

## Gratitude & generosity spiritual exercise for adults

You might like to do this in an hour over a cup of tea or spread it over a few days...

### 1 **A prayer** - adapted from the 1662 Book of Common Prayer General Thanksgiving

*Almighty God, Father of all mercies, we give You most humble and hearty thanks for all Your goodness and loving-kindness to us and to all You have made.*

*We bless You for our creation, preservation, and all the blessings of this life.*

*Give us that due sense of all Your mercies, that our hearts may be unfeignedly thankful, and that we show forth Your praise, not only with our lips, but in our lives; through Jesus Christ our Lord. **Amen.***

### 2 **An exercise in gratitude**

Bring to mind all that is an expression of God's goodness to you ... secure income, your home, access to health care, a safe community, beauty of all sorts – where possible use tangible signs or remember actual stories: read your bank statement, remember an incident when you felt grateful God, go for a walk to notice things, talk to others in your household. Write them down and add to them as things come to mind...

In what ways are these expressions of God's goodness? Even those we have worked hard for ourselves?

Hold the list tight in both hands – notice the feelings

Relax your hands, and when you are ready reach forwards and place it on the table in front of you: a gesture of gratitude and awareness that “all things come from You...”

Give thanks to God!

### 3 **An exercise in generosity**

Pause & pray: “*Father, all things come from you and of your own do we give You!*”

Do you know your monthly net income and outgoings? What “pots” does it go into and how big is each – eg. housing costs, food & clothing, transport, leisure/holidays, savings?

Is there a pot for giving – to All Saints, other charities? How big is that pot? Is it an intentional pot or a spontaneous pot? Is it from “first fruits” or “leftovers”?

What would you like the Giving pot to be like? What next step could you take towards that?

*The Church of England offers a guideline as a starting point for proportional giving: 5% of net income – maybe two-thirds to your local church, the remainder to other charities. Some can give more, some less.*

Take time to prayerfully decide how much you wish to give to All Saints **for the coming year** and fill in the Response form. Please do this even if you are already giving by eg standing order etc

### 4 **Action**

Complete the Response form (plus a summary for your records on the back of the letter)

Bring it along to a service on All Saints Sunday, 3<sup>rd</sup> November, in the envelope provided (download and email the electronic version to [treasurer@anglican.lu](mailto:treasurer@anglican.lu) if you can't be there).

We will offer these forms together to God as an act of worship in our services that day.

Update your giving eg. standing order

## Gratitude & generosity spiritual exercise for families with children

You might like to do this at the weekend or spread it over a few days before or after mealtimes...

**1 A prayer** – maybe read it together or take it in turns to read a sentence each.

Loving God, you are Father and Mother to us. You look after us and protect us.  
You made us, and you made all the wonderful things we love in this world.  
You give us good gifts of life, food, water, family, pets, home, clothes, toys, nature and the chance to learn.  
We want to thank you, and to become generous like you.  
Please show us how. *Amen*

**2 An exercise in gratitude**

**Either...**

Go for a walk together and count how many good things you see which God has given us. Think about things in nature, things which humans make, the legs you use to walk, the eyes you use to see... who can think of something to say thank you for which no one else in the family has thought of yet? If you want to, click [here](#) or use the QR code to share some words of thanks or a photo of your walk! We'll use this Padlet in our service on 3<sup>rd</sup> November.



**Or...**

Take a piece of paper and draw or cut and paste pictures of all the good things God has given you and your family. You can bring your pictures to our service on 3<sup>rd</sup> November, and/or put a photo of them onto the same Padlet.

**3 An exercise in generosity**

God gives us all good things. God gives adults skills for work, to make the money they need for homes, families, food and clothes. Some children have money too. Ask your grownups how they give money to say 'thank you' to God. If you don't see them putting money in the bag at church, is that because they give in a different way?

Children and grownups – spend a moment thinking about the good things God has given you. Remember that some people have more money than you and your family, some people have less, but we all have something to thank God for.

Pray something like this:

Loving God, please show us how our money can be used by you to help people, and to learn more about following Jesus. Help us not to be anxious or grudging with our money, and to remember that all good things come from you - when we give, we are giving back to you. *Amen*

**4 Action**

Children – bring your pictures and ideas to the service.

Adults – see the actions on the other side of this page.