

PRACTICE AT OUR REDEEMER'S FOR LIVING GENEROUSLY

From October 15 to November 11 (4 weeks total) Our Redeemer's will be focusing on deliberate spiritual practices to cultivate living generously and help us understand how we can be even more fearless, courageous, and loving. During this time Our Redeemer's will provide a bookmark in the bulletin with suggested practices to explore. Each week has a different theme to inform the exploration of these practices (*Celebration, Trust, Abundance, Courage*). We hope you find these helpful in discovering a new daily spiritual practice. There will also be a packet with a calendar that lays out all of the recommended practices over the 4 weeks, Biblical passages to reflect on, and a Commitment Letter for the Spiritual Life Hack for yourself.

WEEK 1: CELEBRATION

OCTOBER 15- 21 : Photo A Day

Take one photo each day that captures the word below. Share the photo with your friends!

Hashtag: #spirituallifehack

- Su - Gentleness
- M - Joy
- Tu - Bounty
- W - Beloved connections
- Th - Faithfulness
- F - Refuge
- Sa - Ordinary pleasures

Scripture: Isaiah 25:1-9; Philippians 4:1-9; Matthew 22:1-14

The first week is about celebration, specifically reflections on how God has invited us to the feast (Table) of grace. We are seeking to remind ourselves of God's abundance and faithfulness. Through cultivating gratitude we become more aware of God's faithfulness and abundance.

Reflect on the wonderful things that God has done (Isaiah 25:1-9)

- Refuge for the poor
- Refuge for the needy in distress
- Hiding place from the storm
- Shade in the heat
- Prepared a rich feast for all peoples
- Giver of all good

Reflect on who we are in God

- Stand firm in the Lord -- perseverance
- Gentleness in our treatment of all peoples
- Near to God's presence
- Thanks-givers to God
- Praise-ers of God's name
- Invited to the party
- Created in God's image

WEEK 2: TRUST

OCTOBER 22 - 28 : Prayer

Take 10 - 20 minutes to pray for the following in your life and the world. Pray for...

- Su - Strength to make a decision
- M - Reconciliation
- Tu - Restoration
- W - Surrender
- Th - Our leaders
- F - Vulnerability
- Sa - Generosity

Scripture: Isaiah 45:1-7; Matthew 22:15-22

Prayer is conversation, a dialogue with God. It is being in the presence of God: Father, Son, and Holy Spirit. We are called to pray for healing from ways we don't trust in God's abundance and generosity. This call to generosity is counter-cultural! God calls us to live as God's, and not Caesar's. How does this call to generosity inspire healing in your life?

WEEK 3: ABUNDANCE

OCTOBER 29 – NOVEMBER 4 : Acts of Kindness

Act: Love and serve God with your actions

Su – Fast or eat vegetarian for a meal

M – Show gratitude to a service provider

Tu – Give to disaster relief

W – Pray with your feet: Take a walk

Th – Have a thoughtful conversations

F – Buy local

Sa – Pay it forward

Scripture: Deuteronomy 34:1-12; Psalm 90:1-6, 13-17; Matthew 22:34-46; Exodus 16:1-8, 16-24

Abundance means that there is enough. Living out of abundance does not mean hoarding resources. Like the Israelites were given manna from heaven when they were in the desert, there was always enough for each day, but it isn't to be stockpiled unnecessarily.

Consider and reflect on this offering prayer: "Teach us, in our abundance, not to build a higher wall, but instead, to set a longer table, where all are invited."

- How am I setting a longer table?
- Where are higher walls in my life/the church/our city that need to be torn down?
- How do I love and serve from my heart?
- How do I love and serve from my soul?
- How do I love and serve from my abundant life (everything that I've got)??

WEEK 4: LOVE

NOVEMBER 5 – 11 : Live Generously

Su – Give yourself a generous break

M – Forgive your grievances

Tu – Take a stand for something on behalf of others

W – Give someone something that can't be bought

Th – Sign up/Volunteer for a church activity

F – Figure out what a tithe (10%) is for you.

Sa – Prayerfully consider your pledge to Our Redeemer's

Scripture: I John 3:1-3; Matthew 5:1-12

God calls us beloved (and says again and again that we belong with God and are worthy of that love and belonging without having to do more or less -- we are enough) and has invited us all to his table (God acted first and our action is a response to God's action). Trusting in God's faithfulness, and desiring to respond to God by loving and serving God with everything we've got, we are empowered by the Holy Spirit to be courageously giving of ourselves.

Courage is tied to being willing to be challenged, to go outside of one's comfort zone. It is willingness to take risks and not just do the same things over and over and over. Courage is also tied to growth, being willing to grow more into little Christs -- growing and becoming more like Jesus. What does Jesus' courageous generosity look like? How does his life reflect courage in giving of his time, talent, and treasure? What did courage in generosity look like in the lives of the saints who we respect and admire? How have those saints influenced us, in our generosity?

Reflect

- Am I giving bravely of my time?
- Am I giving bravely of my talent?
- Am I giving bravely of my treasure?
- Where/how can I commit to giving courageously at Our Redeemer's Lutheran Church?