



Financial Fitness Fast

Fasting – is denial from something we depend on or feel strongly that we need in order to gain untapped power over what we are facing.

The following prescribed financial fast for 30 days (1 month), will help you gain control over your money and how you spend it. It will help you stop asking the most frequent financial debt question: Where did my money go?

If you prayerfully follow this low-cash not low calorie diet, for the next 30 days you will begin to take charge of your money and start telling it where to go?

Take charge of you finances, now!

Begin with a 4-week vacation from spending

Start preferable at the first of the month or the first payday of the month

Make list of everything you have to pay for the month

Make list of everything you have to buy (gas, bus fare, dog food, groceries...)

Go shopping (one-time) if you can, stock up in the beginning of the month try to buy just 1/3 of what you normally buy (refer to rule #2), buy things that last; rice, beans, spaghetti, bread...

6. Do not go out to lunch unless required to, brown bag it (remember it's just 1 month)

Do not go out to dinner more than twice during the month

Cut weekend movies, videos and frills

Cut all credit card purchases

Do not buy any new clothes

Do not buy anything you want, only what you need

Walk instead of ride where you can, no frills

Rules of the Fast *(Remember just 1 month)*



1. You can't have everything
2. Ask yourself this question before you spend any money. Is it a need, desire or want?
3. Pay yourself first after the tithe (save 3% - 5%)
4. Confess this scripture 3 times a day. "My God shall supply ALL my needs according to His riches in glory by Christ Jesus". Phil. 4:19
5. Do cash analysis every night before you go to bed
How much did I spend today? How much did I make today?