

Decompression Curriculum

Lesson 8

Video/CD Title: Delay Your Gratification (0702)
Disc Start Time: 00:00

Author: Claude Hamilton
Disc End Time: 54:40

Complete this top section and then answer the questions below in the space provided. If you need more space, please use a separate sheet of paper. Attach this page to the front of your assignment when you turn it in.

Name: _____ Home: _____ Date: _____

Introduction: One early point Mr. Hamilton makes in this teaching is the biggest problem we have with learning something of value is doing one of two things: listening to everyone and listening to no one. Listening to everyone might include advice offered by others who express great knowledge with their mouths yet express great ignorance with their behavior. Listening to no one may include all of the desires accumulated during your time in prison (unwise self-talk).

Discussion 1: Financial discipline comes before financial health. Financial discipline is not about increasing your income, it comes from managing the way you spend. The primary way you can learn financial discipline is to learn how you spend. The method shared in this teaching is to keep track of your spending in a journal.

Drill Down 1:

- Does financial discipline lead to freedom or bondage? _____
- How does New Name's requirement to complete and submit an Order & Increase Report each week line up with this teaching?

- What **will** you **do** to learn financial discipline during your year with New Name?

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Discussion 2: One of the tools Mr. Hamilton shares to motivate someone to discipline themselves financially is to encourage them to capture the vision of what they want their life to look like financially in the future.

Drill Down 2:

- Describe what you want your life to look like financially in the future. Consider things like the following: house, car, retirement nest egg, retirement age, starting your own business, etc.

Discussion 3: When you do **not** buy what you cannot afford, that is not delayed gratification. Delayed gratification is when you **can** afford something and you don't buy it.

Drill Down 3:

- How can delaying your gratification help you to meet your most important long term financial goals?

- List 5 items you will delay in purchasing while at New Name even after you can afford it in order to meet your long term financial goals.

1.

2.

3.

4.

5.

Post Class Instructions: Instead of treating this lesson as just another intellectual exercise, seek out ways to apply this material to your pursuit and development of Kingdom purpose in your use of money.