

Financial wellness-worry free finances

1. Matthew 6:25-26 Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?
2. 1 Timothy 6:17-19 As for the rich in this present age, charge them not to be haughty, nor to set their hopes on the uncertainty of riches, but on God, who richly provides us with everything to enjoy. ¹⁸ They are to do good, to be rich in good works, to be generous and ready to share, ¹⁹ thus storing up treasure for themselves as a good foundation for the future, so that they may take hold of that which is truly life.
3. Be a good steward
 - a. Planning well
 - b. Spending prudently
 - c. Saving and investing wisely
 - d. Giving generously.
4. How much to save and how much to give now
 - a. Jesus taught generosity
 - b. Paul says if a man doesn't work he shouldn't eat
 - c. The ladies waiting for the bridegroom were criticized for not making preparation for their oil to last.
 - d. Suggest that if God has blessed us with funds we should keep a reasonable amount invested for our future needs and make sure that our wills direct remainder to the Lord's work including family.
5. Grade ___ Changes _____

Spiritual wellness-Press on

1. "Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the for the prize of the upward call of God in Christ Jesus" (Phil. 3:13-14).
2. "My grace is sufficient for you, for my power is made perfect in weakness" (2 Cor. 12:9)

3. "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be the glory both now and to the day of eternity. Amen" (2 Pet. 3:18).
 4. Sins of later years: self-pity, pride, self-centeredness, worry, discontent
 5. Fruit of the spirit-some late bloomers
 6. Spiritual disciplines now that time is more available
 7. Spiritual gifts
 8. Grade ___ Changes-
-

Emotional wellness-feel well

1. "How are you doing?" "That's your job. I can only tell you how I'm feeling."
 2. Many imperatives in scripture for our emotions-Rejoice in the Lord-to some degree we are given responsibility for our emotions
We are not to be passive in our emotions allowing circumstances to dictate
"Do not be anxious about anything" (Phil. 4:6).
"Rejoice in the Lord always; again I will say, rejoice" (Phil 4:4).
 3. We must learn contentment-three tenses
 - a. Comfortable with our past
 - i. Giving God praise for the good things
 - ii. Accepting his forgiveness for our sins
 - iii. Live in gratitude
 - b. Satisfied with our present
 - i. Finding God's presence all satisfying
 - ii. Trusting that he is in control
 - iii. Taking time to enjoy his gifts
 - c. Confident of our future
 - i. Live in hope
 - ii. Not in a long life or just hope in Heaven but hope that God will do what is right.
 4. Grade ___ Changes-
-