

Good and Bad Habits - Giving

Discussion questions

What are some things you are most grateful?

How do you give to others?

Can you think of some bad habits that you or others might have when it comes to giving?

What gets in the way of you forming good habits for giving?

What strategies have you used to form good habits for giving?

- ☐ Each morning, write down 5 things you are grateful for.
- ☐ Over a meal each day, ask each family member to share something great that happened that day.
- ☐ Pray a prayer of thanksgiving every night before bed.
- ☐ Give gifts for Christmas or birthdays.
- ☐ Random acts of kindness.
- ☐ Leave a kind note for a colleague.
- ☐ Text a family member to tell them something you appreciate about them.
- ☐ Cook a meal for another family.
- ☐ Buy a coffee or lunch for a friend.
- ☐ Support a charity with money.
- ☐ Support a charity by volunteering.
- ☐ Set up a direct debit for tithing.
- ☐ Withdraw money each pay day and place it in an envelope for the church.

How could you encourage and support someone else to form good habits for giving?