

## **Soul Training – Sunday 19<sup>th</sup> July**

### **Stewardship of Resources – A Generous Community**

Frugality creates margin which enables generosity. When we are frugal – not stingy but wise – we can then free up more resources in order to be generous. Here are some suggested areas to experiment with being frugal, then generous, with your time, talent and treasure. As always, though, pray about which and how many of these exercises you should do this week. As yourself, what is the most loving thing I can do in this situation?

#### **Being Frugal, then Generous, with Your Time:**

Find some ways to trim some of the activities in your life. This may be challenging as our schedules are often filled with work, family and caring for others that feel impossible to change. Yet there are areas of social media use, TV time, sleeping in – or other areas that could be trimmed by an hour a day. Which area can you cut back on to invest that time in an area you've been neglecting?

If you've created some time margin, think of ways you can use that time to bless others. Maybe it's spending more time with a friend or family member you've wished you could spend more time with. Offer to go for a walk or coffee or hang out in your home being present with them. You could offer one of these hours to a volunteer job with a charity or your church community.

#### **Being Frugal, then Generous, with your Talent:**

Many of us overextend when it comes to our talents. We become exhausted with the inability to say no. Then we have no extra energy to give. This week try saying, "No, I am not able to do that right now." You can not be on every roster, committee etc. Find ways to get margin with your gifts and talents so you can freely give when and where you are being led. This means spending time praying and discerning what God is saying to you.

If you have found margins with your talents, then wait on God for how and where to use your gifts in a more balanced way. Take the posture of listening and discernment, and be open to letting God deploy your gifts in new ways.

#### **Being Frugal, then Generous, with your Treasures:**

There are many ways to be frugal with your financial resources, the easiest way is not to spend as much on things that are not completely necessary. An idea is for a period of time choose not to buy anything non-perishable (eg clothes, electronic gadgets etc). Another idea is to evaluate what you need this week and only buy the essentials. Other ideas are limit take away food, coffee and make lunches from home. There are many small ways and steps in frugality that can create margin in our finances to allow us to be generous.

Having margin in your finances allows you to be generous when you hear of a need. It can help in making purchasing decisions that might be more expensive, yet not supporting any slave trades or to support small local business and ethical purchases. There are many ways to be generous with our finances, spend time praying and discerning where God is leading you in this area.