Welcome to the third Holy Habits prompt on **Gladness and Generosity**.  We have a bountiful God, who has given us a beautiful world with amazing detail and awesome magnificence.  We may see a glorious sunrise one moment, and the dew sparkling on a spider’s web the next.  Most of us have no idea how many different species of worm there are, all working differently helping to make our soil more productive.  Even when we can see the stars in the sky (if we can find a dark area) we are only seeing a little bit of everything that is ‘space’.

What random acts of kindness did you receive last week?  Perhaps you were also more aware of sharing these (the cheery smile, holding open a door, saying thank you) after last week’s prompt.

Do you notice the things that ‘make your day’ or ‘brighten your spirit’?  They are often quite small things – enjoying a mid-morning cup of coffee, spending time stroking a pet, spending 10 minutes in the fresh air at lunch time.  **Are you able to build at least one such activity into your daily life** and recognise the benefit to your general wellbeing?

What things are generally at the forefront of your mind – is it the good things or the bad, or a mixture?  It is very easy to be consumed by worries and concerns and while it is right that we should care about what is happening in our world, sometimes with our families, sometimes for ourselves, these things can really wear us down and have a negative impact on our health and wellbeing, which then makes us less likely to be able to do something positive to help these situations.

**Are we sharing our gladness and joy with God?**  We love to be appreciated so perhaps it is natural for God also to want to share in our joy.  We don’t need to compose wordy prayers – just say a silent ‘thank you’ as we recognise the things we enjoy.

As for Generosity, we have some marvellous examples to inspire us.  On the national stage, many of us will have followed the exploits of Children in Need and Team Rickshaw, raising money for desperately needy and deserving causes.  Locally we have the amazing giving at our harvest appeal for Christian Aid, and the box for the Grace food bank was full yesterday morning so people are recognising the on-going need in this area.  Well done everybody!

*Produced by Daphne and John Wilkins on behalf of the Bents Green Holy Habits Planning Group (Debs Barnett, Glenn Evans, Martyn Read, Graham Wassell, Daphne and John).  You can find more information on the Circuit Holy Habits Programme on the Sheffield Methodist Circuit website and also the Sheffield Methodist Circuit Facebook page.*