Session Two-Fasting from Finances

They say that the business of America is business. Business brings prosperity. It can lead to wealth. And wealth leads to happiness or so we think. So to ask someone to surrender some of his/her money makes no sense. Money is our source of security and comfort. Having money means having possibilities. Money means we are safe in the face of emergences. Money talks and people listen. We admire the self-made millionaires. We would love to be like them. We may criticize the one per centers but few of us would not want to trade places with them. Money makes the world go around and to fast from it goes against our core. Money is useful and necessary but it must have its proper place. Fasting from our finances in other words sharing some of it to bless others is a good remedy against its stranglehold.

Money has too much control over our lives and very few of us are immune to it. The remedy is to give it away. Oh not all of it but a generous portion of it, enough to feel a twinge. Instead of using all the money for oneself invest it in God’s kingdom. Use it to bless others. In a sense we invest it in God’s bank which pays back with unmatched dividends.

If we are to call ourselves Christ followers than we are to fast from our finances. Jesus expects us to give alms. In Matthew 6:3-4 we read “but when you give alms, do not let your left hand know what your right hand is doing, so that your almsgiving may be secret. And our Father who sees in secret will repay you.” As with fasting it is not **if** you give alms but **when** you give alms. While doing so we are to be a cheerful giver 2Cor:9:6-7. God will bless us. Our trust is in Him alone. Once when Mother Teresa spoke about building an orphanage she was reminded that it was not possible for she had only a few cents to her name. Undaunted she agreed but reminded her naysayer that God has plenty of money. He does and we are not to worry but rather trust Him. We have to fight against the grip that money has on all of us.

“But those who desire to be rich fall into temptation, into a snare, into many senseless and hurtful desires that plunge men into ruin and destruction. For the love of money is the root of all evils; it is through this craving that some have wandered away from the faith and pierced their hearts with many pangs.”(1 Timothy 6:9-10).

I think we can admit that it is not easy giving away our money. Our fears and worries of the future battle against it. We are wired for self-preservation and so our makeup fights against what appears to be diminishing our security. Sure there may be a discomfort, we may have to do with less, but God will reward you for your kindness. Almsgiving is a clear and profound indication of one’s faith. Like Ada Mae Brown let go and surrender it to God.

What was the first job you ever had? How did making money make you feel?

How much money in the bank would give you security?

What is more difficult for you fasting from your finances or from food?

How much are you like Ada Mae(Ghosts) in struggling to let go?

What is or would be one cause that you would sacrifice our money?