NLT) ...the borrower is servant to the lender.

✓ The fastest **path** to financial peace is the road out of debt.

Proverbs 6:5 (TLB) If you can get out of this trap you have saved yourself like a deer that escapes from a hunter or a bird from the net.

2. Gain **understanding** of finance.

Proverbs 4:7 (NIV) The beginning of wisdom is this: Get wisdom. Though it cost all you have, get understanding.

✓ Just because you can afford the payment doesn't mean you can afford the **purchase**.

Hosea 4:6 (NIV) ... my people are destroyed from lack of knowledge.

3. Create a financial **plan**.

Proverbs 21:5 (NLT) Good planning and hard work lead to prosperity, but hasty shortcuts lead to poverty.

✓ Failure to plan is a plan to **fail**.

Proverbs 24:3-4 (NIV) By wisdom a house is built, and through understanding it is established; ⁴through knowledge its rooms are filled with rare and beautiful treasures.

✓ Freedom is rarely **convenient**, but it is always worth it.