

**The Redeemed Christian Church of God  
Christ The Lord (CTL) Parish, Lekki**



# **Review of The Morning Dew**

**May to August 2024**

February 16<sup>th</sup> 2025

# Outline

- Our Finances at a time like this
- Prudence
- Self Development
- Coping Mechanisms for Couples/Families
- High Cost of Living – Coping Mechanisms

# Our Finances at a time like this

- **Set Your Priorities**

- Identify areas to cut back non-essential purchases, live within your means and focus on your goals.

- **Make a Budget**

- Prioritize essential expenses such as housing, food, and transport over discretionary spending which should be curtailed or delayed.

- **Build an Emergency Fund before you spend**

- Retool your budget, increase savings and moderate frivolities. At a minimum, aim to save 3-6 months' worth of household expenses in a savings account. Retirees to plan for 1 years' worth in highly liquid assets.

- **Avoid Unnecessary Debt, Consolidate your Debt, Repay debt balances with higher interest first**

- **Diversify Investments and Income streams**

- Seek a second income stream (side-hustle) to reduce income volatility associated with job loss.



# Prudence

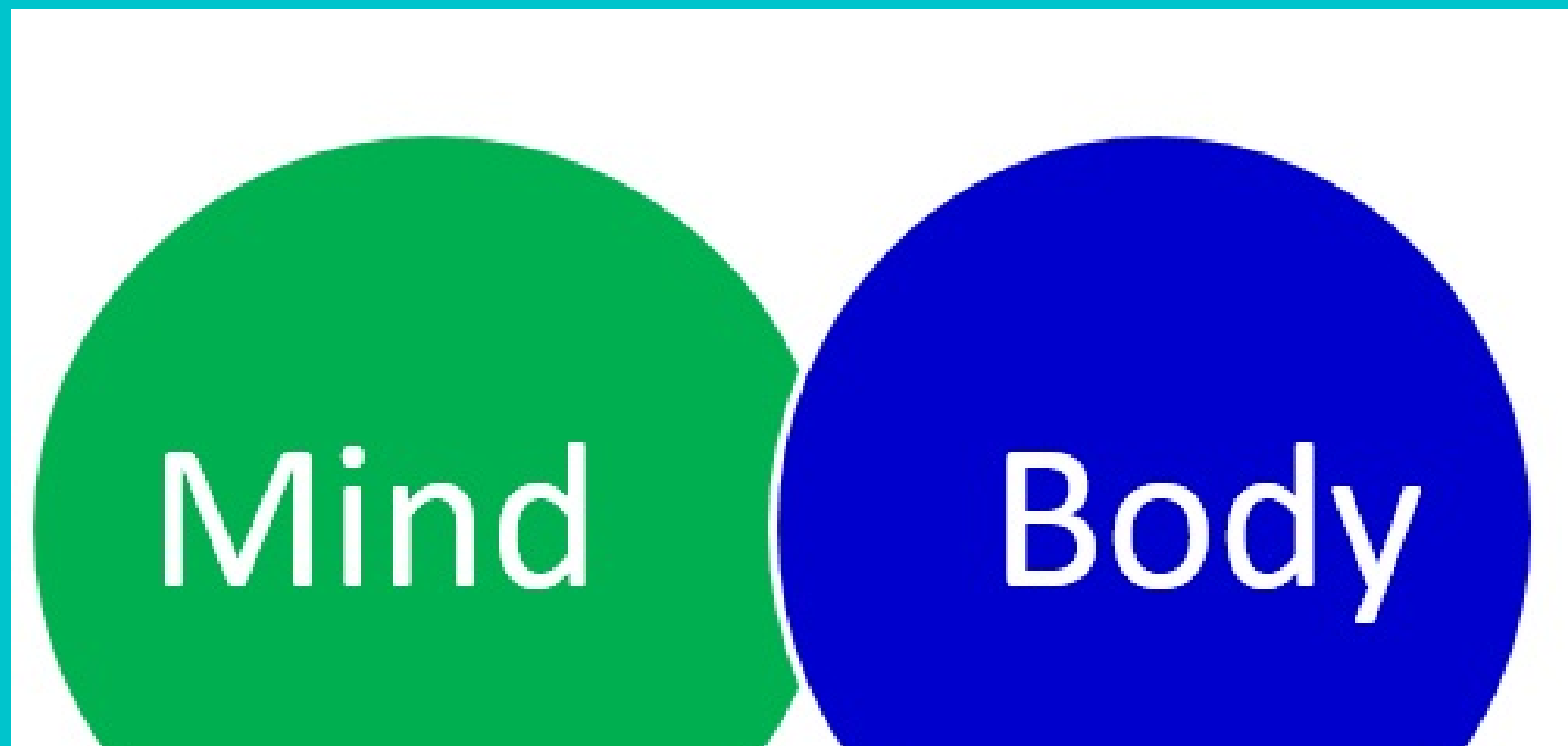
- Prudence comes from the Latin word *prudentia*, which means "foresight, discernment, or keen perception."
- Prudence is the ability to exercise sound judgment and careful decision-making.
- It involves considering the potential consequences of one's actions and making wise choices.
- Prudence is a virtue that enables individuals to act with caution, foresight, and discretion.

# Significance of prudence

- Avoid reckless or impulsive behavior that could lead to negative outcomes.
- Promotes careful planning, risk management, and effective problem-solving.
- Ability to make well-informed decisions and achieve long-term success.
- Guides wise decision-making and responsible behavior, enabling us to navigate life's challenges with foresight and sound judgment.
- Let us embrace prudence as a guiding principle, for it is the foundation of wisdom and a path to personal and professional fulfillment.

# SELF DEVELOPMENT

- Self-development is the capacity to shape one's habits, ideas, attitudes, emotions, and behavior in order to overcome challenges and create one's character.
- Self development is the process of learning new things and building new skills — skills that help us increase our chances of success, achieving our goals, and manifesting our dreams.



# AREAS OF FOCUS FOR SELF DEVELOPMENT

- **Physical Development:** Prioritizing our physical well being to maintain an optimal shape, energy, stamina & vitality to pursue our goals. E.g eating well, exercising etc
- **Emotional Development:** Emotional development involves understanding and managing our emotions effectively, developing resilience, and fostering healthy relationships.
- **Spiritual Development:** Spiritual growth is the journey of growing in faith to know more about God and become the person that He created you to be.
- **Social Development:** Developing strong social skills is an essential component of personal growth, enabling you to connect with others and build meaningful relationships. E.g Communicating and Connecting with people better.

# COPING MECHANISMS FOR COUPLES/FAMILIES

To cope is to deal with something, particularly highly stressful situations in order to overcome problems and difficulties in life.

A family is a group of one or more parents and their children living together as a unit.

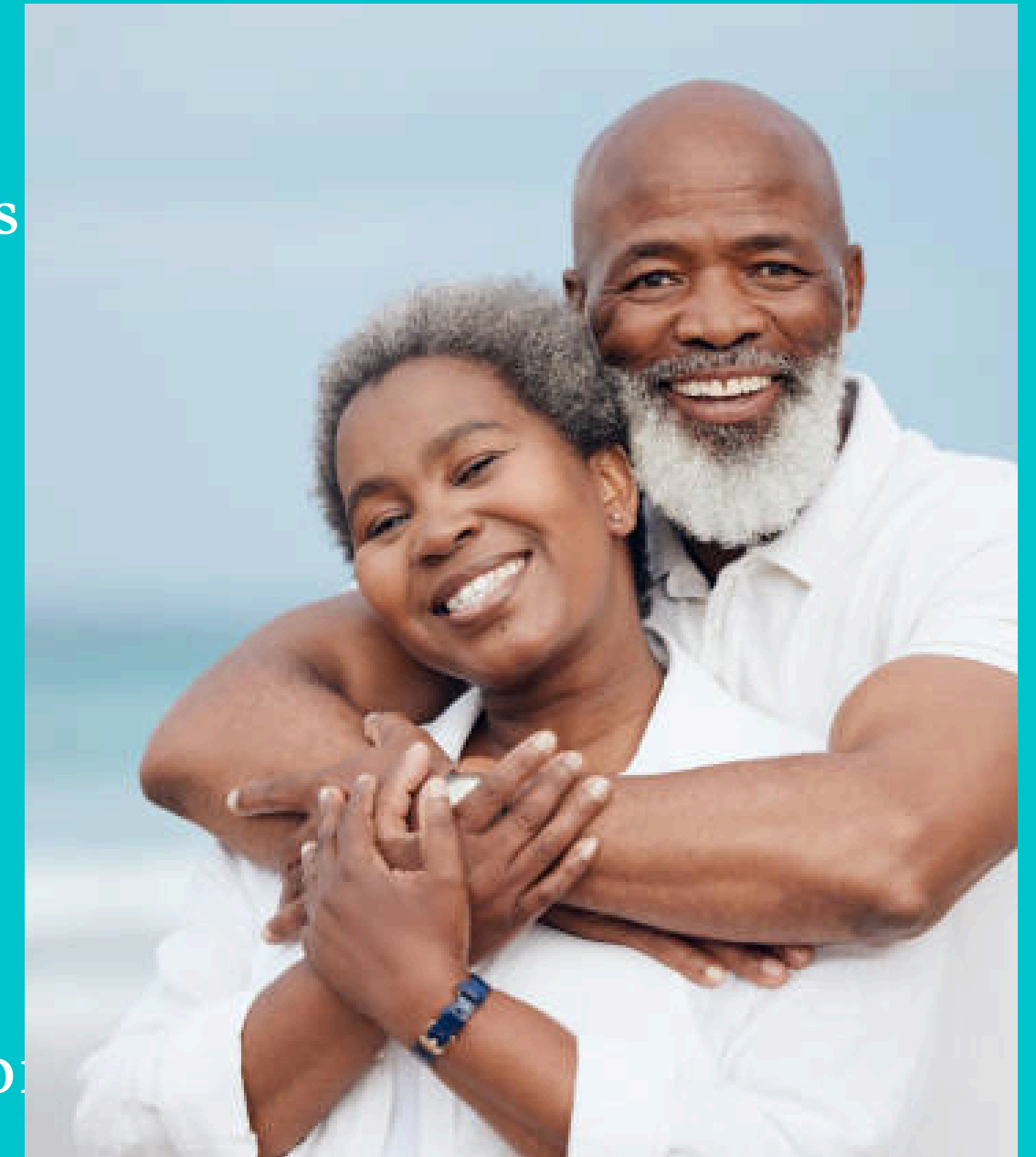
## **Coping Mechanisms**

- Strategies or behaviours families use in order to strengthen family relationships,
- Maintain the family's well-being,
- And find resolutions to stressors and family hardships.



# COPING ESSENTIALS/SUPPORT

- **Emotional support**
  - The place of marital vows. How serious do we take these vows
  - Submit one to the other.
- **Financial Support**
  - The husband has the duty to provide the needs of the family
  - The wife has the duty to submit. The wife is the helpmeet.
- **Social Support**
  - Spend quality family time together.
  - Imposing emergency friendship on each other hardly works.  
Pressure reduces when members of the family intention  
each other.



# High Cost of Living – Coping Mechanisms

- Cost of living is a measure of how expensive it is to live in a particular place at a particular time based on how much essentials like food, rent, gas, and transportation etc cost
- High cost of living is a situation where the cost of accessing the basic necessities like food, clothing and shelter are higher than the available income.



# Coping With High Cost of Living

- **Financial Planning:** Create a detailed budget (Income & Expenses)
- **Diversify Income Streams:** Explore additional ways to generate income.
- **Smart Shopping and Consumer Choices:** Look out for discounts, sales, and promotions.
- **Invest in Personal Development:** Invest in your skills and education
- **Efficient Use of Energy at Home:** Consider adopting energy-efficient practices at home.
- **Buy Your Food/Groceries in Bulk:** Bulk purchase can save a lot of cost.
- **Health and Wellness:** Prioritize your health, Adopt healthy lifestyle. Take advantage of free or low-cost Govt. Health Centres.
- **Practice Subsistence farming:** Grow foods such as yam, vegetables, Tomatoes in sacks at your backyard.
- **Manage Transportation expenses:** Take direct bus for long trips instead of breaking into short trips. Trek short distance instead of taking okada.

**ДДАДК**  
**ҮОН**