



O P E N - H A N D E D N E S S

OPEN-HANDEDNESS PRACTICE LAB WEEK 1 - AUDIT

TAKE-HOME EXERCISE

Daily Noticing Practice:

Set a phone reminder for mid-day. When the alarm goes off, pause and notice: In the last few hours, when did I operate from a “closed-fist vs. an open-handed” perspective in my chosen area (time, talents, treasures). Don’t judge yourself, just notice. What were the circumstances? What was I feeling? What attachments surfaced within you? Write down one specific moment each day. At the end of the week, reflect and notice any patterns that you observe.

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Overall Patterns/Observations:



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TIME | TALENTS | TREASURE

Attachments - What might I be holding on to? What emotions come to the surface when I think about offering this area to the Lord? Where am I experiencing resistance?

Surrender - How can I offer these attachments, fears, and areas of resistance to God?

Invitation - Is there a specific step or invitation with this particular area that God might be calling me to?

Prayer of Release from Giving Together:

“Father in Heaven, I choose to believe you today that my identity is not found in being a successful person or a failure, in being wealthy or needy. At my core I am more than the roles I play, more than a father or a mother, a husband or a wife, a son or a daughter. I release to you my desire to base my identity in my performance or what others say about me. In you, God, I am more than my career or calling, more than my abilities or accomplishments. I release to you all the ways I strive to find my identity apart from you. Please bring me back to the truth of who you are and who I am.