

GENEROUS ASSUMPTIONS

Do Your Best to Assume the Best

Generosity is a posture of our hearts towards others. Your capacity for generosity is not limited by your access to resources – cultivating generous assumptions moves us towards possibilities for generous responses and actions towards others.

1. Intentional Gratitude

Cultivate a pattern of sitting in the generosity of God. Contemplate all the ways that God has been good to you, and give thanks. Generosity flows as we practice gratitude, because we remember that all we have comes by God's grace.

2. Pay Attention to how you “Fill the Gap”

In every conflict or incident there is always a gap. Space between what you know, and what you do not know.

For example, your friend is 10 minutes late for the time you arranged to meet.

You know they are late, but you don't know why.

How will you fill the gap?

“They don't think my time is valuable.”

“They are terrible at managing their time.”

There are other ways to fill the gap.

“Maybe someone in their family needed them.”

“Maybe they had a stressful afternoon.”

There are all kinds of situations in life when we can fill the gap: the cashier is a jerk, your neighbour doesn't mow the lawn, your boss doesn't compliment your hard work.

Fill the gap with the best assumptions possible.

3. Start with those closest to you.

The people we spend the most time with can stir up the worst of our assumptions.

“They are only thinking about themselves.”

“They don’t care how this affects me.”

“They know how much this bothers me.”

When the people near you aren’t acting like you wish they would, pay attention to the scripts that run through your mind. Take hold of those thoughts and choose better assumptions.

“They are probably thinking about me way more than I realize.”

“They are not aware how all things affect me.”

“They have no intention of making me upset.”

4. Spread Good Assumptions Like Seed

Generous assumptions aren't reserved for reactions to bad situations. As you enter into the world around you, there are opportunities to introduce totally unwarranted good assumptions.

“I bet that woman is an awesome grandma.”

“That guy is probably a sweet neighbour.”

“They look like the kind of person who recycles.”

Maybe your assumptions are right, maybe they are wrong...but can you imagine the way this kind of approach to life can help shape your heart towards others?