

Course Overview

Week 1

Session 1: The central theme is that we are created body and soul, and that our finances are very much part of that equation. We explore for the first time whether a book such as the bible can assist us in our financial journey, with the message that the bible is packed full of wisdom about our day to day financial lives and its relationship with our personal happiness. The session goes on to uncover our sometimes ambiguous relationship with money - it buys some happiness but not too much; it relieves some anxiety but creates an anxiety all of its own. The first session concentrates on our experiences of money, what we know and feel in our own lives.

Session 2: The second session starts to look at how we can start thinking about our own finances practically. By the end guests should understand what a budget is, why it is the cornerstone of any attempt to control your finances, and how to categorise expenditure in order to be able to control it.

Week 2

Session 1: A budget is the key element in taking control of money, whether it is facing up to a debt problem, starting to think seriously about savings or determining an appropriate lifestyle. This first talk in week two (a) asks delegates to explore how they feel about their control of money, (b) encourages the setting of simple financial goals to underpin the commitment to making and living on a budget, and (c) covers a little about the importance of savings – aware that for some this is very difficult so this theme is understated.

Session 2: This session gets into the detail of how guests can start to create their own detailed budget. Guests use an extended case study to draw out some of the common issues regarding how to put a budget together, and we introduce them to the Budget Builder.

Week 3

Session 1: This session explores the issue of credit. Recognising that there are advantages to using credit the session identifies some of the problems that credit brings. The overall approach is to urge a careful, restricted and wise use of credit and encourages a positive journey towards debt free living.

Session 2: is all about getting our budgets to a state of balance. We firstly look at our spending priorities, and then at our income and spending patterns, and guests will spend some time discussing ideas for how to save money. We then turn our attention to how to deal with “manageable” debts within our budgets.

Week 4

Session 1: In the first three modules the first part of the evening has explored the importance of money to our wellbeing and our spiritual health, the importance of taking control of money and a wise approach to credit. But a wholesome relationship with money is about much more than simply managing well. In this final session we explore more specifically some attitudes around money that set us free from the ties of greed and materialism.

Session 2: The final session brings the course full circle, when we return to and expand upon the Piggy Banking concept introduced in week 1, which will enable guests to effectively manage their finances and spending day-to-day. It is one of the most important sessions of the course. We also challenge guests to think about what they will do after the course.