

SACRED RHYTHMS | giving

Materials: None, though you may want to capture your experience in a journal

Brief Description:

Giving is one way that we acknowledge God's ownership of all we have and our trust that he will provide for us. It is also how we participate with Him in the work of making earth look more like the Kingdom of God, as we participate in providing for those in need.

Doing the Practice:

Giving can be done in both routine, consistent ways and in spontaneous, occasional ways. Giving can be done by giving a tithe, or tenth of your income to the church or by giving to an organization that helps people in particular kinds of needs. It can be planned and put into your monthly budget. It can also be extravagant, extra- a sacrifice.

Consider first- what aspect of giving do you need practice with? If you have never consistently given a portion of your income- perhaps your challenge will be to determine a regular portion of your income that you can give, either to a church or an organization. However- if you already regularly give- maybe you find that your giving has become rote and you need practice with out of the ordinary opportunities to demonstrate that you trust God. Or that you own your responsibility of helping the poor.

Once you've decided on what kind of giving you need to practice, consider where you might do your giving. Will you give to your church, another organization, or an individual you know that is in need?

Perhaps you could keep gift cards for restaurants in your car to give to the homeless you encounter on your way to work. Maybe you could keep \$20 with you and find a way to use it generously during your week.

There are many ways to give and places to give to- the purpose of this exercise is to just choose one and do it.

Reflecting On Your Giving:

As you practice giving- notice what your heart does. Was it hard for you to decide to give regularly? Did you struggle to give extravagantly?

Notice your honest reactions, and then take them to God. Confess any place where you are still captive to your material possessions and ask God to continue to help you trust Him to take care of you. You might find it helpful to journal about your reactions and what you heard from God in this process.