

28 DAY FINANCIAL FAST

STEWARDSHIP
TIME • TALENT • TREASURE



"I give you power to get wealth that I may establish my covenant with you"

Deuteronomy 8:18

We all know "proper planning prevents poor performance" and "if you fail to plan, you have planned to fail." Do you want more money? Are you asking God for financial increase? What is your plan to get out of debt? How do you plan to experience financial freedom?

The purpose of a fast is to help you separate yourself from worldly temptations and pleasures so that you can draw closer to God and experience miraculous signs, wonders and breakthroughs. A financial fast is much the same. By avoiding unnecessary spending, you draw closer to making your financial dreams a reality.

You will not only see where your money is going, you will have a good handle on breaking the poverty spirit so that you get on your "path to prosperity." The "road to your wealthy place" begins with you... knowing what's in your house that you are wasting with your hands.

THE FAST

Your Financial Fast results will surprise you! You will discover you really have more than you think. You are buying more than you need.

You can experience financial freedom and peace you desire with concentrated efforts and more discipline.

After all, it is God who said "I give you power to get wealth that I may establish my covenant with you". God cannot lie. You have it! It's in your house!

THE DO'S

- **Pray!** (God wants to help you!)
- **Give God** the tithe that belongs to him
- **Create a realistic budget** and stick to it!
- **Make only essential purchases** (food, medication, items NEEDED for work/school, etc.)
- **Keep a record** of the money you are saving from resisting excess spending
- **Giving** where there is a need and opportunity (record it)

THE DONT'S

- **Shopping** (Retail, Mall, Internet, Catalog Shopping, **except for essentials**)
- **Credit Card or Debit Card Purchases** (we tend to think more and spend less when using cash)
- **Gift Purchases** (write a poem, make a greeting card...use your hands to give gifts from the heart)
- **Entertainment that costs money** (play family games, enjoy free activities around town, be creative)

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MAKE A BUDGET!

Use this worksheet to calculate your monthly expenses. Then, calculate your prospective savings from cutting unnecessary spending.

Monthly Income (after taxes)

Income/Salary from all sources	
Investment Income	
Interest from Savings	
Other Income	
Total Monthly Income	

This will give you a snapshot of the money flowing out your house that could be saved!

Pray and ask God to guide your spending and help you get on your "path to prosperity."

Monthly Expenses

Main	
Tithe & Offering	
Mortgage/Rent/HOA	
Credit Card/Loans	
Gas	
Electricity	
Water	
Home Phone (inc. long distance)	
Cell Phone	
Cable	
Internet Access	
Security	
Landscaping	
Total Main	

Food	
Groceries	
Dining Out <small>Limit expensive outings</small>	
Total Food	

Auto/Transportation	
Car Loan/Lease	
Car Insurance	
Maintenance	
Public Transit	
Parking	
Gas	
Total Auto/Transportation	

Health	
Toiletries	
Cosmetics	
Pharmacy	
Health/Gym Membership	
Doctor/Dental Bills	
Total Health	

Entertainment & Recreation	
Movies	
Vacation	
Parties/Gifts	
Subscriptions	
Total Entertainment & Recreation	

Personal	
New Clothes	
Dry Cleaning <small>Iron when possible</small>	
Grooming	
Laundry <small>Combine loads when possible</small>	
Total Personal	

Other	
Child Care	
Child School Tuition	
Pet Care	
Total Other	

Total Monthly Income

Total Monthly Expenses

Total Prospective Savings

■ Items to Avoid

■ Suggested Cutbacks