

PART I: Don't Serve Money (and possessions)

📅 Fecha @April 26, 2023

LAST WEEK'S PRACTICE

The practice was to choose the person you know the least in the group and do an action for him/her that represents the verse we learned last week. Whether it's a call, or inviting them for a coffee, pray for him/her and tell him/her that you did, etc. and practice the one that is most difficult for you from the emotionally healthy community.

- Who would like to tell us how did it go with the practice with the person who you have the least contact?
- Who would like to tell us which of the nine guides is the one you're going to practice tonight?

READ THIS SUMMARY.

This Sunday we started a new series called "resource or god" where we will be discovering the true place of money in our lives.

In our minds, most of us think that our God is God and not money. But when we stop to analyze our emotions and how they are affected by money, we can realize that the true god is money. For the next few weeks we are going to discover together what is the true place that money has in your life and what to do about it.

And don't kid yourself, this is not a topic for adults. From childhood, we are marked by the way in which our parents react or reacted to money. So the younger we learn to identify these patterns, the healthier we will growing up.

- What stood out to you about Sunday's teaching?
- How many could remember a moment in their family, or in a personal way, where due to lack of money, the emotional and family state changed completely?

Matthew 6:19-21, 24

- Who can remember a moment (or several moments) when their focus has been on accumulating treasure on earth and not in heaven? Could you give a simple example (if you feel comfortable)?

PRACTICE AS A COMMUNITY.

As the weeks go by, we will be doing more intentional practices where they will help us remove money as a god from our lives. But first, we have to do a self-evaluation to know what place money has in our hearts.

When doing this practice, be as honest as possible. It is a self-assessment to help you recognize patterns and realities. Be as honest with yourself as possible so that this practice can have an impact.

1. First.

- Pray for the Holy Spirit to guide during this time.

2. Second.

- Individually, read the sentences at the bottom and choose a number from 1 to 5 for each one.
- 1 being low, 5 being the highest.

Remember, this is not to make you feel bad or expose you (no one else is going to see this). It is for each of us to discover what is in our hearts.

1. Growing up, in my family of origin (the ones you share a roof with), there was/is always a lack of money (or there was money but due to a lack of good administration we never had enough). **1. 2. 3. 4. 5.**
2. In my family of origin (the ones you share a roof with), every time there was/is a lack of money there were/are strong emotions (anger, fights, sadness, depression, etc.) **1. 2. 3. 4. 5.**
3. In my family of origin (the ones you share a roof with), all or most of it was/is everything about money (or how to get more money). **1. 2. 3. 4. 5.**
4. Right now, personally and individually, whenever I know there's not money in our family or something happens with the money we do have, I tend to get sad, worried, anxious, or angry (or some emotion like that). **1. 2. 3. 4. 5.**

5. Right now, personally and individually, what I spend most of my time, energy, thought, and even money on is getting more money or buying things (or something related to money) **1. 2. 3. 4. 5.**
6. In these moments, personally and individually, it is difficult for me to be generous and I always fear that I will not have enough for myself and my family so I don't give or share. **1. 2. 3. 4. 5.**
7. In these moments, personally and individually, I have wanted to spend more time with my family, take care of my health, get more involved in church, do the practices, rest, be generous, pray, and other things; but we have not been able to do it due to lack of money, so my parents can't do any of these things with me; and therefore I'm affected and don't want to do any of these things on my own **1. 2. 3. 4. 5.**
8. In these moments, personally and individually, when there is a lack of money, even if I/we remember to pray, I see my parents always go out to find the solution on their own strength in a hurried way and don't wait to hear the voice of the Holy Spirit to guide them. And when I do know about money issues in our family, I don't even bother praying. **1. 2. 3. 4. 5.**
9. Right now, personally and individually, I am only happy and satisfied if I have money or when I have been able to get the things I've wanted. If there is no money and I can't get what I want, it is hard for me to be happy and grateful. **1. 2. 3. 4. 5.**

3. Third.

- Now add up the total scores for each question.

3. Fourth.

- Now read what your score could mean. Remember that this is not an exact science; it is an aid to help you identify some things that we are not normally aware of.

28 - 45: There's an invitation for you to grow. You have been greatly affected and shaped by the experiences of your family of origin, in which money was probably the driver of family emotions; and it has affected you in how you see money and has affected you in a way that it's hard for you to be grateful when you can't get the things that you would like to get but sometimes can't. The good news is that you've already done the hard work; bring it out and acknowledge it. Together in community, we will work to defeat this pattern.

18 - 27: You are on the right track. Money and possessions is most likely still the filter through which you value your life; But you've made progress. The next step is that generosity, hospitality, and above all, the Holy Spirit, be the greatest guide in making your decisions and how you value life.

1 - 19: Keep it up: If you're here it probably hasn't been easy, but it's been worth it. You don't waste your time, energy, thought, and money in trying to get more money or possessions. All your resources and possessions and how you value life, are invested in the well-being of what God has called you to do; with your family, church, community, and school. You are using money and possessions as a resource to advance the kingdom of God and not as a god that dominates you.

5. Fifth.

- We are going to finish by taking a few minutes for you individually to bring any emotion you are feeling to the Holy Spirit)
 - Be very honest, do not hide the reality of your emotions. Bring them to God so that he can heal you and show you the way to get mammon out of your life.
 - Express to God how you feel after having done this self-assessment.
- Would anyone like to share something regarding this exercise that we just did?

THIS WEEK'S PRACTICE.

- During the week, pay attention to your emotions and reactions to money. Either due to lack of money (anxiety, sadness, anger, frustration, etc) or when there is money (joy, emotion, tranquility).
- At night, before going to sleep, write down each of those emotions in a journal or notebook, it will help you for next week's practice.