

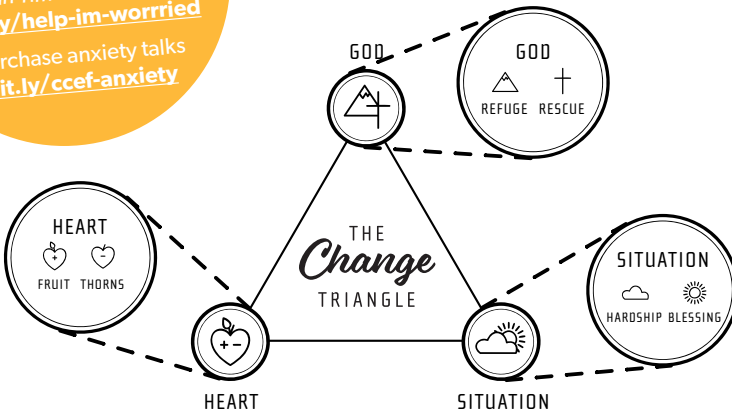


"Help, I'm broke!"

We are needy people before a God who meets us in our struggles.
It's okay to ask for help in our financial troubles.

Want to dig deeper?

1. Read 'What Good is Don't Worry in Times Like These?' @ bit.ly/help-im-worried
2. Purchase anxiety talks @ bit.ly/cccf-anxiety



Handling Financial Trouble

1. List your pressures [SITUATION]
2. Identify how you feel worry [HEART]
3. Ask yourself, "Why am I worried?" [HEART]
4. Apply one of God's promises to your worry [GOD]
5. Tell your Father what's on your heart [HEART + GOD]

"And do not set your heart on what you will eat or drink; do not worry about it. For the pagan world runs after all such things, and your Father knows that you need them. But seek his kingdom, and these things will be given to you as well."

"Do not be afraid, little flock, for your Father has been pleased to give you the kingdom."

— Jesus, Luke 12:29-32



Steps Expanded

Want further help?

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1. List your pressures

Financial trouble causes worry, and worry clouds our vision. It seems like we're tense about a million things. But when we nail down what's really getting to us it may be only a few financial concerns. Or maybe one that we're obsessing about.

Sit down with a pen and write them out one by one. Facing financial trouble can make us feel like everything's falling apart but the reality is that our concerns are limited and specific.

2. Identify *how* you feel worry

How do you feel worry? It might be feelings of panic, our body tensing up, literally grasping our throat, a vague restlessness or unease. It may also be repetitive thoughts like replaying our worst case scenario over and over in our minds, an anger that's easily irritated by those around us, a tension headache or going to our favourite quick fix (scoffing chocolate, ice cream or reaching for a strong drink).

It's very helpful to be able to step back and say, "Aha, there's a red light on the dashboard!"

3. Ask yourself, "Why am I worried?"

There are reasons to worry. Financial security is uncertain. But often our worry is made worse by losing sight of God. Someone or something has edged him out of our hearts and hijacked his place.

When you're fixated on your finances is there something deeper that you're wanting, needing, craving, expecting or demanding? Control? Security that's iffy at best? Your own ideal for life?

4. Apply *one of God's promises*

Live in Luke 12:22-34. Jesus speaks to people with uncertain futures. Farmers, fishermen, market traders. Think third-world village. People who couldn't guarantee the basics of food, shelter and clothing. Jesus knows your financial situation too. He gives you at least seven reasons not to worry in an uncertain world. Pick one of those reasons that resonates with you and make it your own.

For example, your Father *knows your daily necessities*. He promises to give them to you as you get on with living for him. Phew! You can breathe a sigh of relief! Yes, you need to seek an income but it's not just you and your financial dilemmas. These are known to your Father. He's got your back as you shape your life by his priorities.

5. Tell your Father what's on your heart

Go to your Father and tell him about your financial trouble. Ask him for the ability to see Him in that worst case scenario. He knows what you need. Leave your worries with Him. Ask him for what you need for today and leave tomorrow's uncertainties with Him.