



## CROWN FINANCIAL MINISTRIES

Money - very useful stuff! Have you ever wondered what God says about it? Whose is it and what should we do with it? Is it ours to help fulfill our hearts' desires?

The Bible contains over 2000 verses dealing with money! I often wish that my parents had taken some time to teach me some of those verses about how to use, spend, and save my money. Perhaps then, I could have avoided some of the mishaps along the way.

Have you ever wondered about money? What happened to it all? Have you ever wanted to train your children how to biblically handle their financial affairs?

If you have ever asked yourself any of the above questions, then I have the perfect opportunity for you! Join a small group life study through Crown Financial Ministries. This 10 week study will help you answer many of your financial questions regarding God's part in money, debt, honesty, giving, investing and much more.

To sign up, call Don and Jan Blurton at (661) 397-6103 or call the local Crown office at (661) 334-0500. You will be extremely grateful that you did!

Submitted by Jennifer Ullrich

### *Praying for your husband*

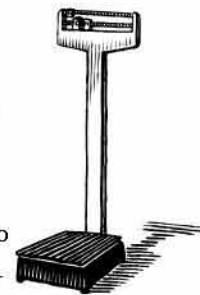
*by Stormie Omartian*

Lord, I commit our finances to You. Be in charge of them and use them for Your purposes. May we both be good stewards of all that You give us, and walk in total agreement as to how it is to be dispersed. I pray that we will learn to live free of burdensome debt. Where we have not been wise, bring restoration and give us guidance. Show me how I can help increase our finances and not decrease them unwisely. Help us to remember that all we have belongs to You, and to be grateful for it. I pray that (husband's name) will find it easy to give to You and to others as You have instructed in Your Word. Give him wisdom to handle money wisely. Help him make good decisions as to how he spends. Show him how to plan for the future. I pray that he will find the perfect balance between spending needlessly and being miserly. May he always be paid well for the work he does, and may his money not be stolen, lost, devoured, destroyed, or wasted. Multiply it so that what he makes will go a long way. I pray that he will not be anxious about finances, but will seek Your kingdom first, knowing that as he does, we will have all we need (Luke 12:31).

Amen

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## Scale Down



\*Chew sugar-free gum. Many people eat just because they have an oral fixation. Chewing sugar-less gum relieves stress, give you something to taste and freshens your breath without adding calories.

\*Substitute plain yogurt for mayonnaise or sour cream.

\*Avoid salt. Salt forces the body to retain water and can turn you into a bloated blimp. It also stimulates the appetite. That's why you can't eat just one potato chip.

\* A pound contains 3500 calories worth of energy. Therefore, if you burn up an extra 500 calories a day through exercise, even if you continue eating exactly the same as before, you will lose a pound a week. If you cut your calories by 500 calories a day you can lose 2 pounds a week. Check out this website for calories burned during exercise.

**([primusweb.com/fitnesspartner/jumpsite/calculator.htm](http://primusweb.com/fitnesspartner/jumpsite/calculator.htm))** This site allows you to put in the number of minutes you exercised and shows you the approximate number of calories burned on over 200 different exercises.

*Creative ways to say...*

## I love you



- Put together a book of his favorite things and use it as a resource regularly. (List his favorite meals, restaurants, activities, movies, games, vacations, clothes you wear, ways you show him affection).
- Kiss him hello at the door.
- Teach the kids to hug daddy when he comes home from work.
- Watch a program with him that you do not enjoy and fix one of his favorite snacks.
- Give him some quiet time everyday to read the newspaper or his favorite magazine. Teach the kids to respect his alone time.
- Look nice for him when he comes home from work.
- Get dressed up nice and deliver cookies to his work for him and his associates.