

# Fitness Resort

## Pt. 3 - Financial Fitness

- Financial fitness must not be a last resort.

*3 John 2*, Beloved, I wish above all things that you prosper and be in health - even as your soul prospers.

*1 Thessalonians 4:11-12*, Make it your ambition to lead a quiet life, to mind your own business and to work with your hands, just as we told you, 12 so that your daily life may win the respect of outsiders and so that you will not be dependent on anybody.

*Philippians 4:19*, But my God shall supply all your need according to His riches in glory.

- God is our own personal financial fitness trainer.

*Isaiah 48:17*, Thus says the LORD, your Redeemer, The Holy One of Israel: "I am the LORD your God, who teaches you to profit, who leads you by the way you should go."

*Proverbs 8:18*, With me (wisdom) are riches and honor, enduring wealth, and prosperity.

*Deuteronomy 8:18*, And you shall remember the LORD your God, for it is He who gives you power to get wealth, that He may establish His covenant which He swore to your fathers, as it is this day.

# Financial Work Out

## 1. The tithe

*Malachi 3:6-12*, “I the LORD do not change. So, you, O descendants of Jacob, are not destroyed. 7 Ever since the time of your forefathers you have turned away from my decrees and have not kept them. Return to me, and I will return to you,” says the LORD Almighty. “But you ask, ‘How are we to return?’ 8 “Will a man rob God? Yet you rob me. “But you ask, ‘How do we rob you?’” In tithes and offerings. 9 You are under a curse - the whole nation of you - because you are robbing me. 10 Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this,” says the LORD Almighty, “and see if I will not throw open the floodgates of heaven and pour out so much blessing that you will not have room enough for it. 11 I will prevent pests from devouring your crops, and the vines in your fields will not cast their fruit,” says the LORD Almighty. 12 “Then all the nations will call you blessed, for yours will be a delightful land,” says the LORD Almighty.

## 2. Budgeting

*Proverbs 6:6-8*, Go to the ant, you sluggard; consider its ways and be wise! It has no commander, no overseer or ruler, yet it stores its provisions in summer and gathers its food at harvest.

*Proverbs 27:34*, Know the state of your affairs and watch your business interests closely.

## 3. Giving

*2 Corinthians 8:7*, But just as you excel in everything - in faith, in speech, in knowledge, in complete earnestness and in your love for us - see that you also excel in this grace of giving.

*Philippians 4:14-17*, Yet it was good of you to share in my troubles. 15 Moreover, as you Philippians know, in the early days of your acquaintance with the gospel, when I set out from Macedonia, not one church shared with me in the matter of giving and receiving, except you only; 16 for even when I was in Thessalonica, you sent me aid again and again when I was in need. 17 Not that I am looking for a gift, but I am looking for what may be credited to your account.

#### **4. Investing**

*Proverbs 21:20*, The wise man saves for the future, but the foolish man spends whatever he gets.

*Proverbs 13:22*, A good man leaves an inheritance for his children's children, but a sinner's wealth is stored up for the righteous.