

Getting Started

1. If you are participating in the spending fast, how is it going? What has been the hardest part for you? The easiest? Most surprising?
2. What was something you REALLY wanted as a child/begged your parents for?
 - a. Did you get it? How did it feel?

Into the Bible

3. Contentment is a huge key to mastering our money. In fact, discontentment often fuels our unnecessary, irresponsible spending.

a. Read 1 Timothy 6:6-10. According to this passage, what can contentment save us from? (*contentment is more valuable than the things you acquired because of your discontentment*)

b. Have you ever regretted a large purchase? Would opting for contentment have actually made you richer?

c. Re-read verses 7-8. How do these verses apply to the nature of the appetite? (*If you feed an appetite, it grows. Satisfying an appetite does not diminish it, it expands it. To diminish an appetite, you have to starve it.*)

4. Read Philippians 4:11-14. What do you think was Paul's "secret" to being content in any circumstance? (*could it be that he trusted in God's wisdom and goodness and thought that whatever God determined would be best?*)

Application

5. How do you say "enough" in a world that has fine-tuned it's messaging so as to make us continually dissatisfied with everything we currently own?

6. How many people do you know that are carrying debt on things they wished they had never purchased? Did it bring contentment?

7. What is one way you can "starve" an appetite of yours that tends to lead to financial stress?

8. Wealth tends to make us feel self-sufficient. Our hope then migrates from God to money. Proverbs paints a picture of what can happen in this case. Read Proverbs 30:8-9. What are ways we can deepen our dependence on God?