

Money & Relationships

Here is the thing about money – it is just a tool that helps us get the things and services we need. And yet, money is not always easy to talk about; even with those we love and trust.

Many of our attitudes about financial matters come from our parents and upbringing. Maybe growing up you heard things like...“ Money doesn’t grow on trees!” or “Don’t carry cash, you’ll either spend it or get robbed!” Maybe your parents argued constantly about money. Perhaps your parents never discussed it in front of you, and you had to learn about it all on your own.

We sometimes carry that sensitivity with us through adolescence into adulthood. If money matters are a sore spot with your partner today, or you were ever taken financial advantage of by someone you once trusted, the pain of talking about money is real.

In the book Healing the Eight Stages of Life Linns and Fabricant offer a wonderful visualizing prayer. They call it the “*Prayer of Creative Imagination*” There are four parts that can be used for healing any hurtful experience, not just around money:

1. Recall a time when you felt deeply loved. Re-experience that scene, breathing that love into yourself again.
2. Now recall a time you were hurt. Perhaps you are sitting around the dinner table and your tired parents arguing over money. Get in touch with those feelings.
3. Let Jesus join the scene. Imagine what he might say. Watch as he adds to the conversation.
4. Breathe in all the ways Jesus loves you, and breathe out any hurt.

There now, doesn’t that feel better? When we find a way to shift our thinking from fear to generosity, we can better make a pathway for gratitude.

