

WEEK #9

When Finances Cause You to Clash - The Solution

When finances are a trigger, keep in mind that timing is everything when addressing this issue. Research has proven that during stressful conversations, when our heart rate exceeds 100 beats per minute, we become “flooded.” When we are flooded, our body is overrun with chemicals such as epinephrine (which activates the fight or flight system in our bodies), or cortisol (the stress hormone). In this state, it is impossible for anyone to problem-solve, think creatively, or even think logically. Any further interaction between spouses will be non-productive at best, or harmful at worst. The key in this situation is to physically remove yourself from your spouse’s presence, wait at least 30 minutes, and then reconvene to attack the problem, not each other.

With that in mind, the best time to problem-solve is when things are “calm.”

One writer recommended that a couple discuss finances only with the budget in front of them and on weekends, when things are generally more relaxed.

The key is to respect our spouse’s feelings and ideas, and work toward a reasonable and godly practice of stewardship. At times, we forget that money is never more important than the people in our lives.

Above all, when everything seems unstable, Jesus remains steadfast. Put your trust in Him to refine you and meet your needs, and you will find a security far more valuable than money.

Next week - When Life Gets Too Busy - The Problem