

Final Fitness

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If you give, you will receive. Your gift will return to you in full measure, pressed down, shaken together to make room for more and running over. Whatever measure you use in giving—it will be used to measure what is given back to you.

Luke 6:38

Part 2 listed four steps to help individuals control money: Organization, visualization, planning and budgeting. We have learned so far that money is a test to measure our growth, our ability to obey and learn, and to establish our rewards for how well we pass the test. In Part 3 we will learn that Money itself testifies money is a testimony. against us if we are not handling money properly. Luke 16:10-12 says: "He who is faithful in what is least is faithful also in much; and he who is unjust in what is least is unjust also in much. Therefore if you have not been faithful in the unrighteous mammon, who will commit to your trust the true riches? And if you have not been faithful in what is another man's, who will give you what is your own?" God wants us to be a living example of His prosperity on our lives - a prosperity that includes both spiritual abundance and financial blessings. As we are obedient to God's kingdom principles on managing money, we will be able to give testimony on how God brought us through financial difficulty because of our obedience to His Word. Who wouldn't want this kind of testimony?

Now let's get started with Part 3 "Planning and Budgeting." First we need to balance our checkbook. A good steward will always have control of money by knowing the exact amount of funds available for planning and budgeting. Balancing your checkbook does not mean doing a mental inventory of transactions or viewing online banking for "available funds." A good steward will take the time to review his/her bank statements for accuracy and to make sure their checkbook balances with what the bank has recorded. Balancing your checkbook is very easy and only takes 20 to 30 minutes. Now, lets move onto planning!

Planning your monthly expenditures will help you become disciplined and accountable. Using the enclosed form "Monthly Income and Expense Form," fill in Line 1 with all monthly income and Line 2 write in your Tithe. Tithe should be 10% of

your income. Now subtract Tithe from monthly income – this is your "Net Spendable Income." Complete the remaining 12 expense categories by filling out the expense categories for every item you spend money on each month.

Total each category, (ex. Housing, food automobile, insurance, etc.), this will be your "Total Expenses" for the month. Write this amount on the "Total Expenses" line. Complete the "Income Versus Expenses" area by subtracting "Total Expenses" from "Net Spendable Income." Write the total on the line "Difference." If you have more income than expenses, write the Difference on Line 16 "Unallocated Surplus Income." If you have more expenses than income, write the Difference on Line 15 "Monthly Short Fall." Individuals with a "Monthly Short Fall" should seek advice or help from a professional financial coach. Individuals with "Unallocated Surplus Income" should add this additional amount to the savings category.

Budgeting: Supplies – 13 pocket accordion folder, 13 manila envelopes, and Individual Account Page (enclosed). There are two methods for budgeting – Cash or Ledger. I use the cash method which is much easier and very simple to manage each month. For this illustration we will use the cash method.

If you use online banking or pay bills by check, go ahead and schedule your online payments or make out your checks. Once all required bills have been paid, write a check for the balance left in your checking account. When cashing the check at the Bank, ask for small bills. Bring the money home! If you have a Debit Card, remove the Debit Card from your wallet and LEAVE it at HOME. Debit Cards are just as tempting as a credit card – it tempts you to make impulse purchases.



Now we are ready to divide the balance of your income into envelopes according to the categories from the "Monthly Income and Expense" form that have not been paid via online banking or by check.

1) Make copies of the enclosed "Individual Account Page." Write the account category name from the "Monthly Income & Expense" on each page for expenses you spend money on along with the designated dollar amount. If you are paid bi-monthly, divide the allocated dollar amount by 2 and this will be the dollar amount you will need bi-monthly, if paid weekly, divide monthly amount by 4 for weekly distribution. 2) On each of the 13 manila envelopes write the name of the account category. 3) Divide money according to amounts written on each Individual Account Page. 4) On the Individual Account Page write the amount you will be depositing in the envelope, put the money and Individual Account Page into the manila envelope and place the envelope in one of the 13 pocket accordion folder. Continue in this manner until you have used all manila envelopes and placed them in each folder pocket. 5) When you take money from any of the envelopes, write the withdrawn amount on the Individual Account Page. Once you have used all the money in the envelopes you are done until next payday. Spend the money "only" for what it is allocated for.

This is a condensed version of what is taught in my coaching sessions, but enough valuable information to begin managing your finances. If you make mistakes, that's ok – be proud of yourself for wanting to be obedient to God's Word.

One of the greatest testimonies you can have is learning to be content with what God has given you. As you journey through life managing and being content without complaining, God will reward you bountifully along the way by supplying all your "needs and desires" plus you will learn to grow spiritually through obedience.

Income and Expense Form (See 04 Income & Expense on The Financial Page) Individual Pages Sheet (See 05 Individual Page on The Financial Page)

Send questions to journeylife@verizon.net