



# Gratitude Practices

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# Learning Objectives

- ▶ Hone our practice of gratitude
- ▶ Make the relationship between gratitude and impact
- ▶ Build out a calendar of Stewardship-focused activities

*Introduction*



# Growing Generosity

- ▶ A skill that needs to be cultivated
  - ▶ Practice Gratitude
  - ▶ Power of positive thinking
  - ▶ Random acts

James 1:17 Every generous act and every perfect gift comes from above...

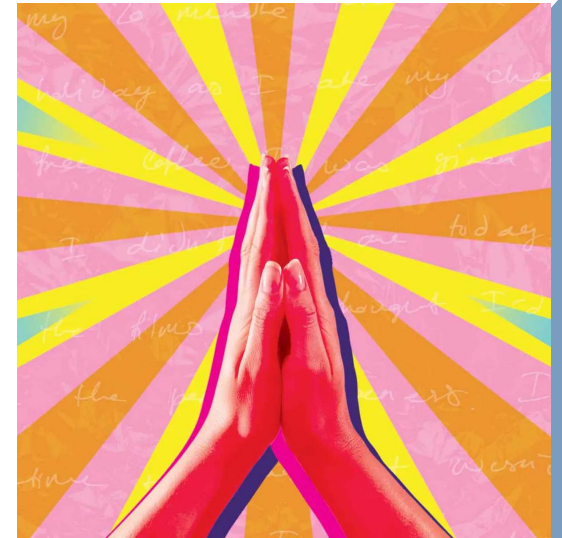
*Generosity Practice*



# Growing Generosity

► Gratitude

- ▶ Daily habit
  - ▶ For what am I grateful today?
  - ▶ When you see someone doing something nice or good, thank them for it – not personally, but on behalf of humanity
- ▶ Weekly habit
  - ▶ Write an email to colleagues, employees, family, or friends thanking them for particular things they did
- ▶ Accept the gratitude of others toward you



## Generosity Practice



# Growing Generosity

- ▶ Thinking positively
  - ▶ Assume Goodwill
    - ▶ Enter each situation expecting a positive outcome, anticipating that those around you are acting from a place of goodness
    - ▶ Assume others are practicing this too
  - ▶ Forgive yourself
    - ▶ Foibles, missteps, mistakes. Apologize, correct, and move forward
  - ▶ Banish jaded outlooks
  - ▶ Give second chances



*Generosity Practice*

# Growing Generosity

- ▶ Random Acts
  - ▶ Start Small
    - ▶ Make an extra pan of lasagna for a sick friend
    - ▶ Buy a cup of coffee for the next person in line
    - ▶ Share your pocket change
  - ▶ Join a Team
    - ▶ Build the sets for the pageant
    - ▶ Coach a team or run a youth event
    - ▶ Work a phone bank
  - ▶ Support a Cause
    - ▶ Volunteer a Saturday in the soup kitchen
    - ▶ Clean up the neighborhood
  - ▶ Spread the Love
    - ▶ Promote a church event to friends, coworkers, neighbors
    - ▶ Give credit where it's due

*Generosity Practice*



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# Impact and Gratitude are Related

- ▶ Reminding members about the impact they have helps them remember their gratitude
- ▶ Your Stewardship should motivate members to think generously



*Generosity Practice*

# Storytelling Communicates Gratitude

- ▶ Storytelling is essential
  - ▶ Testimonials come from a diverse selection of members
  - ▶ Consider testimonials or statements from people who benefit from your church's ministry, *if appropriate* (recipients of your food pantry, for example),
- ▶ Begin, continue, and finish with gratitude and examples of generosity



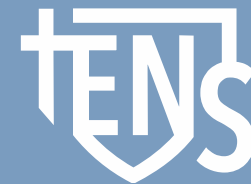


# Stewardship Themes & Activities – The Liturgical Calendar

- ▶ Advent: To a world longing for change, we focus on our **gratitude** for all we have received and **communicate** our hope for justice and peace
- ▶ Christmas: The greatest gifts are the ones we give to each other through our **faithful generosity** and **abundant love**.
- ▶ Epiphany: We focus on how we are **Christ's body** in the world as we manifest God in our lives, families, and work
- ▶ Lent: Dust to dust is a powerful reminder that **planned gifts** are an essential part of faith-based fundraising and giving.
- ▶ Easter: Our faith and our works are alive, just as Jesus lives. Renewed with joy and refreshed by the waters of Baptism, we can't help but **shout our Alleluias** to a world longing for love.
- ▶ Pentecost: Our faith scatters us in all directions as we bring **healing, feeding, comfort, teaching, faith, and love** to a hungry world.

TENS Provides  
downloadable  
seasonal reflections in  
English and Spanish to  
help you set the tone

*Year-Round Practices of Gratitude*

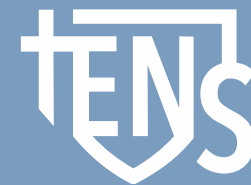


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# Stewardship Themes & Activities – The Liturgical Calendar

- ▶ The Epiphany: What is the star that guides you in your ministry? How does your faith inform your giving?
- ▶ The Presentation: When you lift up your eyes to glimpse the future of the Church, what do you see?
- ▶ Ash Wednesday: If you had to give up everything you had, would you still find yourself rich?
- ▶ Rogation Days: What is our commitment to the Earth? How does our stewardship for God's greatest gift to us inform our generosity?
- ▶ Ascension: What gifts does your church need to prepare itself for future generations? To serve your neighbors?
- ▶ Transfiguration: If we truly saw the face of Jesus in each other, how would we treat our neighbors? How would we provide for their needs?
- ▶ All Saints: What are the lessons about giving and generosity that you have learned from the saints in your life?
- ▶ Your Patronal Feast: Who are the people who left legacies and planned gifts to your church? What will your legacy be?

In addition to the seasons of the Church year, the great feasts and fasts are good times to talk about stewardship. Use these conversation topics in small groups.



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*Year-Round Practices of Gratitude*

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GENEROSITY  
LOVE GRATITUDE SISTER  
STEWARDSHIP  
HOMELESS KINDNESS MANAGE  
LEARN WORSHIP TREASURE CONNECT CARE  
ORPHAN GRATITUDE PATIENCE LEARN  
BROTHER TRUST HOPE SHARE  
WORSHIP  
THANKS HOSPITALITY  
STEWARDSHIP CARE BELIEVE  
GENEROSITY  
JUSTICE PRAISE  
GLADNESS CONNECT

WHERE OUR HEARTS ARE...

*"Like humility, generosity comes from seeing that everything we have and everything we accomplish comes from God's grace and God's love for us. ... Certainly it is from experiencing this generosity of God and the generosity of those in our life that we learn gratitude and to be generous to others."*



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## Gratitude is Theological



Thank you!

For more information, tools, webinars, and resources, visit [www.tens.org](http://www.tens.org)

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