



30-DAY NO SPEND CHALLENGE.



**"FOR THE GIRL WHO IS READY TO
STOP SECOND GUESSING AND START
STEWARDED BY FAITH!"**



Introduction

From My Heart to Yours,

If I can be honest, this challenge wasn't created because I've mastered money.

It was created because I'm still learning what it means to seek God first in everything, especially in my finances.

Matthew 6:33 says, "Seek first the Kingdom of God and His righteousness, and all these things will be added unto you."

And lately, I've realized that seeking God first doesn't just mean going to Him for spiritual decisions, it means trusting Him to be the decision-maker over my whole life, including my money.

I'm not a millionaire (...yet!), but I am building wealth by letting God lead. And for me, that means slowing down, spending less, and learning to say, "God, what do YOU say about this?"

That's why this 30-Day No-Spend Challenge was created.

It's not about restriction, it's about revelation.

It's not about legalism, it's about learning to trust God one small step at a time.

This challenge is for you if:

- You feel like your finances are out of control and don't know where to start.
- You've been praying for more, but haven't been stewarding what you already have.
- You're tired of starting over with budgeting and want real accountability.
- You love God, but you haven't fully invited Him into your money habits.
- You're not looking for fluff, you want practical steps + biblical truth.

Here's what I believe:

This challenge is a faith and financial reset.

It's a simple, step-by-step way to practice discipline, surrender spending habits, and apply scripture in real-time.

Not just by believing the Word, but by doing it because faith without works is dead.

You're not alone in this, bestie.

I'm walking it out too.

And together, we're trusting that when we seek God first, everything else will follow.

Let's build by faith and steward the overflow.

With love,

Breonna Gildon Wright

Ministry Leader, Empower Her Ministries®



30-Day No-Spend Challenge

Day 1 – Matthew 6:33

Start the challenge by seeking God first. Before checking your bank account, asking for provision, or making any purchases, spend time in His presence.

Day 2 – Proverbs 3:5-6

Today, don't make any financial decisions based on fear or impulse. Trust God to guide your spending and saving choices.

Day 3 – Philippians 4:19

Reflect on the truth that God will supply all your needs. Make a list of needs vs. wants.

Day 4 – Hebrews 13:5

Practice contentment. Don't browse or shop today, rest in what you already have.

Day 5 – Proverbs 21:5

Make a simple budget. Write down your income and recurring expenses. Slow, steady planning leads to overflow.

Day 6 – Romans 12:2

Renew your mind. What money lies or habits need to be unlearned? Write one down.

Day 7 – Psalm 37:25

Remember God's faithfulness. Journal a time He came through financially.

Day 8 – 1 Timothy 6:6-7

Today, gratitude is your currency. Name 3 things you already have that meet your needs.

Day 9 – Proverbs 22:7

If you have debt, list it out. Ask God to give you a strategy for becoming debt-free.

Day 10 – Luke 14:28

Pause before every purchase today. Ask: "Have I counted the cost?"

Day 11 – Ecclesiastes 5:10

Contentment is wealth. Fast from comparison and social media shopping.

Day 12 – Isaiah 55:2

Don't spend on what doesn't satisfy you. Declutter something you once bought impulsively.

Day 13 – James 1:5

Pray for wisdom before spending, even if it's just \$5.

Day 14 – 2 Corinthians 9:8

God can make grace abound. Sow generosity, even in a small way (time, prayer, help).

Day 15 – Psalm 24:1

Everything belongs to God. Re-dedicate your bank account to Him today.

Day 16 – Deuteronomy 8:18

Write down 1 way God has gifted you to produce income.

Day 17 – Proverbs 13:11

Slow and steady savings matter. Move \$1-\$5 into your savings today.

Day 18 – Galatians 6:9

Don't get weary. Stay consistent, even when it feels small or slow.

Day 19 – 1 Corinthians 4:2

Be faithful with what you already have. Steward your current income well.

Day 20 – Psalm 23:1

The Lord is your Shepherd. You lack nothing today.

Day 21 – Colossians 3:23

Work with excellence, your job, side hustle, or home life is an act of worship.

Day 22 – 1 Kings 17:14

Your little is enough in God's hands. Don't despise what feels small.

Day 23 – Proverbs 27:23

Know the state of your finances. Review your bank statements today.

Day 24 – Habakkuk 2:2

Write the vision. What does financial freedom look like for you?

Day 25 – Matthew 25:23

Faithfulness leads to more. Honor God by being trustworthy with what's in your hand.

Day 26 – Proverbs 11:24-25

Generosity breeds blessing. Share something today (resource, word, time).

Day 27 – 2 Timothy 1:7

You are not powerless. Say no to unnecessary spending today with boldness.

Day 28 – Exodus 16:4

God gives daily provision. Don't hoard, panic, or overspend, trust His portion today.

Day 29 – Malachi 3:10

If you tithe, reflect on how God has opened doors. If not, pray about what that could look like for you.

Day 30 – Ephesians 3:20

Celebrate! God is able to do exceedingly and abundantly more. End this challenge in worship, thanksgiving, and surrender.

Ready to Go Deeper?

This challenge is just the beginning.

Join us every 3rd Monday at 7:18 PM CST for the Build By Faith Event Series, a monthly gathering where we talk about faith, finances, purpose, and practical strategy.

You'll get tools, encouragement, and the community you didn't know you needed.

👉 RSVP now at wesharetoempower.com/ourevents

We're building by faith, and it's your turn to step in.

Grab The Tool That's Helping Women Steward Their Finances By Faith



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Empower Her Ministries® inspires women to build by faith and steward well over what God has given them. This challenge is designed to provide encouragement, biblical insight, and practical next steps for faith-filled financial growth.

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