

Generosity or Selfishness – Daily Exercises

Thoughts and questions for reflection, writing, and prayer to enhance personal growth.

Day 1

When you were in your addiction, what was the most important thing on your mind? Who were you most trying to please? How is the way Christ teaches us to live different than the way you used to live? Write out some of the differences between your old way of life and the new one.

Day 2

How much time do you spend each day thinking about yourself? What you want to eat, what you want to wear, what you want to do, etc. How much time each day do you spend thinking about what others need or want? What are some things you want right now? Matthew 6:33 teaches us that if we seek first God's kingdom and His righteousness, all these things will be given to us. How do you think that relates to you getting what you want? How much time should you spend thinking about what you want, and how much time should you be thinking about what others want or need?

Day 3

Memorize

PSALM 37:21 (NIV)

The wicked borrow and do not repay, but the righteous give generously;

Day 4

What are some ways you can show generosity to those around you? Write out some names of those around you to whom you can show generosity. What are some ways you can do little things to help them or give something to them that they would appreciate? You can give of many things, like time, money, energy, relationships, helping connect people to others who can help them, etc. Giving affection and compliments can also express generosity as long as it isn't for the purpose of getting something from someone. Write out some ways you can express generosity to each of them this week and work to find an opportunity to do it. Make a weekly habit of this.

Day 5

Protecting the attitude of your heart from pride while giving to others is essential to maintaining victory in your life. Write out an instance when you were generous or doing something for someone else and began to feel entitled to things because of your "generosity." How did your attitude change? How did your actions change? Were you able to still operate out of love, or did a feeling of bitterness and resentment come in? So can you be acting in a generous way towards others and not have generosity in your heart? How closely are generosity and selfless love linked?

The Bible teaches in 1 Corinthians 13 that if you are generous to the point of giving all your possessions to the needy, but don't have love in your heart while doing it, you are just wasting your time. What are some ways you can maintain a heart of love while giving to others?