

5 Ways to Overcome Financial Pressure

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Facing extreme financial pressure? There is a way out. Learn how you can take victory with these five ways to overcome financial pressure.

There aren't many things that can cause more stress and anxiety than financial pressure. It can be an all-consuming worry during the day and keep you up all night. The longer it persists, the more it can negatively affect your relationships and even your health. Many of us have been there.

Whatever your situation today—whether it's mounting debt, the loss of a job or unexpected expenses—God wants to deliver you and restore the years that the locusts have eaten ([Joel 2:25](#)). His will is always for you to live an abundant life—which includes your finances. He doesn't want you to struggle or worry—He wants you to have all your needs met, be equipped to help others, and live in His perfect peace.

In order for His blessings to manifest in your life, you have to do your part by being obedient to His Word. You may be feeling tired from the struggle, but don't "grow weary while doing good, for in due season [you] shall reap if [you] do not lose heart" (Galatians

6:9, NKJV).

Here are five ways to overcome financial pressure and get back to a place of victory where you belong.

1. Take Back Your Power

"I have given you authority...over all the power of the enemy." –Luke 10:19 (ESV)

When you can't pay your bills; creditors are calling; or you're facing the loss of a job, car or home, one thing is sure: You feel powerless. When you begin to feel weak and powerless, the devil comes right in to convince you that there is nothing you can do, and all hope is lost. When you're distracted with the immense pressure that comes from an extreme financial challenge, it's easy to forget who you are and the power and authority that's been given to you. All you can think about is, *How am I going to get out of this?*

If you're in this situation today, you've likely been the recipient of some not-so-great "advice" or "encouragement" that seems more insensitive than helpful. You may read your Bible every day, pray on your knees, and cry out to God—but still, you feel the same. If that's where you are, it's time to make a change—it's time to take back your power.

It all begins with refusing the wrong mindset and building the right mindset. If you've been in a severe drought in your finances for a long stretch of time, you may have fallen into the temptation to take on a victim mentality. This includes thoughts like, *Why is this happening to me? I've always obeyed God, and now here I am. Why are my finances always a mess? I'm not living in financial abundance like everyone says I should be living.*

When you take on a spiritual posture of self-pity, you're actually standing in a defeated position—a weak stance that beckons the enemy to get involved and "help" you continue down the wrong path. He'll even use your wrong thinking to push you even further—maybe far enough to blame God for not rescuing you or letting the situation happen in the first place. If you're already in this place, it's time to see the red flags flying in the air. Get out of this mindset and do it quickly. It's a ticking time bomb that will not get you where you want to go.

Instead, resist the devil—resist self-pity and the blame game—and take back your position of power. A person in power doesn't complain—he takes action.

Certainly, this will take every ounce of strength you have, but you can do it! God gives you strength when you feel weak (2 Corinthians 12:10), He will arm you with strength for the battle (Psalms 18:39), and He says He always causes you to triumph (2 Corinthians 2:14)—always! You *can* put the enemy under your feet. It will take time and a willing heart, so don't be discouraged if you don't feel empowered right away. The key is to begin taking steps toward recapturing the power that belongs to you in Christ Jesus. That's a power that cannot be defeated.

Begin taking back your power with [these Daily Confessions for Financial Victory](#).

Then, one day, you'll wake up and realize that no matter what your situation looks like, you have the power to overcome it—the power to conquer.

2. Chip Away at Debt

“Throw off everything that hinders.” –Hebrews 12:1 (NIV)

When you're facing a shortage of money, it seems impossible to even consider reducing debt. However, here's the deal—**obedience is key to deliverance**. God has commanded us to “keep out of debt and owe no man anything” (Romans 13:8, *AMPC*). If you're in debt—don't get into condemnation—get out of it! The key is to make a decision that debt will no longer be a way of life for you. It won't be your source, it won't be your safety net, and it won't be the shackle that holds you back from financial freedom.

Don't let the world tell you how to live. Instead, listen to the Word of God and to trusted teachers like [Bill Winston](#), [Gary Keese](#) and [Dave Ramsey](#), who will teach you how to manage your money biblically. Begin by listing every debt that you owe on a spreadsheet like the [Debt Reduction Snowball Calculator](#). This spreadsheet will allow you to list your debts in order from smallest to largest. Then, begin chipping away at the debt.

If you're in a situation where you're barely able to make ends meet, step out in faith and obedience by paying off even just a few dollars at a time. **God will meet your obedience with the supernatural every time**. He wants to help you with your finances. He's on your side!

Then, speak to the mountain of debt in your life according to Mark 11:23. Each time you receive a billing statement, hold it up and say, “Thank You, Jesus, that this mountain is paid off!” You'll be surprised how much peace it will bring you to take even the smallest step toward debt freedom.

Watch Gloria Copeland and George Pearsons teach you how to make a decision to live debt free and succeed!



<https://youtu.be/0rmjivwRBtU>

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3. Keep Tithing and Giving

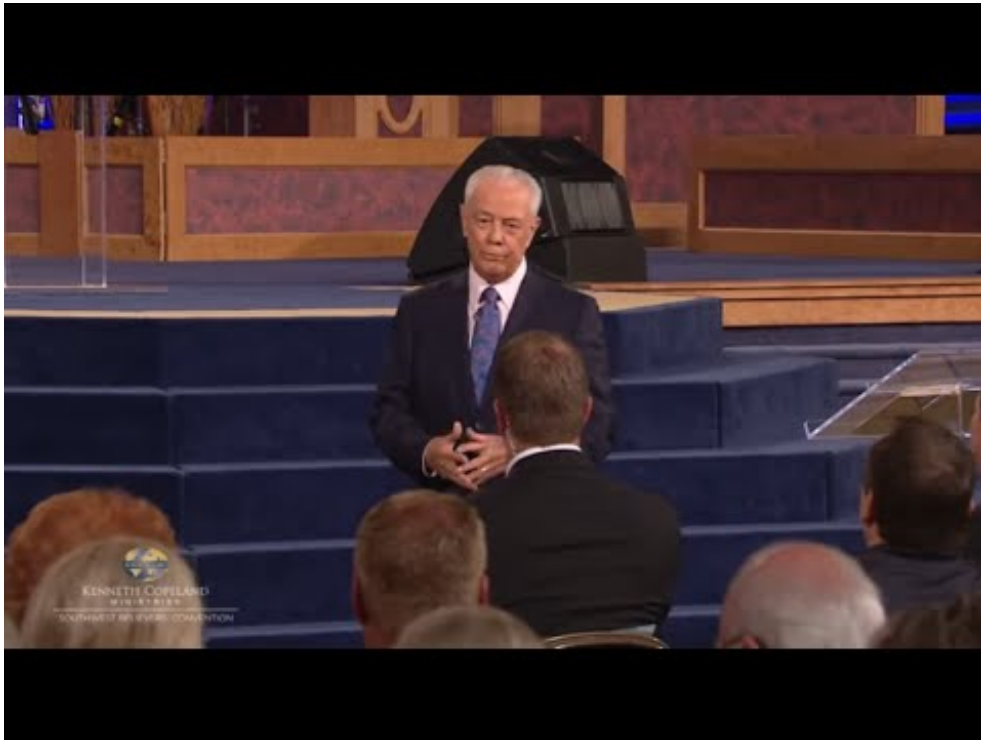
"Give, and you will receive.... The amount you give will determine the amount you get back." -Luke 6:38

This is where most Christians miss it. Things get tight, sources dry up, and they tighten their grip on what little they *do* have. It's counterintuitive to give money away when you're wondering how you're going to pay your mortgage, but it's critical to overcoming financial pressure.

Tithing isn't based on your income or your financial situation—it is a system of honoring God and receiving a return. It isn't discriminatory—everyone is able to tap into THE BLESSING through tithing and giving. Don't let fear of not having enough rob you of your right to a supernatural return. Make tithing the first thing you do with every dollar that comes into your household, (do it in faith!) even if it means not having enough left over in the natural. In doing so, God says He will open the windows of heaven over your life (Malachi 3:10).

[Have questions about tithing? Get quick answers from Tithing 101 here.](#)

Watch as Jerry Savelle teaches about the power of sowing in famine.



<https://youtu.be/AhRwz9GMk-w>

4. Shift Your Focus

“Look to the Lord and his strength.” –1 Chronicles 16:11 (NIV)

What’s the first thing you think of when you wake up in the morning? If you’re facing extreme financial pressure, your thoughts likely jump to your troubles. In fact, if you really think about it, it’s most likely what consumes your thoughts all day long. It’s a pressure that needs to go away, a nagging that won’t quit, and a problem that seems to have no answer. But there *is* an answer.

Most often, breakthrough comes when we do the things that aren’t our natural response. God calls us to a higher level than what our carnal minds come up with on their own. He calls us to live from faith to faith and glory to glory. That takes some effort! It begins with shifting your focus from the problem over to Him.

Do you want out of these chains? Praise Him. Worship Him. Stop thinking and praying about your situation for a time, and shift your focus to the goodness of God. Thank Him for who He is, what He’s done in your life, and what He *will* do (That’s faith!). He is worthy of all our praise.

Maybe you’ve forgotten what you’re thankful for. Your focus has been on what you don’t have for so long because it seems to require so much thought and attention. It might take time to restore a grateful heart, but keep at it until it is genuine and heartfelt.

Shift your focus onto obeying Him. Even in the midst of your trouble (*especially* in the midst of your trouble), He is calling you to make some changes in your life and rise up and become even stronger spiritually.

Ask yourself the tough questions. Are you walking in love? You might think, *What does love have to do with making my car payment?* The answer is: Everything. Love is a powerful force—it has the power to change any and every situation in a heartbeat. When you're walking in love—wholly and completely—nothing can stop the power of God from moving in your life. On the other hand, if you're in bitterness, unforgiveness or pride, you're going nowhere fast. God is Love—and without love, you're far away from Him.

Spend time seeking the Lord, who is Love, about how you can grow in love. Love never fails. If you ever needed to not fail—it's now—in your trial.

[Discover The Profile of a Prosperous Christian here.](#)

5. Release Your Grip

“Give all your worries and cares to God, for he cares about you.” –1 Peter 5:7

Financial pressure is a right-up-in-your-face situation, isn't it? It isn't something that comes and goes—it's there all the time. While you're busy putting out one fire, another seems to ignite, then another. When you're faced with having to go without the things you need, or you're backed into a corner with the threat of losing your home or car, it's natural to want to leap into action to fix it. But most often, that action is worry.

Maybe you feel irresponsible if you aren't up at night worrying about your situation or searching the internet for any possible ideas or help. When you take the natural approach, you might think of a way to avoid one disaster, but then another appears on its heels. As you do this, you find yourself getting more tired, frustrated and discouraged than ever before. The reason is simple: When you try to fix something in the natural, that's where your situation will stay.

Whatever you're facing today will always turn out best in the supernatural. The impossible suddenly turns into likely, the broken becomes fixed, the old is made new, and mourning is turned into dancing. So, if you want to overcome financial pressure, release your grip on your situation, cast your cares upon the Lord, and watch Him work.

Put these five ways to overcome financial pressure into action, and get ready to receive your abundant harvest! There *is* a way out of financial pressure—no matter how extreme. Even in your moment of impossibility, when you take back your power, keep tithing and giving, get rid of debt, and focus on praising and obeying God, you'll overcome the financial pressure you're facing today. There is victory on the other side of this for you. In the Name of Jesus, you will be free!

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Daily Confessions for Financial Victory

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