

Practice

Exercise: A spontaneous act of generosity

- Set aside a specific amount of money. It can be a little or a lot, whatever you decide. But before you name an amount, pause and open your heart to God and see if a number comes to mind.
- Take cash out of an ATM to carry with you, or earmark the amount in your debit account to have ready when the right opportunity comes.
- Ask God to give you an opportunity to bless someone.
- Then, just keep your eyes open.

We're not trying to solve global poverty or be heroic in this practice, but to tap into the outflow of the Trinity's generous love to all.

Here's a few ideas to spark your imagination:

- Buy someone in line behind you coffee or lunch.
- Anonymously pay for someone's meal.
- Drop off groceries or a gift to someone you know in need or in a time of suffering.
- Send cash digitally to help a friend with medical bills or expenses they can't currently pay.
- Buy a gift for someone to encourage or bless them.
- Give away one of your possessions.

Practice

We recognize that we're all at different places in our stage of discipleship and season of life. To that end, we've added a Reach Exercise to each of the four weeks for those of you who have the time, energy, and desire to go further in generosity.

Reach Exercise: Up your spontaneous act of generosity in either frequency or intensity.

- **Frequency:** Practice a spontaneous act of generosity two to three times this week, or every day! Whatever you desire. It doesn't have to be expensive or elaborate, just take small, frequent steps into giving.
- **Intensity:** Give in a larger, more sacrificial way. You could take money you've been saving for a large purchase, and give some or all of it away to the poor; or you could sell a valuable possession and give to someone in need. We recommend you only do this if you feel a stirring in your heart to give in this way and have the faith to follow the Spirit's gentle invitation.

As you give, watch what happens in your heart ...

Go Deeper

Read

Giving Is the Good Life by Randy Alcorn

Chapters 1-4 (pages 1-60)

Listen

Rule of Life Podcast on Generosity

Episode 01

Reflect

Reflection is a key component in our spiritual formation.

Millenia ago, King David prayed in Psalm 139v23-24:

Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

The South African professor Trevor Hudson has said, “We don’t change from our experience, we change when we *reflect* on our experience.”

If you want to get the most out of this Practice, you need to do it and then reflect on it. Through this simple act, we are learning to pay attention to the movements of the Spirit in our heart.

Before your next time together with the group for Session 02, take five to ten minutes to journal out your answers to the questions on the following page.

