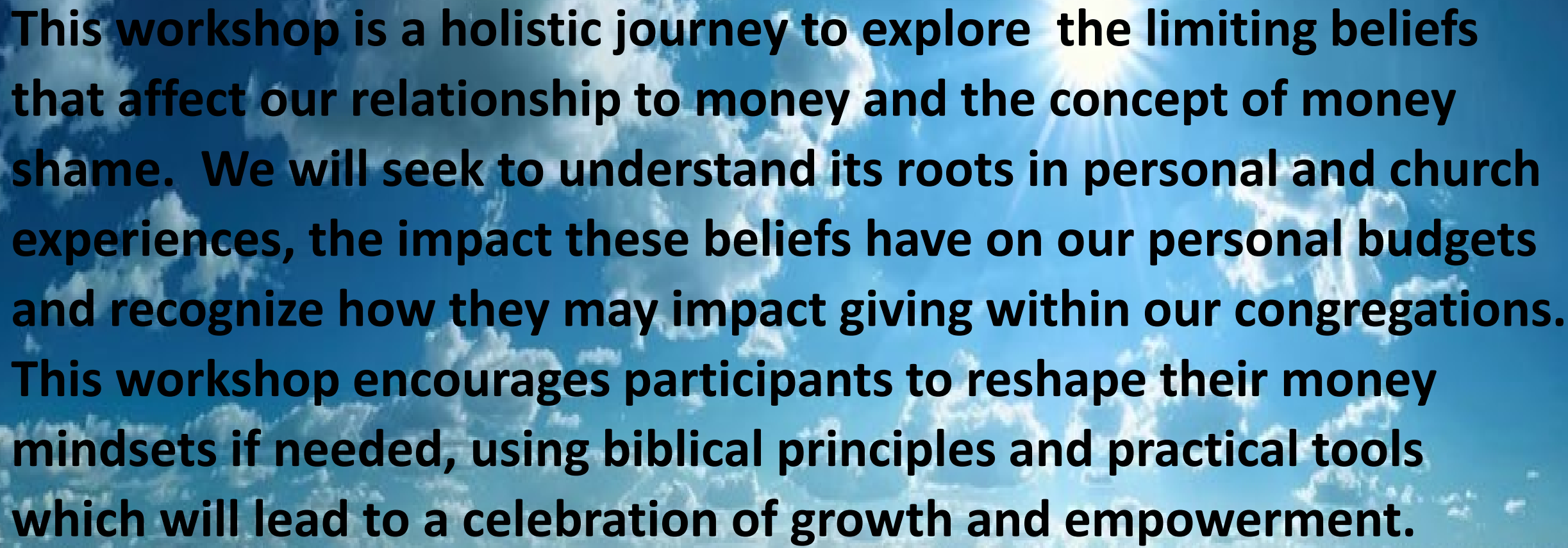


# Restoring Joy in Giving: Conquering Money Shame for Better Stewardship.



**Katherine  
Lankford**





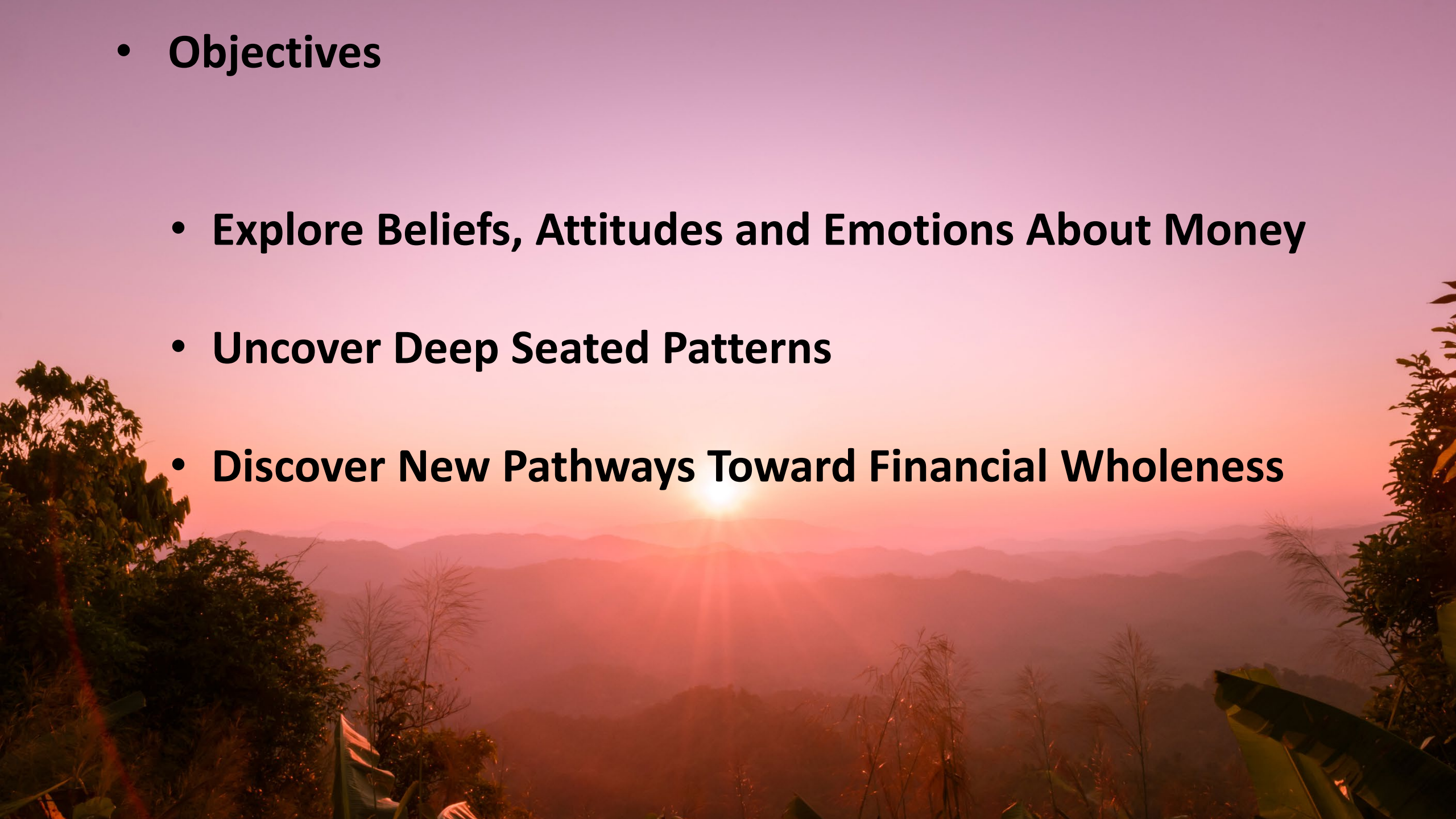
**This workshop is a holistic journey to explore the limiting beliefs that affect our relationship to money and the concept of money shame. We will seek to understand its roots in personal and church experiences, the impact these beliefs have on our personal budgets and recognize how they may impact giving within our congregations. This workshop encourages participants to reshape their money mindsets if needed, using biblical principles and practical tools which will lead to a celebration of growth and empowerment.**

- **Objectives**

- **Explore Beliefs, Attitudes and Emotions About Money**

- **Uncover Deep Seated Patterns**

- **Discover New Pathways Toward Financial Wholeness**



# **Katherine Lankford**

- Ordained Teaching Elder PCUSA**
- Associate Pastor of Christian Education and Community Engagement Liberty Community Church Minneapolis, MN.**
- 20+ years Financial Services/Mortgages**
- Licensed Life and Health Insurance Agent**
- Certified Financial Education Instructor CFEI®**
- Partner of PCUSA Board of Pensions**
- Youth Investment Club-Simulated App**
- Owner & Creator Finance & Affirmations-Healing Centered Financial Programing**

# Stewardship

**Managing everything (all resources and gifts monetary and otherwise) that God brings into our lives in a manner that pleases God.**

**3 John 1:2**

**Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well. (NIV)**

**Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. (NKJV)**

**John 10:10**

**The thief comes only to steal and kill and destroy; I have come that they may have life and have it to the full. (NIV)**



Breathe with Me

A scenic landscape featuring a mountain range under a cloudy sky. In the foreground on the right, a large, dark evergreen tree is partially visible. The mountains in the background are layered, with the closest ones in shades of green and blue, and the distant ones appearing hazy and light blue. The text "Breathe with Me" is centered in the upper half of the image in a clean, black, sans-serif font.

**Your Body is Alive**

**Body Scan**



**I am interested in what matters to my body, my health and my financial wellbeing.**





**Your Body is Alive**

**Pay attention to your bodies  
as we engage in conversation.**



**Let's explore your beliefs,  
attitudes, and emotions  
surrounding money.**



- 
- **Early Money Messages**
  - **Money Mindset**
  - **Current Relationship with Money**

# Deep-Seated Patterns

UNCOVER

A photograph of a park path lined with large, leafy trees. A white spherical lamp post stands on the left. In the background, there is a small waterfall and a grassy area. The text is overlaid on the image in white boxes with black text.

• **Money Shame/Trauma**

• **Family**

• **Church**

• **How does shame inform and effect giving?**

Discovering new pathways to  
financial healing and abundance.



- 
- **New Pathways**
    1. **Affirmations**
    2. **Mindful Approach to Money-grateful for what you have.**
    3. **Healthy Money Management Practices**
    4. **Forgive Yourself for Past Financial Mistakes**
    5. **Seek Professional Help**
    6. **Journal and Reflect**
    7. **Sermons, Bible Studies about Personal and Corporate Stewardship of Joy**
    8. **Start a Financial Wellness Series**

# 1. Affirmations

## You Are Worthy!

Genesis 1:31

God saw everything that God made and behold it was very good  
and God validated it completely (AMP)

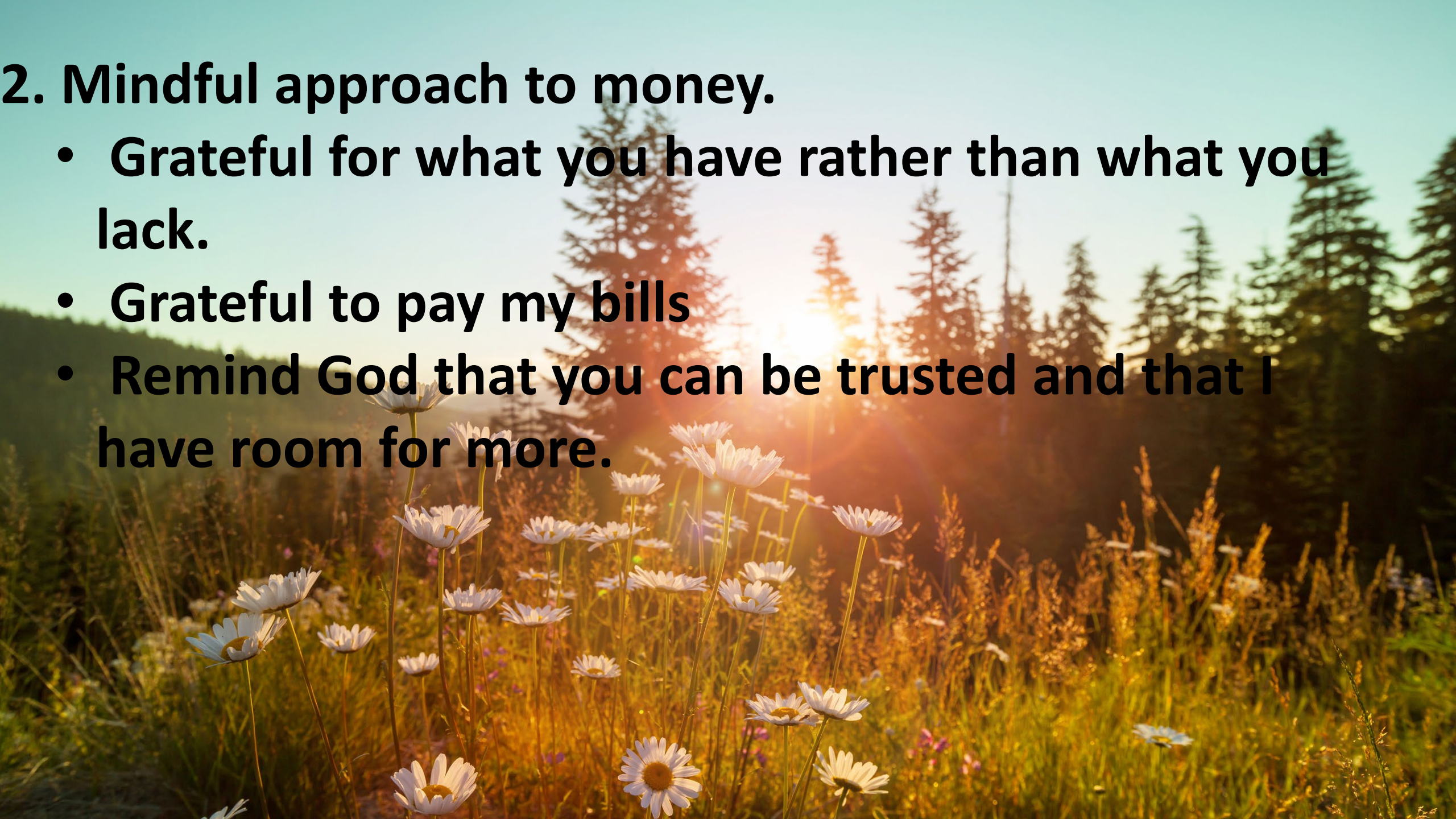
God looked over everything he had made;  
it was so good, so very good! (MSG)





## **2. Mindful approach to money.**

- Grateful for what you have rather than what you lack.**
- Grateful to pay my bills**
- Remind God that you can be trusted and that I have room for more.**



### **3. Healthy Money Management Practices**

- **Budget**
- **Save/Emergency Fund**
- **Debt Elimination**
- **Credit**
- **Asset Protection**
- **Investing**

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A photograph of a park path lined with large, leafy trees. A white spherical lamp post stands on the left. The path is paved with light-colored concrete slabs. In the background, there is a green lawn and more trees under a bright sky.

## • 4. Forgive Yourself

- **Past Money Mistakes**

- **Perceived Inadequacies that Lead to Guilt and Shame**

## **5. Seek Professional Help**

- **Financial Advisor**
- **Financial Coach**
- **Financial Therapist**



# 6. Journal and Reflect



## Write a letter to your future self

**Write.** Pick a receiving date. **Send.** Verify. That's it 😊

Your letter is **safe** with us - we've sent over **20 million letters** in 20 years!

Dear FutureMe,

Full screen

Deliver in 6 months 1 year 3 years 5 years 10 years Or choose a date

6 months  1 year  3 years  5 years  10 years

Select your audience

Private  Public, but anonymous

Make sure you get your letter

Pick your style

Send just this letter Free  
 Send this letter + Support FutureMe \$3

You will receive a confirmation email - please make sure your email address is correct! By writing a letter and signing up for FutureMe you agree to the [Terms of use](#)

FutureMe uses cookies.

Learn how we use cookies to improve your experience by reviewing our [Terms of Service](#)

Got it!

[Inspire me!](#)

[Send to the Future](#)

START

# **7. Sermons/Bible Study/Small Group Discussions**

- Stewardship and Giving with Joy**
- Money Mindset**





- **8. Financial Wellness Series**

- **Created by Clergy**

- **Bring in Guest Speakers**



## Matthew 11:28-30

**Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”**





**Celebrate!**

**Affirmation in Movement**

# Affirmations

- I deserve financial Independence.
- I am intentional and consistent about saving money.
- I save and it makes me feel good!
- I make informed decisions about my finances.
- I pay off debt so that I can be financially and spiritually free.
- I honor my ancestors by passing on multi-generational wealth.
- I give myself the gift of living within my means.
- Every one of my dollars has an intended destination.
- I am responsible with my credit.
- I dwell in liberation and freedom in every aspect of my life.
- I am the right age, this is the right time, to pursue my dreams.

