

# \$tretching your dollar during COVID-19

by Mr. Anthony Burrows

**COVID-19 has resulted in financial hardships for many individuals.**

As God's children, we must remember the words of the bible as found in Psalm 37:25, *"I have been young and now am old; yet never have I seen the righteous forsaken, nor his seed begging bread"*.

The first thing that matters is that we maintain our spiritual relationship with God no matter what comes our way. **We are to covenant with Him and be true and honest with Him.**

**Secondly, we must remain faithful in returning to Him His tithes and freewill offerings.** This should be set aside before any other spending takes place. In Malachi 11:3, the Lord says to us, "And I will rebuke the devourer for your sakes, and he shall not destroy the fruits of your ground; neither shall your vine cast her fruit before the time in the field, saith the Lord of hosts". He has promised to take care of His own.

**After we have kept our covenant with the Lord, He also expects that we will be our brothers' keeper.** There are many among us who are hurting. Yes, we all are experiencing loss and having to cope with less, but there are those who genuinely are in need. God has placed many of us in a position that we are able to render assistance and we should do no less.

There is also an economic side to COVID-19. **A realistic budget has become very necessary.** Sit down and create a budget that will reflect the true picture of your situation. Prioritize your bills. There are some that you may be able to delay and others that must be paid. Do not be afraid to go into your lending institution and make proper arrangements for payments.

**You will need to take a complete inventory of what you have. Be sure to include everything, savings, fixed accounts, annuities etc.** Check your cupboards before making a grocery list. This is the time to use all those items that are there. Also, look for sale items and in-store bargains but check for expiry dates. Never go to the grocery store when you are hungry. Remember that a "special" is not a special if it was not on your "need to purchase" list.

**Try as much as possible to eliminate or minimize waste.** Families and friends should consider wholesale purchasing to reduce spending and acquire better unit pricing. Items can be subdivided later. This also reduces the time spent, standing on lines at the supermarket and the number of persons that you will come into contact with.

**Finally, eat foods that will boost your immune system, that will fight off certain bacteria and potential viruses and diseases.** You must do whatever you can to remain in optimum health.

The gyms are closed but that should not prevent you from getting your exercise. **Get outside and start a garden, mow your lawn and wash your vehicle. You will burn the calories and feel great as a result of doing it for yourself.**

**We should remain grateful and thankful for what God continues to do for us. Philippians 4:11-13 says, "I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength."**

May we continue to be faithful as we live in one of the most stressful times in earth's history.



This article was written by Mr. Anthony Burrows. Mr. Burrows is the Stewardship Director for the South Bahamas Conference of Seventh-day Adventists.

## CHURCHES IN NEW PROVIDENCE

- Adelaide
- Agape
- Bethany
- Berea
- Bethel
- Breath of Life
- Centreville
- Ebenezer
- Ephesus
- Francophone
- Gambier
- Good News
- Grant's Town
- Hillview
- Johnson Park
- La Senda De La Vida
- Living Faith
- Maranatha
- Message of Hope
- New Englerston
- New Haven
- New Providence
- Peardale
- Philadelphia
- Real Harvest

## CHURCHES IN FAMILY ISLANDS

- North Andros Churches
- Lowe Sound
- Red Bays Company
- Central Andros Company
- South Andros Churches
- Kemp's Bay
- Blessed Hope
- High Rock
- New Macedonia
- Mangrove Cay
- Cat Island Churches
- Seaview
- Devil's Point
- Crooked Island Church
- Landrail Point
- Eleuthera Churches
- Bluff
- Gregory Town
- James Cistern
- Rock Sound
- Tarpum Bay
- Exuma Churches
- Mount Thompson
- Moss Town
- Rolleville
- Long Island Churches
- Steven's
- Millerton
- Inagua Church
- Matthew Town
- Acklins Church
- Lovely Bay
- San Salvador Church
- Cockburn Town



## JOIN OUR CONFERENCE EVENTS..

Connect with us on [www.southbahamasconference.org](http://www.southbahamasconference.org) for events

**FOLLOW & SUBSCRIBE**  
 South Bahamas Conference  
 of Seventh-day Adventists



Everyone is invited to attend the nearest Seventh-day Adventist Church this Saturday. Sabbath School (Bible Lesson Study) starts at 9:15 a.m. Divine Worship Service (with the Preaching of the Word) begins at 11:00 a.m. Adventist Youth Hour (one hour before the sunsets on Saturdays). For the church listing, call our Conference Headquarters on Tonique Williams Darling HWY. at (242) 341-4021, or visit the website [www.southbahamasconference.org](http://www.southbahamasconference.org).

*Come and See the Blessings the Lord Has in Store for You!*