

Spiritually Stronger

Practice Guide: Generosity

As a community, we want to practice the spiritual disciplines we are talking about in our Spiritually Stronger series on *That Sounds Fun*. Here are 5 generosity practices to try:

CALL & CHECK IN



Use your commuting time in the car to spend 20 minutes *genuinely* calling someone asking how they're doing. Your generosity of time is a gift.

TIP BIG & ENCOURAGE



Leave an extra generous tip for a service worker and take a moment to thank them by name. Make them feel seen.

SPONSOR & SHOW UP



Donate to a local nonprofit or school fundraiser, then volunteer one hour with them later that month. Proximity and exposure to the work they are doing will have a massive impact on you!

GROCERIES & PRESENCE



Pick up a few groceries or household essentials for an elderly neighbor or stressed friend, then stay and help with one small task. Ask: "What needs to be done around here that I can help with?"

MENTOR & INVEST



Buy someone younger than you lunch and spend an hour helping them with career advice, budgeting, or life planning. You have more to offer than you know.