

Go Deeper 2nd October 2022

Generosity, Gratitude and Harvest. Let's be Sprinklers!

(It's the end of generosity week and our harvest festival. I promise we'll be done with giving and money for a while after this!)

- How do you imagine it felt for God's people when they had to give their first and best produce, and then use it to have a feast together, with all included, even the foreigners?
- What might giving God our 'first fruits' mean to you? For me it's something about being deliberate. I remember being struck one Sunday as the plate went around and I had no cash with me – my approach of giving God whatever was left in my pockets after a weekend might not be right. You'd be surprised how long it took me to realise this! How might this apply beyond our money?
- Gratitude is so good for us (see below). Could you list all the people you are grateful to, everyone who is or has been a gift to you in big ways or small?
- I am equally sure that you are a gift and blessing to many. Can you think of ways or times you HAVE BEEN a blessing? Small groups, can you think of times other members of the group have been a blessing that they missed?
- So What? Are you feeling called to be a gift or a blessing in any new way?

If you have any questions, do get back to me, I'm always happy to help!

Every Blessing
Rob

Deeper Stuff:

The Happiness Lab Podcast. I love this show, it's a VERY effective way to impact your mental health, and one I prioritise listening to.

- <https://www.pushkin.fm/podcasts/the-happiness-lab-with-dr-laurie-santos/bonus-grateful-expectations> This episode is all about the astonishing power of a practice of gratitude on our whole selves. Gratitude will even lower your cholesterol!
- <https://www.pushkin.fm/podcasts/the-happiness-lab-with-dr-laurie-santos/how-to-give-more-effectively> This is related more to the sermon two weeks ago on smarter giving. How might we balance between giving that is effective and giving to things we simply care about?

The Bible for Normal People.

I love this podcast too, proper Biblical scholarship in an understandable format. They cover topics of all sorts, although often from an American perspective, as well as individual books of the Bible. This episode was helpful this week.

- Pete ruins Deuteronomy: <https://thebiblefornormalpeople.com/episode-218-pete-enns---pete-ruins-deuteronomy/>

Articles

If you'd rather read than listen, there are so many articles on the effects of generosity and gratitude on our mental health. This is a good place to get an overview.

<https://www.mentalhealth.org.uk/explore-mental-health/kindness/kindness-matters-guide>