



# GENEROSITY FIKA: A Journey of Generosity

A guided conversation about  
generosity, over coffee & cake.



## How this Fika should look...

	Timings	Resources
Arrival & Welcome	15 minutes	Drinks and cakes (available throughout), Guidelines, pg2
First Activity	7 min	<b><u>Bible Project Video</u></b>
Discussion Questions	10 minutes	Questions, pg 5
Second Activity	7 minutes	<b><u>Handful of Rice Video</u></b>
Discussion Questions	10 minutes	Questions, pg 7
3rd Activity	10-15 minutes	<b><u>Generosity Roundtable Video</u></b>
Discussion Questions	10 minutes	Questions, pg 8
Activity	10 minutes	Worksheets
Close	5 minutes	



## What is a Fika?

A Fika is a programme for small groups to explore God's generosity to us, biblical generosity and generosity around the world. Through short films, reflections and discussion we can be inspired and encouraged to live more generous lives. Fikas can be an enormously effective way of developing a generous culture within your church.

The Fika should last about 1hr 30mins, with tea, coffee and cakes available throughout.

This resource was designed by Liverpool Diocese, inspired by the National Giving Team's 'Generosity Fika'.

## Guidelines

- Please turn off your mobile phone, or put it on silent.
- Please try and avoid giving unsolicited advice, as it can feel like criticism.
- Talk about how you feel, and what you think, not what you think others feel or think.
- It's important that everyone contributes, so please participate but do not dominate.
- Don't interrupt, always allow someone to finish what they are saying.
- For people to be truly open they need to know that what they say will be kept confidential, so commit to confidentiality.
- Allow for different personality types. Not everyone is an extrovert, or thinks by talking, some prefer to be quiet and reflect in order to think through things.

## You will need

- A range of cakes and treats with beverages available throughout the session
- A screen so everyone can see and hear the video content
- A bowl full of dry rice for the second activity
- Print off the worksheets at the back of this document, enough for each person to have one of each.



# Arrival & Welcome

## Beginning the session

- The leader should begin by welcoming attendees, explaining how the session will go, and opening with a prayer. If you are the host, introduce who you are and why you are the facilitator.
- Pass out the handbooks and pens.
- Read through the guidelines, and encourage people to contribute to the session with their opinions and thoughts throughout the evening.

## Taking the temperature

Ask people to get into pairs and discuss how they are feeling at the start of this session with questions, such as;

*Have they just finished work and are a bit tired? Have they ever talked about generosity with others from church - is this exciting, or daunting? Have they had a hard week and feel a bit overwhelmed? Or, are they full of energy and ready to go?!*

Bring the group back together.

Reassure people that this session is a safe space to reflect on their own discipleship, and no one will ask them for money or about their personal finances.

# Activity 1

## Story of Ruth - Watch the Video

Watch the Bible Project video, see what people thought of the video, then ask the following questions:

- Ruth and Naomi accompany each other in the most difficult moments of their lives, and when times get hard, Ruth chose to stay with her. **Who has been with you through milestones in your life, and what difference did it make?**
- God writes generosity into the Hebrew law (*Deut 24:19-22*) as a way of providing for the most vulnerable people in their community and reminding them of the slavery they were saved from in Egypt. **Have there been times you have felt compelled to meet need in the community, or have you been blessed by someone being generous to you e.g. kind words and actions?**

Themes in the story:

- Ch1: Tragedy & loss
- Ch2: Gleaning & generosity
- Ch3: Boldness & redemption
- Ch4: Loyalty & legacy

You may wish to print off the poster on the next page as a visual reminder of the story.



# Activity 2

## Handful of Rice - Video

Watch the 'Handful of Rice' video, see what people thought of the video, then ask the following questions:

- The people in the video are confident of God's provision, despite living in extreme poverty. How do we put our confidence in God's provision into practice (in our lives) each day?
- When Ruth is leaving the house, Boaz pours into her cloak the abundance of what he has, not just the gleaning\* (leftovers). Boaz went above what the law asked of him, by giving Ruth much more than the minimum. Can you remember a time you felt God's protection in your life, or the lives of your friends or family?

### Reflect:

Have a bowl of rice available. Take a moment to scoop up a handful of rice, and imagine that is all you have to give.



# Activity 3

## Generosity Roundtable - Video

Watch the Roundtable video, see what people thought of the video, then ask the following questions:

- Which story stood out to you, and why?
- Is there anything you didn't agree with, or understand?
- How have you found talking to others about generosity today?

### Back to the story of Ruth...

In the end, it seems to be a love story that featured 3 people, but the twist in the tale is that Ruth & Boaz were the ancestors of King David. The story does not finish with 3 people and the gift of a child, but a promise of God's gift to his people.

Our generosity doesn't end with us, but it is about my church, community and God's Kingdom.

- How do you see generosity making a difference to in our church, our community and our world?
- What do you want your legacy to be?
- Are there changes we can make now in order to leave the legacy we want to?





## Self Reflection - Worksheets

The next pages contain worksheets for the group to reflect on their own generosity through their lives, and their goals for the future.

Depending on timings, you may wish to send the worksheets home with people to complete in their own time. There is no need for anyone to share what they have written with others.

### Worksheet 1 - My Generosity Journey

This is an exercise for people to reflect on the times generosity has shown up in their lives.

### Worksheet 2 - My Generosity Map

This sheet uses a hexagon where participants can score themselves on each point.

*\*This is not an exercise of judgement, but a tool to enable people to pinpoint where there might be room for growth. There may be times when we can give more, or times where we have to give less, so encourage the participants to be fair and gracious.\**

# MY GENEROSITY JOURNEY

Map out the key moments in your life when generosity made a difference. When have you given or received an act of generosity...

because someone was sad?

to show your gratitude?

to help someone practically?

to bless someone?

you knew God had provided for you?

to be obedient to Jesus' invitation?

to celebrate?

# MY GENEROSITY MAP

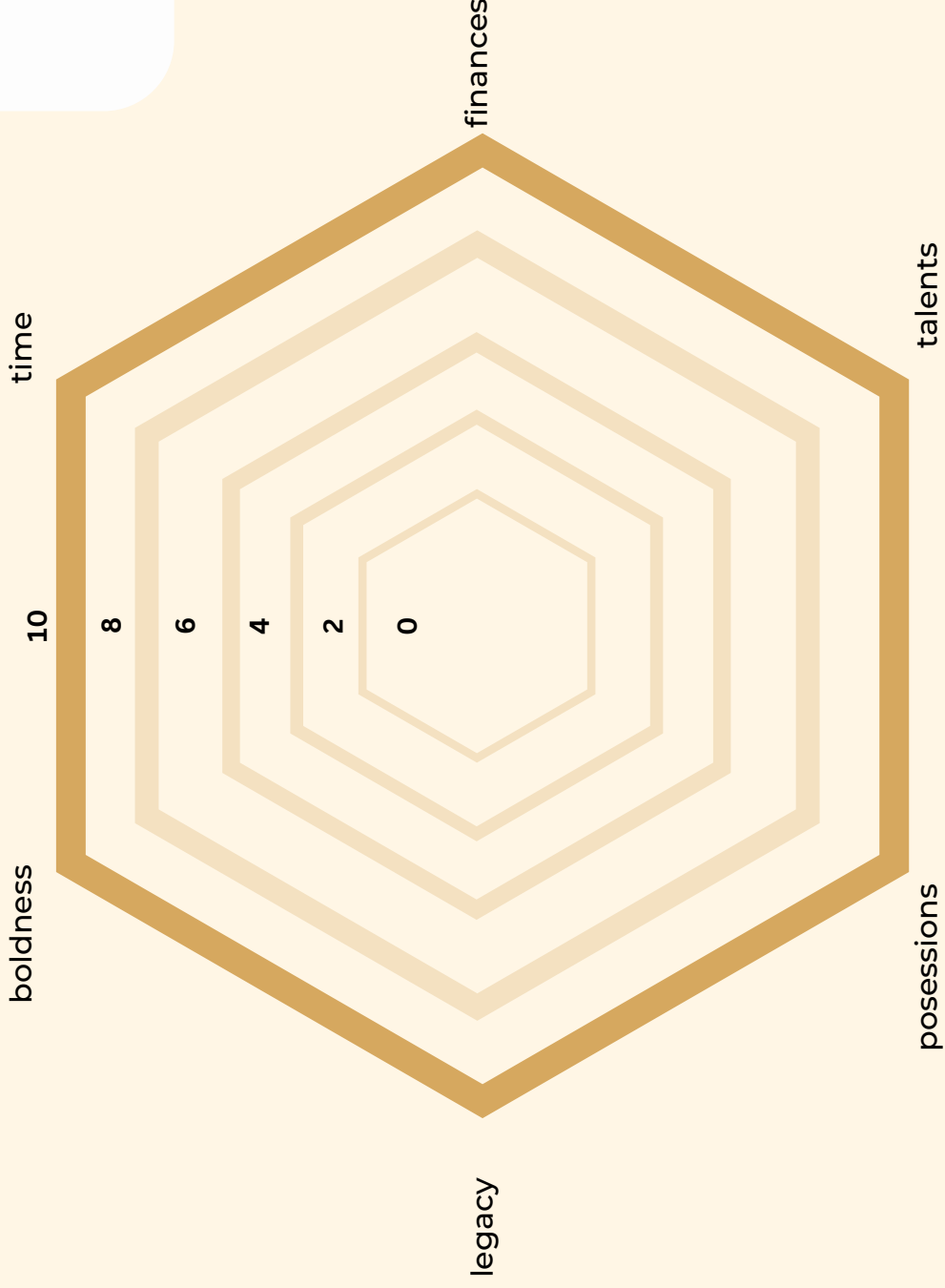
Reflect on the discussions today.

Pinpoint where you would score yourself in that aspect of your generosity.

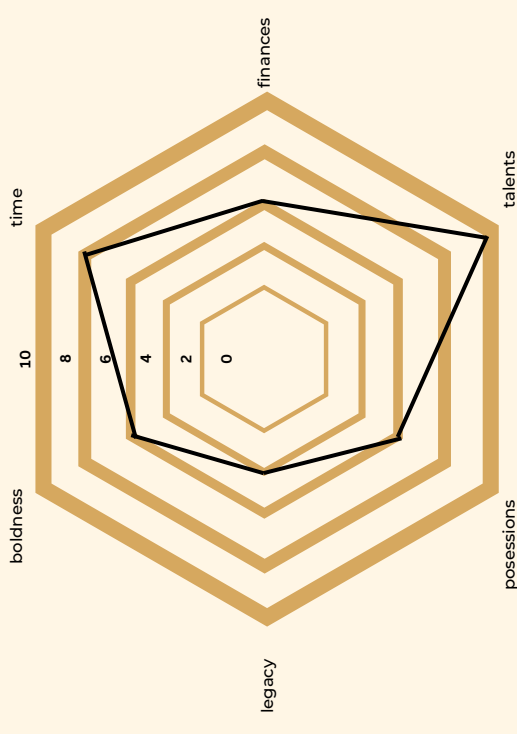
10=the most you could give

0=not giving anything

Link up your scores to create a web.



It might look something like this:





## Closing

**Check out:** Assess the mood of the group by asking people to return to their original pairs and for 1 minute, share **one** thing that they will take away from today's activity. If you have time, you may wish to feedback one or two things to the wider group.

Finally, draw the session to a close with a prayer.

Thank You Heavenly Father, that You have not given us a spirit of fear, but of power, love and sound mind. Thank You Holy Spirit, that You can do immeasurably more than we can imagine or ask. Thank You Jesus, for sacrificially giving of Yourself so we are inspired to live generously to enable Your Kingdom here on Earth. ”

*Written by Liz Mullins, Generous Giving Advisor, Rochester diocese*



## Feedback

If you have used this resource, please take a moment to give us some feedback on your experience with it.

**Contact:**

Lucia Miller at Liverpool Diocese - [lucia.miller@liverpool.anglican.org](mailto:lucia.miller@liverpool.anglican.org)