



*"That's what I consider true generosity: You give your all and yet you always feel as if it costs you nothing." **Simone de Beauvoir***

Transform. Connect. Challenge. Not the usual words we pair with generosity. And maybe that's the point. Maybe the invitation this week is not just to be more generous, but to notice how generosity is bigger than we think.

WEEK 1: October 31st -November 6th

Question: *What is your life's generosity on a scale of 1-10?*

Sometimes we lose touch with how generously overflowing life is, even when parts of our life are hard. When this happens, we need something to help us step back and renew our perspective. This is what this exercise is all about.

Look over the list below and rate how abundant or scarce each of these are in your life, on a scale of 1 (scarce) to 10 (abundant). Place your rankings to the right of each item.

Then make time to reflect on the results. What surprised you? How did you feel after finishing it? What insights or feelings arose as you ranked and thought about each item?

"Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously". 2 Corinthians 9:6-8

Resources

https://uucf.org/wp-content/uploads/2023/10/sm_2023-11_sg_generosity.pdf

1. *Friends*
2. *Long-time friends*
3. *Moments of beauty*
4. *Moments of micro-aggression*
5. *The ability to exercise*
6. *Financial comfort*
7. *Children who love you*
8. *An animal to love*
9. *People who have forgiven you*
10. *Sunsets*
11. *Financial worry*
12. *Freedom from pain*
13. *Reliable healthcare*
14. *Access to nutritious food*
15. *Regrets*
16. *Adventure*
17. *Laughter*
18. *A sense of purpose from your work*
19. *Consistent work*
20. *Physical pain*
21. *Time to volunteer*
22. *Access to food*
23. *Freedom from worry*
24. *Loneliness*
25. *Novels to read*
26. *Dinners where loved ones sit and talk*
27. *Play*
28. *Passion*
29. *Respect of your peers*
30. *People to talk to when tough times come*
31. *Rich memories*
32. *Time for meditation/prayer*
33. *Self-care*
34. *Self-love*

*"Real generosity toward the future lies in giving all to the present" **Albert Camus***

WEEK 2: November 7th -November 13th

Question: *How do you lend life a hand?*

Life doesn't just lavish generous gifts on us; it also often invites us to be part of the lavishing. It's sneaky that way. It likes to enlist us as its partner-in-crime. This exercise asks us to explore that more deeply— it asks us to notice how we are both givers and receivers of life's generosity.

Simply put, your challenge is to find a way to bring life's generosity to someone's life. That may seem simple, but there is one big, challenging rule you must follow: They can't know you were involved!

In other words, your task is not to do a "good deed. It is to help someone experience life differently. The goal is to remind someone that life is generous, not stingy. Open, not closed. Full of surprises, not threats. If they know you are involved, it will only convince them that you are generous. (But this doesn't mean you can't find a place to hide and watch!)

Here is some inspiration to help you. (Notice that some of these ideas involve bringing life's goodness to a stranger or many people simultaneously. That's not cheating at all. Do whatever inspires you.)

- *Check out this post: http://www.oddee.com/item_98410.aspx*
- *Watchthismovie:Amélie-<http://www.rottentomatoes.com/m/amelie/>*

Consider the answers to these questions as you complete this challenge:

- 1. Was remaining anonymous harder than you thought? Did the difficulty have more to do with you wanting credit or with you wanting to experience the recipient's joy vicariously?*
- 2. Why did you choose the recipient(s) you did?*
- 3. How was this spiritual for you? Did it just make you feel happy? Or something more?*

*"A generous person will prosper; whoever refreshes others will be refreshed"
Proverbs 11:25*

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"When we are feeling the poorest, that's the time to give a gift." - Dhyani Ywahoo

WEEK 3: November 17th -November 20th

Question: *Do you give generosity so that you can receive it?*

It's a great spiritual truth: We experience what we long for when we generously give it away. Jesus put this insight at the heart of his ministry: "You must lose your life to find it." We lift it every time we say, "To give is to receive."

So, if you are struggling with a lack of something in your life right now, turn this truth into your spiritual exercise this week. Don't try to find encouragement; give it to others. Don't tackle your problem head-on; look for others with the same struggle and find a way to offer them help. If you are feeling "poor," figure out a gift you can give. Hungering for someone to listen to you, generously listen to others. Long to belong, and create a community for others. Looking for affirmation, double down on giving positive comments to others.

The key to this exercise is to do it more than once. We suggest doing it for a week, starting each morning of that week to keep an eye out for opportunities to generously give others what you long for.

Here's a great article to focus and inspire you:

<https://www.andrewquagliata.com/post/the-power-of-reciprocity-how-giving-leads-to-receiving>

"It is more blessed to give than to receive". Galatians 6:2

Resources

https://uucf.org/wp-content/uploads/2023/10/sm_2023-11_sg_generosity.pdf

"The greatest gift you ever give is your honest self." - Fred Rogers

WEEK 3: November 21st -November 27th

Question: *Do you spend time in conversations with others about their generosity?*

One of the best ways to explore our monthly themes is to have conversations about them with people who are close to you. It not only deepens our conversations but also our relationships.

Below is a list of "generosity questions" to help you on your way. Be sure to let your conversation partner know in advance that this won't be a typical conversation.

Generosity Questions:

- *How has your definition of generosity changed since you were younger?*
- *How has your enjoyment of generosity changed since you were younger?*
- *Who taught you the most about being a generous person?*
- *What's been your greatest act of generosity?*
- *What's been your hardest act of generosity?*
- *Have you ever wished your parent(s) had been more generous in some way?*
- *How easy is it for you to receive the generosity or help of others?*
- *Some say that attention is the rarest and purest form of generosity. Tell me about a time when someone's gift of attention came to you when you needed it most.*
- *French author Andre Gide wrote, "All you are unable to give possesses you." Has that ever been true for you?*
- *How good are you at being generous with yourself?*

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