

SPIRIT OF GENEROSITY

Relishing Exercise

The day was drawing to a close, and the twelve disciples came to Jesus and said, “Send the crowd away, so that they may go into the surrounding villages and countryside, to lodge and get provisions; for we are here in a deserted place.” But Jesus said to them, “You give them something to eat.”

They said, “We have no more than five loaves and two fish—unless we are to go and buy food for all these people.” For there were about five thousand men. Taking the five loaves and the two fish, Jesus looked up to heaven, and blessed and broke them, and gave them to the disciples to set before the crowd. All ate and were filled. What was left over was gathered up, twelve baskets of broken pieces.²⁵

1. Desire **I ask the Spirit for the gift of overflowing Generosity.**

I hold bread or rice. I consider how either is life to so many, and how bread broken or rice shared may be a symbol of generosity. I slowly break the bread in two, or divide the rice into two lots, feeling, touching and becoming deeply aware of my sharing actions. As I do so I feel the Spirit of Generosity moving in my hands.

I ask the Spirit for the gift of overflowing generosity when I am called to be a generous giver— even times are tight, resources are few, but the need of the others is great.

2. Relish **I live in the circle of the Generous Trinity.**

Now I imagine I am surrounded in a circle by the Trinity, Father, Jesus and Spirit. Each person addresses me by name, saying, ‘Give and it will be given you. Feed my people.’

Not knowing if I can always be generous when called to be so, or how to receive the generosity I need, I sit humbly in the mystery of the Generous Trinity and my desire.

I relish being invited by Jesus to feed the hungry.

3. Give **I breathe in the Spirit of Generosity.**

Then I imagine and feel the Spirit breathing the gift of Generosity into me.

I breathe it in deep, wait, then breathe it out into my actions, and into those who are hungry in body and spirit, even into my enemies.

I repeat as desired – breathing, generous, expecting nothing in return.

I end giving thanks, bread or rice in hand, feeling generosity overflow my heart

PRAYER TIME: 10 minutes.

²⁵ Lk 9:12-17