A Sanctified Art LLC is a collective of artists in ministry who create resources for worshiping communities. The Sanctified Art team works collaboratively to bring scripture and theological themes to life through film, visual art, curriculum, coloring pages, liturgy, graphic designs, and more. Their mission is to empower churches with resources to inspire creativity in worship and beyond. Driven by the connective and prophetic power of art, they believe that art helps us connect our hearts with our hands, our faith with our lives, and our mess with our God.

Learn more about their work at sanctifiedart.org.



### THE ELEMENTS OF YOUR MONEY STORY

Written by Lisle Gwynn Garrity in consultation with Vandersall Collective



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# THE ELEMENTS OF YOUR MONEY STORY

## WORKBOOK

#### INTRODUCTION

We all have a money story, whether we recognize it or not. Perhaps we are living from a story of fear or shame or guilt. Or a story that our actions won't have an impact. Or a story that we don't have enough. Where might God be speaking a new narrative into the limited ones we have told ourselves?

Often, to speak of money is to invite tension into the room. We so quickly want to avoid it. But we can reframe this. Money and possessions are one of the most common topics in scripture, and Jesus talked about money more than faith and prayer.

Our money story, therefore, is a spiritual story.

Use this workbook to discern and record your money story. Throughout this exercise, notice what emotions emerge for you along the way. Take your time. Give yourself grace. Trust that your money story is valuable and redeemable. In completing this writing exercise, we hope you gain clarity, seek healing, and release what has been suppressed or hidden away. Our narratives and beliefs shape our actions. Ultimately, we hope this exercise inspires you to give more faithfully of yourself and your resources to bring forth God's money story of liberation and healing for all.



#### HOW TO USE THIS WORKBOOK

This is a four-part workbook for participants to complete individually and then together in small groups. You might use this guide for a Sunday School class series, or a longer retreat with your church staff/governance board or stewardship committee. We recommend splitting up the different parts into multiple sessions or completing Parts One and Two as homework prior to the group sessions in Parts Three and Four.

PART ONE WRITING THE ELEMENTS OF YOUR MONEY STORY | 30-45 min

To be completed individually (as homework or within a longer group session)

PABU DWO PROMPTS FOR INDEPENDENT REFLECTION | 15-25 min

To be completed individually (as homework or within a longer group session)

PART PURDO PROMPTS FOR SMALL GROUP SHARING | 45-60 min

To be completed in small groups of 2-3 people

To be completed together as a larger group, with each small group sharing with the whole group



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### PART ONE

30-45 mii

## WRITING THE ELEMENTS OF YOUR MONEY STORY



As you reflect on the series of questions for each prompt, offer any words, phrases, or memories that come to mind for you. Respond with full sentences, bullet points, doodles, or whatever feels most comfortable for you to capture your memories and ideas.

For each category, first reflect on the past. Consider your childhood, family of origin, adolescence, or any time in your early life that was formative in shaping you into who you are today. Then, move to the present. How has the past informed your perceptions and practices now? What have you changed or left behind? What scars do you hold? What gifts do you carry with you into your life now?

#### BEGIN WITH PRAYER

Giving and loving God,

I am made of stories—

stories of heartbreak and triumph,

stories of love and tragedy,

stories of families who belong and families who break,

stories of loose ends and new beginnings.

I have absorbed stories that live in me like an internal compass,

and many that I do not wish to carry at all.

But your story remains steadfast: I am loved. I am enough. There is enough for all.

Enough. Enough. Enough.

May this become my constant refrain.

May I believe this is who I am.

May I live trusting your holy design.

Enough. Enough. Enough.

Amen.

#### SETTING

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<sup>1</sup> This question recognizes the difficult reality that we operate in hierarchies of power and wealth. The labels we use to categorize economic "status" are labels given to us externally, labels that do not determine our worth or belovedness. While it can be helpful to discern how these worldly labels have impacted us, these are not the labels God gives us. As you reflect, you may write down labels you have avoided or carried like wounds. Where you write those labels, in the margins also write the names God gives you instead (ex. "beloved," "loved," "enough," "redeemed").