

# HELP! I AM IN DEBT!

By Paul Selchow



Did you know that money and financial problems are the leading cause of stress in American adults today? That is not surprising, because debt addiction in America has become a debt crisis. There is hope! With purpose and determination, you can be free from this debt and stress!

## Wisdom from Counsels on Stewardship:

Many, very many, have not so educated themselves that they can keep their expenditures within the limit of their income. They do not learn to adapt themselves to circumstances, and they borrow again and again and become overwhelmed in debt, and consequently, they become discouraged and disheartened. [CS 249]

**Statistics on Debt in America:**  
(This is consumer debt, not Government debt)



Credit Card debt:  
**\$986 Billion**



Auto Loan dept:  
**\$1.52 Trillion**



Student Loan debt:  
**\$1.76 Trillion**



Mortgage debt:  
**\$11.92 Trillion**



Total Consumer debt:  
**\$16.9 Trillion**



## Bible Principles Regarding Debt:

**1 Romans 13:8** Owe no one anything except to love one another, for he who loves another has fulfilled the law.

▶ The first principle is to simply not owe any debt to anyone.

**2 Proverbs 22:7** The rich rules over the poor, And the borrower is servant to the lender.

● When you are in debt, it is your burden to carry, you don't have a choice. You are a slave to it. That debt parasitizes your future income and reduces your purchasing, saving, and giving power. It's imperative that when we engage in any borrowing, we consider our ability to repay.

**3 Proverbs 22:26, 27** Do not be one of those who shakes hands in a pledge, One of those who is surety [guarantee] for debts; If you have nothing with which to pay, Why should he take away your bed from under you?

▶ Do you want to be responsible for someone else's debt? To put it plainly, be careful. An unforeseen financial event can put you in a really bad position. Debt is not something to jump into carelessly. Be cautious about going into debt. If possible, avoid it altogether. Remember, when you take on debt, you are presuming upon the future.

**4 Psalm 37:21** The wicked borrows and does not repay, But the righteous shows mercy and gives.

▶ Remember, even though you hate the burden, you're required to pay it back. No one wants to be considered wicked, but that is exactly how God describes those who avoid paying their debts.

### Should all borrowing be labeled immoral or judged as wrong in every situation?

No. There are certain situations where borrowing could be acceptable.

**2 Kings 4:3** The widow borrowed vessels.  
**2 Kings 6:5** One of the prophet's sons borrowed an ax.  
These examples suggest that borrowing should be limited to providing for the things we need.





## If you find yourself in debt, there is hope.

Know that God loves you and He cares about your situation. Having debt won't reduce His love for you, and being debt-free won't increase it.

**1** **Philippians 4:19** And my God shall supply all your need according to His riches in glory by Christ Jesus.

● Put your faith in Jesus, he knows your needs.

**2** **3 John 1:2** Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

● It is God's desire that you be in good physical, financial, and mental health. To do so, we must cooperate with the principles in his word. .

**3** **Psalms 34:10** The young lions lack and suffer hunger; But those who seek the LORD shall not lack any good thing.

▶ Seek the Lord with all of your heart, and he will provide for your needs.

## Quick steps to getting out of debt:

Believe me, I have met many people who were deep in debt and overcame their situations. With determination, you too can become debt free. It requires some behavior changes and a lot of willpower, but you will feel so much freer when you accomplish your goal of being debt free!

— Paul Selchow

1. Create a budget. Track where every dollar is going, then balance your budget.
2. Sell stuff you don't need. Gain the extra cash to help pay off debt.
3. Cut the cable. Remove any unnecessary expenses from your budget and put the extra money into paying off debt.
4. Pay off all debt (except the house) using the debt snowball.
5. Drive cars you can afford – Pay cash for your car if possible.
6. If you can't manage credit card debt, stop using them. Credit cards should be used for convenience, not to accumulate debt. Credit cards do not supplement your income, they parasitize it.
7. Beware of debt consolidation loans. You don't get out of debt by borrowing money.
8. If you need personal help, consider finding a trained financial coach.