

Mailing Address:
PO Box 797
Molalla, OR 97038

Pastor Dale Satrum



Phone: 503-829-5101
Fax: 503-829-9502

Stress Busters: God's Strategy For Busting Stress
"Stressed Out Over Money"
(Part 6)

Intro: Money! Who doesn't get stressed out over money sometimes? Years ago – Lisa and I) Currently, we have gas prices going through the roof / heating costs rising / inflation and a recession / layoffs / What's the solution? Megabucks? – \$170 million / Scratch and Win? / Second job? Once again God gives us His word to help us get a handle on our stress as it relates to our money, even during lean times. (4 Biblical truths God would have us embrace today.)

1. Believe God's Truth About His Provision

- We only increase our stress over money when we don't really believe God is actively involved providing for our needs. When we actually believe it's all up to me. "If it's going to be it's up to me!" = STRESS!
 - A. God cares about your needs

Matt. 6:26, 30 "Look at the birds. They don't need to plant or harvest or put food into barns because your heavenly Father feeds them. And you are far more valuable to Him than they are...And if God cares so wonderfully for the flowers that are here today and gone tomorrow, won't He more surely care for you? You have so little faith!"

 1. Here is a group of people who were struggling believing that God cares for them and that He will provide them. Jesus rebukes them for their lack of faith.
 2. Jesus reminds His listeners that God's care for us is much greater than even His care for His creation (animals and plants) Since He provides for His creation why do you think He doesn't care for you?
 3. Some of you have a hard time believing that God cares about your mortgage / property taxes / gas costs / grocery bill / medical expenses / or a repair cost – car – appliance – etc...
 - Last week my septic tank pump died (explain) God cares!
 4. Some of you have a difficult time believing God is that personal and that concerned about all the details of your life...especially finances. Believing God is unconcerned with your financial struggles only adds to your stress and isolation from God.

5. Money is a reality of this life. We must have it in order to live and function. God knows this and He cares about it. Some of you are already thinking: Well if God is so concerned, then why am I still struggling? C'mon! Where's the money if He cares so much? The birds are getting more help than I am!

B. God meets your needs in the context of relationship

Matt. 11:28-29 "Come to Me all of you who are weary and carry heavy burdens, and I will give you rest. Take My yoke upon you. Let Me teach you..." (NLT)

1. Now, I realize these verses say nothing about money. What they do teach is that experiencing provision / help / comes out of being close to Jesus.
2. The invitation is to come directly to Jesus with our stress...and money is surely one of them. If you don't believe God cares about your finances, your probably won't go to Him and talk to Him about them. (pray)
3. Notice the three imperatives / commands / directives in these verses to having Jesus "give you rest" (experience His provision) These all explain God's help happening in the context of relationship.
 - Come to Me: Can you admit you need His help? Can you swallow your pride in order to depend on Him? / This is not shooting up some quick prayer asking for money. He didn't say just pray. He said Come to ME! There's a difference from wanting a request and wanting a person. (who He is Vs what He can do for me.)
 - Take My yoke upon you: (explain yoke) Are you willing to only embrace your responsibility in providing enough money. If you take on too much responsibility, the yoke is too heavy for you. Most people simply refuse to change yokes.
 - Let Me teach you: Once again, will you let Jesus correct your thinking about money / life / priorities? Much of our stress simply comes from the fact we are living the values of this kingdom rather than His kingdom. We refuse to be corrected in our thinking.
4. I realize for those of you who are really struggling financially right now this is hard to really believe. BUT, the truth from the word of God is simply this: If you will come to Him / take His yoke / let Him teach you / You will experience the supernatural provision of God. (Lisa and I)
5. For some of you, the real issue that stands in the way is your pride. You want God to help you on YOUR terms.
 - Can you simply believe in God's provision today?

2. Practice God's Truth About Generosity

A. Understand God's generosity principals

II Cor. 9:8 “And God will generously provide all you need. Then you will always have everything you need and plenty left over to share with others.” (NLT)

1. The simple truth is that God wants His people generous. Therefore, God has established the principal that generosity results in generosity. Generosity does not result in having less, but rather having more.
2. God doesn't want His people so poor they can't give. Therefore, He promises to provide for us when we give so we have enough to continue to give. I call this Divine multiplication.
3. The main reason we resist financial generosity is the fear that we will not have enough. In this passage, God tells us to not embrace this fear. Obedience to Him does not lead to bankruptcy.
4. This is where we have a clash of kingdom values. There are financial values of this worldly kingdom and there are financial values of God's Kingdom. Which you choose to live will determine whether or not you experience His provision.
5. WHY? Why should God take care of you financially if you continually invest the money He gives you for the wrong Kingdom? This is part of Matt 11, “Let me teach you”. Are you willing to be taught something different about generosity?

B. Surrender to the developing of generosity character

II Cor. 8:7 “...now I want you to excel in this gracious ministry of giving.” (NLT) God is wanting us to grow. / not optional

II Cor. 9:13 “You will be glorifying God through your generous gifts. For your generosity to them will prove that you are obedient to the Good News of Christ.” (NLT) Generosity is proof of our relationship with Christ and the values we live.

1. Generosity is a character trait God wants to establish in our lives. Therefore, just like any other part of our character, it is usually best developed in the fires of life...pain.
2. We do not develop a generous character when we have an abundance, but rather when we are struggling financially. Anyone can follow God financially when they have a surplus. BUT, can we be obedient when the circumstances are contrary?
3. Do you develop patience when everything is great? No. Do you develop forgiveness when no one has wronged you? No. Do you develop endurance when everything is easy? Of course not!
4. Do you see the pattern? Some of you are resisting God's character development in this area because things are tight financially when this is the exact time when this trait is developed.

5. It is only when we trust God in the circumstances do we see the power of God upon our character (transformation) and the power of God in our situation. (He provides)
6. For some of you, maybe it's time to quit telling God "later", and surrender to His work in your character today. Resisting God is stressful! Resisting God in this area will only add to your financial stress.

3. **Discipline Yourself In God's Truth Over Spending**

A. Realize God cares about how we use our money

1. There are over 800 references in the Bible relating to personal finances!
Wow! God has a lot to say about money and possessions. Over half of Jesus' parables had to do with money and possessions. He obviously cares.
2. God cares so much about our use of money because of how our use of it impacts our lives.

Matt. 6:21 "Wherever your treasure is (money / possessions), there your heart and thoughts will also be." (NLT)

3. Our use of money reveals where our hearts are at / whether or not we have rewards in heaven / whether or not we're a testimony for the Gospel / if we're a channel for God's generosity / reveals our character – grows our character – hinders / demonstrates trust - faith / can be a tool or a idol / it can empower our lives for good, or hold our lives in bondage.
4. How we handle money is not just about paying the bills. It is connected to our relationship with God and even the direction of our lives.

B. Embrace God's financial principals

1. God not only has principals regarding issues of generosity, but also about our spending. We obviously can't cover all of these in the message today. This is why we do have a class that we offer here at the church called "Financial Peace". In this class we learn how to discipline ourselves in God's truth about spending.
 - To not discipline ourselves in the area of finances will create tremendous financial stress!
2. Financial Peace Video: Embracing God's financial principals will lessen your financial stress. There are plenty of people in this church who are currently applying these truths to their lives. They can give a testimony.

4. **Experience God's Truth By Resisting Materialism**

**It's tough to resist materialism in a materialistic culture, BUT, unless we do, we'll never experience all that God promises regarding Him taking care of us / His provision. HOW?

A. Resist materialism by learning to go slow

1. This something I see younger families doing all the time. They want to acquire too much too soon and they get themselves in financial trouble. It's as if they want to live at the same level of their parents and it took them 30 years to get there.

Prov. 28:20, 22 "...the person who wants to get rich quick will only get into trouble...A greedy person tries to get rich quick, but it only leads to poverty." (NLT)

2. Wanting too much too soon creates too much debt that leads to too much stress. (#1 stress in marriage) So why do we do this? We're materialistic. We value money and possessions more than we should.
3. Learning to go slow / living on less / living a more simple life is where you develop the skills for handling more money later.

B. Resist materialism by learning to be satisfied

Philip. 4:11 "...for I have learned to get along happily whether I have much or little." (NLT)

1. Our dissatisfaction gets us in a lot of financial trouble and stress. We're dissatisfied with our "paid for" old junker and so we go out and buy something new and have a \$400-500 a month car payment / house with a \$1000 monthly mortgage – new house \$2000 a month / etc...
2. Just because we can afford something doesn't mean we should. (Time Share presentation - explain) It's as if we have bought into this lie that we "deserve" certain possessions in this life. This thinking breeds dissatisfaction in our spirits.
3. If you are a dissatisfied person you are a very vulnerable person. You are vulnerable to all the lies from this world promising some type of satisfaction / or the lie of entitlement / lie of comparison / and you'll always be unhappy and stressed about money.
4. Can you go home today and just start thanking the Lord for what you do have? Thankfulness develops a satisfied heart. Practice everyday.

C. Resist materialism by learning to be spiritual

Gal. 5:16 "Walk in the Spirit and you will not carry out the desires of the flesh." (NASB)

1. Materialism appeals to our flesh. (Sportsman's Show – Boats) And we battle the flesh NOT with will-power, but by walking with God in relationship.
2. I battle the flesh by finding my satisfaction in relationship with Him NOT in a possession. Having that boat really won't make me any happier.
3. Walking in the spirit simply means I make the priority staying connected relationally with Christ. I don't allow sin the build up / distance / long times without conversation / I depend on Him daily.

4. My power to live this life comes from Him. Lose connection – lose power.
Lose connection – lose satisfaction. Lose your connection – increase stress.
5. The more materialistic we are the more financial stress we are going to experience. Materialism is a stress magnifier!

So what will you do with your stress about money today? Can you believe God's truth that He cares about your finances – and move into relationship with Him? Will you practice His truth about generosity and develop this character trait? Will you discipline yourself in God's truth about spending? Experience God truth by resisting materialism?