

HOW TO THRIVE IN A RECESSION

10 Strategies That Actually Work

Faith · Strategy · Action

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Welcome to the Famine.

Most people hear the word *recession* and freeze. They cut back, hold their breath, and wait for things to get better. But a small group of people — rooted in faith and equipped with strategy — do something different.

They grow.

This guide is built from the "How to Thrive in a Recession" video on the **Favor in the Famine** YouTube channel. These aren't theory — they're practical, proven moves that work in any economy, especially a tough one.

"We don't shrink in the famine — we grow in it."

How to Use This Guide

- Read one strategy per day and let it sink in.
- 👉 ■ Complete each Action Step before moving to the next.
- Pray over the scripture in each strategy.
- Share this guide with someone who needs it.
- Watch the full video for deeper context: youtu.be/ewNyyJuP1qA

1

SHIFT YOUR MINDSET FIRST

Recessions reveal character before they reveal bank balances. The people who thrive aren't just smarter — they think differently. Stop seeing this season as a threat and start seeing it as a transfer of wealth, opportunity, and influence. In every downturn in history, new millionaires were made while others retreated.

◆ *"For I know the plans I have for you... plans to prosper you. — Jeremiah 29:11"*

ACTION: Write down 3 opportunities the current economy is creating in your industry or niche.

2

PROTECT YOUR CASH FLOW

Cash is king in a recession. Audit every subscription, expense, and commitment in your life. Cut what doesn't generate income, build morale, or serve your mission. A lean operation survives what a bloated one cannot. Even a \$200/month savings adds up to \$2,400/year — and buys you time.

◆ *"The wise store up choice food and olive oil, but fools gulp theirs down. — Proverbs 21:20"*

ACTION: Do a 20-minute expense audit this week. Cancel or pause at least 2 non-essential subscriptions.

3 BUILD MULTIPLE INCOME STREAMS

One income in a recession is fragile. Two is stable. Three or more is power. Think freelance services, digital products, content monetization, rental income, or selling a skill you already have. You don't need to build an empire — you need a backup that becomes a foundation.

◆ *"Invest in seven ventures, yes, in eight; you do not know what disaster may come. — Ecclesiastes 11:2"*

ACTION: Identify one skill you have that someone will pay for. Research one platform to offer it this month.

4 BECOME INDISPENSABLE

In a downturn, companies cut what's optional. Be what's essential. Upskill relentlessly. Solve bigger problems. Deliver more than expected. Whether you're an employee or an entrepreneur, becoming the go-to person in your space is the best job security and business moat you can build.

◆ *"Do you see someone skilled in their work? They will serve before kings. — Proverbs 22:29"*

ACTION: Pick one high-value skill to develop over the next 90 days. Commit to 20 minutes of learning daily.

5 INVEST WHEN OTHERS FEAR

Recession prices are sale prices. Stocks, real estate, businesses, and assets go on discount when fear drives markets. This is when generational wealth is built — not during the boom. You don't need to be wealthy to start investing; you need to be consistent and courageous.

◆ *"The blessing of the Lord brings wealth, without painful toil for it. — Proverbs 10:22"*

ACTION: If you aren't investing, open a brokerage or retirement account this week. Start with what you have.

6 ELIMINATE HIGH-INTEREST DEBT

Debt is a weight you carry uphill. High-interest debt (credit cards, personal loans above 10%) compounds against you every month. In a recession, eliminating this debt frees up cash flow, reduces stress, and gives you more flexibility. Attack the highest rate first using the avalanche method.

◆ *"The borrower is slave to the lender. — Proverbs 22:7"*

ACTION: List all debts by interest rate. Throw every extra dollar at the highest rate while paying minimums on the rest.

7

STRENGTHEN YOUR COMMUNITY

No one thrives alone. In hard times, your network is your net worth — not just financially but emotionally and spiritually. Find your people. Be generous. Share leads, resources, encouragement. Community creates resilience. The strongest trees in the forest are connected underground.

◆ *"Two are better than one... if either of them falls, one can help the other up. — Ecclesiastes 4:9-10"*

ACTION: Reach out to 3 people this week — one to encourage, one to collaborate with, one to learn from.

8

CREATE AND DISTRIBUTE CONTENT

Attention is currency. People are searching for answers right now — are you showing up? Whether it's YouTube, a podcast, a newsletter, or social media, creating content builds your brand, your audience, and your income while others are hiding. Your story and knowledge can change someone's life.

◆ *"Let your light shine before others, that they may see your good deeds. — Matthew 5:16"*

ACTION: Post one piece of helpful content this week. Teach something you know. Show up consistently.

9

GUARD YOUR MENTAL AND SPIRITUAL HEALTH

Fear, anxiety, and comparison will drain your energy and cloud your judgment faster than any recession. Invest daily in your faith, your peace, and your perspective. Pray, read scripture, exercise, and limit doom-scrolling. A clear mind makes better decisions. A rooted spirit weathers any storm.

◆ *"Be anxious for nothing, but in everything by prayer... the peace of God will guard your hearts. — Phil 4:6-7"*

ACTION: Set a 30-minute morning routine this week: scripture, prayer, and one gratitude. Do it for 7 days straight.

10

PLAY THE LONG GAME

Recessions are temporary. History proves it every time. The question isn't whether the economy will recover — it will. The question is: where will you be when it does? Position yourself now. Plant seeds in the famine. Those who stay focused, keep building, and refuse to quit will be the ones who reap the harvest.

◆ *"Let us not become weary in doing good, for at the proper time we will reap a harvest. — Galatians 6:9"*

ACTION: Write your 12-month vision. What does thriving look like for you? Post it somewhere you'll see it daily.

You Have What It Takes.

Recessions don't last forever. But the seeds you plant right now — the habits, the skills, the faith, the strategy — those compound long after the downturn ends. You were made for more than survival. **You were made to thrive.**

■ Watch

See all 10 strategies unpacked in depth
on YouTube.
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"For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future."

— Jeremiah 29:11

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