

week 6 Magnanimity

Discover Spirituality



Magnanimity

Magnanimity: means to be kind-hearted and generous- not simply by giving away things, but with words, actions, and attitudes. It also means to forgive and forget.

Why is it good for me to be magnanimous?

Jesus said:

"In everything do to others as you would have them do to you; for this is the law and the prophets".

(Matthew chapter 7 verse 12)

To be magnanimous means that we need to be rooted in firm ground; it is not a characteristic of the faint hearted. There needs to be a kind of self-confidence and inner strength because magnanimity moves us to nurture others and forget about ourselves, even our own weaknesses. Sometimes there is a temptation to think that Christianity invites us to think little of ourselves, as unworthy sinners, but nothing could be farther from the truth. The sacrifice and gift God gave

to us in Jesus was to liberate us and make us like Jesus. We have died with Christ in our baptism, and now we live in a new life with Him. It is a gift of renewal so that we can be as God originally intended us to be from the beginning before sin and corruption entered our lives. The gift of the Holy Spirit re-creates us every day, giving us bold energies for good.

"...for God did not give us a spirit of cowardice, but rather a spirit of power and of love and of selfdiscipline".

(2 Timothy 1:7)

The important thing to remember is that now we are in Christ, and our lives belong to Christ, so any good work we do is in the name of Jesus. We no longer rely on our own strength, but on the strength we gain from Jesus, from the Holy Spirit, and from our belonging to the body of Christ – the Church.

"...it is no longer I who live, but it is Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me".

(Galatians 2:20)

Monday

- Read from your bible, Matthew chapter 6, verses 5 to 14.
- Ask yourself, what do I need to learn from this reading?
- What will you ask God to help you with regarding this reading?
- What can you do practically, today, to begin to change your life and be conformed to Jesus?

Thursday

- Read from your bible, Ephesians chapter 4, verses 25 to 32.
- Ask yourself, what do I need to learn from this reading?
- What will you ask God to help you with regarding this reading?
- What can you do practically, today, to begin to change your life and be conformed to Jesus?

Tuesday

- Read from your bible, St Paul's letter to the Ephesians, chapter 4, verses 1 to 6.
- Ask yourself, what do I need to learn from this reading?
- What will you ask God to help you with regarding this reading?
- What can you do practically, today, to begin to change your life and be conformed to Jesus?

Friday



- Read from your bible, Galatians, chapter 6, verses 1 to 10.
- Ask yourself, what do I need to learn from this reading?
- What will you ask God to help you with regarding this reading?
- What can you do practically, today, to begin to change your life and be conformed to Jesus?

Wednesday

- Read from your bible, Luke, chapter 6 verses 35 to 38.
- Ask yourself, what do I need to learn from this reading?
- What will you ask God to help you with regarding this reading?
- What can you do practically, today, to begin to change your life and be conformed to Jesus?

Saturday

- Read from your bible, the 1st letter of St Peter, chapter 3, verses 8 to 12.
- Ask yourself, what do I need to learn from this reading?
- What will you ask God to help you with regarding this reading?
- What can you do practically, today, to begin to change your life and be conformed to Jesus?

Sunday

- Read from your bible, the 1st letter of St Paul to the Corinthians, chapter 13.
- Ask yourself, what do I need to learn from this reading?
- What will you ask God to help you with regarding this reading?
- What can you do practically, today, to begin to change your life and be conformed to Jesus?

Conclusion of the week:

- In your examination of consciousness today, reflect on what you have learned this week.
- What have you found difficult or challenging?
- What has given you joy or peace this week?
- What do changes will you make to your life going forward?



