

Week 4

XIII. Review

- A. A word about the references
 - 1. I have listed references at the end of each lesson that I have used to help me build that lesson
 - 2. I (and the Elders) don't necessarily agree with everything that is written in each of these resources nor endorse them
 - 3. To quote the disclaimer in the S.A.L.T. Plan
"This book contains quotes from various individuals and references to a broad range of source materials. Any such mentions should not be viewed as an endorsement of the overall theological or political views of any particular person nor (unless otherwise noted) as a recommendation of any particular book, article or website" ^[10]
 - 4. As with anything if you choose to review the reference in question please be discerning and weigh it against the Word.
 - 5. I have tried to use these to point out God's wisdom even when presented by secular sources or to provide helpful or thought provoking ideas in areas of practical application and where the scripture is silent
- B. Homework
- C. Budget Principles
 - 1. A Budget is just a tool...the spending plan for your household
 - 2. Know where you are starting from (Net Worth)
 - 3. Know where you are going (Goals) in order to:
 - a. Help plan for the future
 - b. Help align ourselves with the goal of being financially successful:
Using God's resources to accomplish His purposes
 - c. Help plan to meet God's High, Medium and Low priorities with the resources He has provided
- D. Biblical Principles
 - 1. We are Stewards because God owns it all...we own nothing – Psalm 24:1

2. Money in and of itself is morally neutral...it is what we do with it that makes it good or evil – Hebrews 13:5
3. Money is an excellent indicator of our heart – Mt 6:21
 - a. How we deal with material wealth demonstrates to ourselves, fellow believers and the world that whether we have a heart for God...or for ourselves
 - b. Money and stuff are things that God uses in our lives as:
 - i. A test for our refinement or to demonstrate our faithlessness
 - ii. A tool for us to use to accomplish His priorities or to show our greediness, lustfulness and pride
 - iii. A testimony of His grace and loving kindness or of our own self-promotion
 - c. We demonstrate our heart for God and build treasure in heaven by working to satisfy God's priorities with the money and possessions we have been given.

XIV. Biblical Principle – It is a matter of Self Control

- A. We are going to investigate self-control in the life of the believer, what is it, who is supposed to have it and why we should have it
- B. So first; What is biblical self-control?

There are 3 primary Greek words that are used for self-control or imply self-control

1. The first is nephalios (νηφάλιος)
 - a. It is often translated temperate or sober
 - b. It means to be free from the influence of intoxicants
 - c. A person not under the control of external substances
2. The second is sophron (σωφρων)
 - a. It is translated sober/temperate (KJV), sensible (NASB) or self-controlled (NIV)
 - b. It is literally “to save the mind” and implies being of sound mind thus self-controlled or sensible
 - c. Vine's says
“...it suggests the exercise of that self-restraint that governs all passions and desires, enabling the believer to be conformed to the mind of Christ.”^[7]
“...it is that habitual inner self-government, with its constant rein on all the

passions and desires, which would hinder the temptation to these...from arising in such strength as would overbear...”^[7]

- d. A person with this quality is in control of their mind
- e. They are in control of what they think and therefore of what they do
- f. James lets us see what this looks like when someone is not:

James 1:14-15 *“But each one is tempted when he is carried away and enticed by his own lust. Then when lust has conceived, it gives birth to sin; and when sin is accomplished, it brings forth death.”*

- 3. The third is egkrates (εγκρατης)
 - a. It is translated temperate (KJV), self-controlled (NASB) and disciplined (NIV)
 - b. It is derived from the Greek word for strength and implies exercising self-control. As an athlete...

1 Corinthians 9:24b-25 *“Run in such a way that you may win. Everyone who competes in the games exercises **self-control** in all things. They then do it to receive a perishable wreath, but we an imperishable.”*
 - c. This type of self control is a fruit of the spirit (Galatians 5:23)
 - d. A person with this quality is self-controlled because of their submission to God and working in the strength of the Holy Spirit
- 4. To summarize. Biblical self-control looks like one who is functioning under the Holy Spirit’s control, is in control of their mind (thinking and doing) and do not allow themselves to come under the control of external substances.

C. Who is to be self controlled?

- 1. Paul and Peter both address this subject with their readers in their epistles
- 2. Paul in his letter to Titus lays out some things regarding self control that Titus is to teach as sound doctrine to the believers under his care
- 3. We are going to spend a bit of time looking at Titus 2:1-14 (Read the passage)
- 4. In 2:1 we see that Titus is to teach sound or healthy doctrine

Titus 2:2 *“But as for you, speak the things which are fitting for sound doctrine.”*
- 5. Paul views the things that he is telling Titus as things that are important enough to the life of the believer that it should be taught

6. There are a lot of things we as believers are to be doing or not doing listed here but we are going to focus specifically on self-control

7. First lets look at Older men

Titus 2:2 *“Older men are to be **temperate**, dignified, **sensible**, sound in faith, in love, in perseverance.”*

- a. Older men, as well as older women in vs3, usually referred to those who were beyond their child rearing years
- b. Their children where out of the house or if in the home, they were caring for a family of their own
- c. If you want to pick a rough age, this term was used on occasion for people as young as 50 years of age but usually referred to those over 60
- d. We see here that older men are to be both temperate (nephalios) and sensible (sophron)
- e. They are to be controlled in their thinking and actions and free from the influence of outside controlling interests

8. Second let's look at older women

Titus 2:3 *“Older women likewise are to be reverent in their behavior, not malicious gossips nor enslaved to much wine, **teaching what is good**,”*

- a. Older women are to be “teaching what is good” to the younger women
- b. The particular word here is sophronizo which means to cause one to be of sound mind
- c. They are to cause the younger women, through their teaching and example, to be self-controlled in their behavior (v5)
- d. Although not commanded directly themselves to be self-controlled, I believe the implication is that they would be exhibiting this quality because they were to be able to teach it
- e. Although not the same word, they also are not to be “enslaved to much wine” which implies that in fact they too were not to be under the control of external influences specifically wine in this instance

9. Next let's look at younger women

Titus 2:5 *“to be **sensible**, pure, workers at home, kind, being subject to their own husbands,”*

- a. Younger women are to be sensible (sophron) as well
- b. Self-controlled in their thinking and thus in their actions

10. And finally younger men

Titus 2:6 *“Likewise urge the young men to be **sensible**”*

- a. Younger men are to be sensible (sophron) as well
- b. Again self-controlled in their thinking and thus their actions
- c. It is a quality that should begin to manifest itself in the believer even when young

11. Every believer

Titus 2:12 *“...instructing us to deny ungodliness and worldly desires and to live **sensibly**, righteously and godly in the present age,”*

- a. Again the word sensibly is sophron
- b. We as believers are to live self controlled in our thinking and actions by denying ungodliness and worldly desires

12. It is a qualification to become an Elder

Titus 1:8 *“but hospitable, loving what is good, **sensible**, just, devout, **self-controlled**,”*

- a. Here we see sensible (sophron) and self-controlled (enkrateia)
- b. The implication here is that the elder is in control of his mind and actions and is able to accomplish the requirements for the office because he is working in the Spirit's power

13. I believe Paul has made the case here that **every** believer is to live a self-controlled life. It is a key element of our spiritual life.

14. To summarize:

- a. It is something we are all to do (Titus 2:1-12)
- b. It is something that can demonstrate maturity as we see in the qualifications for Elder (Titus 1:8, 1 Timothy 3:2)
- c. It is something that we are all to be growing in

²Peter 1:5-8 *“Now for this very reason also, applying all diligence, in your faith*

*supply moral excellence, and in your moral excellence, knowledge, and in your knowledge, **self-control**, and in your **self-control**, perseverance, and in your perseverance, godliness, and in your godliness, brotherly kindness, and in your brotherly kindness, love. For if these qualities are yours and are increasing, they render you neither useless nor unfruitful in the true knowledge of our Lord Jesus Christ.”*

- d. Here again self-control is the word *egkrateia* which implies working in the Spirit’s power to allow ourselves to be self-controlled
- e. This quality is to be ours and increasing as seen in vs 8

D. Why is self control so important?

- 1. It keeps us from being useless and unfruitful in our faith (2 Peter 1:8)
- 2. Paul also gives a few reasons within the Titus passage
- 3. So our lives will not cause the Word of God to be dishonored. Paul speaking to the young women said:

*Titus 2:4-5 “so that they may encourage the young women to love their husbands, to love their children, to be sensible, pure, workers at home, kind, being subject to their own husbands, **so that the word of God will not be dishonored”***

- 4. The grace of God instructs us to deny ungodliness and worldly desires

Titus 2:12 “instructing us to deny ungodliness and worldly desires and to live sensibly, righteously and godly in the present age,”

- 5. Our hope is in the future rather than in today

Titus 2:13 “looking for the blessed hope and the appearing of the glory of our great God and Savior, Christ Jesus,”

- 6. We have been redeemed/saved from the flesh and evil deeds and are called to sanctification and holiness

Titus 2:14 “who gave Himself for us to redeem us from every lawless deed, and to purify for Himself a people for His own possession, zealous for good deeds.”

Galatians 5:24 “Now those who belong to Christ Jesus have crucified the flesh with its passions and desires.”

1 Peter 1:14-15 “As obedient children, do not be conformed to the former lusts which

were yours in your ignorance, but like the Holy One who called you, be holy yourselves also in all your behavior;”

7. We still have the flesh with its inherent sinfulness but are to look different from those who don't belong to God because we need not respond to the flesh's lusts and desires due to the fact we have been redeemed
 8. Areas of scripture where we are given Don't/Do, Put Off/Put On require action on our part
 9. To accomplish these in the long haul requires self control
- E. So what does this have to do with the topic of personal finance?
1. If we are not self controlled in regard to money we will continue to expend our money and resources to satisfy our flesh and its desires...to pursue the condemned uses of money and satisfy our Greed, Pride, Self Indulgence and Un-charitableness
 2. If we are not self controlled in regard to money we will not put off the old self and expend our resources in God honoring pursuits, Giving (Investing in the Kingdom), Generosity, Caring for our families, paying taxes those things that will be a positive testimony to the world.

XV. Budgeting Principle – Adjust Your Spending

- A. As we consider the biblical principle hopefully we can apply self-control in the area of our spending
- B. This is going to be instrumental in the goal of spending less than you earn
- C. Things To Think About
 1. The believer is looking for delayed gratification...our hope and reward is in the future
 - a. We are to store treasure in heaven (Matthew 6:20)
 - b. Our satisfaction is in Christ not the collection of stuff here on earth
 - c. Our hope (that confident assurance) is in Christ's return and eternal glory with Him (Titus 2:13)
 2. Remember that outside of government mandated spending (tax, health insurance, social security, court orders) and repaying debt obligations at some level every spending decision is a choice

3. Therefore curbing our desires and exercising self control become key to how we handle our money.

D. Spending Less

1. Larry Burkett categorized spending in the area of living into the followings areas – Needs, Wants and Desires ^[4]
 - a. Needs – Those things required to provide the basic requirements (food, clothing, housing (covering), potentially in our age transportation)
 - b. Wants – Choices about the quality or brand of goods we use to provide the basic requirements of life (filet mignon or hamburger, name brand or store brand, new car or used, Ferarri or Kia, clothing from Saks Fifth Avenue or Wal-Mart)
 - c. Desires – Purchases which are made out of the surplus after meeting Gods high (taxes, giving, debt due & payable, food and covering) and moderate priorities (debt repayment, savings) (electronics, books, boat, RV, larger or 2nd home, additional car, The Cruise)
2. The following saying may help you to stop and think in order to spend less
“Use it up, Wear it out, Make it do, Do without”
3. Lets start with Use It Up
 - a. Use all of your perishable items
 - b. Don't over buy perishable items
 - c. Buy smaller portions...How many ½ bottles of drink (soda, water, juice) or ½ bags of your favorite snack do you discard
 - d. Eat the leftovers
 - e. Toiletry items
4. Now for Wear It Out
 - a. Drive your car 'til the wheels fall off
 - b. Appliances still working...no need for a new set...that is a want
 - c. Move well worn clothing to the work clothes bin
 - d. Replace the soles/laces
5. How do we Make It Do?
 - a. Buy used

- b. Eat out less...grill, have a wiener roast, have a picnic
 - c. Don't keep up with the Jones
 - d. Don't chase the latest fashion
 - e. Drink tap water...it's free...depending on how you buy bottled water it is likely to be more expensive than gasoline
 - f. Carpool
 - g. Dollar or rental movies
6. Do Without
- a. What around your house don't you need?
 - b. Go for the less expensive entertainment
 - c. Dump the cable
 - d. Does everyone really need their own electronic devise (TV, tablet, music player, cell phone, game consoles, computer, etc)
 - e. Don't take The Cruise
7. Other Practical Items
- a. Write down EVERYTHING you spend
 - b. Don't use credit...pay cash...save even for the large purchases
 - c. Put a hold into effect...don't be hasty...wait x days before making the purchase
 - d. Don't buy things on sale unless you had already intended to make the purchase (waited x days and saved)...remember on sale doesn't mean free
 - e. Don't grocery shop hungry
 - f. Shop from a list...be targeted don't spend more time in the place than you need
 - g. Comparison shop
 - h. Do It / Fix It Yourself
- E. These are just a few examples of things you can do
- F. There are tons of books out there with money saving ideas and information on how to pinch the pennies

XVI. Homework

- A. Memory Verse

1. Titus 2:12 “*...instructing us to deny ungodliness and worldly desires and to live sensibly, righteously and godly in the present age,*”
2. Matthew 6:21 “*for where your treasure is, there your heart will be also.*”
3. Hebrews 13:5 “*Make sure that your character is free from the love of money, being content with what you have; for He Himself has said, ‘I WILL NEVER DESERT YOU, NOR WILL I EVER FORSAKE YOU,’*”
4. Psalm 24:1 “*The earth is the LORD’S, and all it contains, The world, and those who dwell in it.*”

B. Continue to write down your spending

C. Continue to work with your Anticipated Monthly Expenses worksheet

1. Weigh your net monthly spending against budgeting guidelines (after tax numbers)

| Category | Dave Ramsey | Typical Credit Counseling Advice | CCCS |
|---|-------------|----------------------------------|--------|
| Charitable Giving | 10-15% | 4% | |
| Housing | 25-35% | 24% | 20-30% |
| Utilities | 5-10% | incl. in Housing | 4-7% |
| Food | 5-15% | 14% | 15-20% |
| Transportation | 10-15% | 17% | 6-20% |
| Medical | 5-10% | 6% | 2-8% |
| Clothing | 2-7% | 6% | 2-4% |
| Invest/Savings | 5-10% | 13% | 5-10% |
| Debt Payments | 5-10% | 13% | 15-20% |
| Misc. (Personal, Recreation, Life Ins.) | 5-10% | 5% | 5-10% |

Recommended Budget Percentages and Guidelines^[6]

CCCS = Consumer Credit Counseling Service

2. There may be valid reasons for a different balance such as high or low income, the area you live, long commute, etc.
3. Look for areas that you might want to reduce or reprioritize

4. Consider short term ways to work on spending less

References

1. Unless otherwise indicated all scripture quotations are from the New American Standard Bible (NASB), 1995
2. **John MacArthur**, *Whose Money Is It Anyway?: A Biblical Guide to Using God's Wealth* (Nashville, TN: Word, 2000)
3. **Ron Blue**, *Master Your Money: A Step Buy Step Plan for Financial Freedom* (Nashville, TN: Thomas Nelson, 1991)
4. **Larry Burkett**, *Your Finances in Changing Times* (Chicago, IL: Moody, 1993)
5. **Ibid**, *Using Your Money Wisely: Biblical Principles Under Scrutiny* (Chicago, IL: Moody, 1990)
6. DebtFreeDestiny.com, "Recommended Budget Percentages and Guidelines", (2009). <http://www.debtfreedestiny.com/budgeting/recommended-budget-percentages-and-guidelines/>
7. **W.E. Vine**, *Vine's Expository Dictionary of New Testament Words: A Comprehensive Dictionary of the Original Greek Words with their Precise Meanings for English Readers [Unabridged]*, (McLean, VA, MacDonald, 1989)
8. **John MacArthur**, *The MacArthur New Testament Commentary: Titus*, (Chicago, IL: Moody, 1996)
9. **John Temple**, *Family Money Matters: How to run your family finances to God's Glory* (Leominster, UK: Day One, 2010)
10. **Chuck Bentley**, *The S.A.L.T. Plan: How to prepare for an economic crisis of biblical proportions* (Crown Financial Ministries, 2012)