

# Gathering

## GENEROSITY

**W**e have all heard that it is “*better to give than to receive,*” and I think that most of us know how great it feels to give something to someone that they will truly appreciate. What we don’t realize, however, is that our generosity with others has greater benefits than feeling good about doing something nice for someone else. The secret benefit of giving is that it is good for us!

1. Giving makes us feel happy. Giving money or doing acts of kindness give us a feeling known as the “*helper’s high.*”
2. Giving is good for our health. It helps decrease stress and seems to lower blood pressure, which gives lots of benefit to our bodies!
3. Giving promotes cooperation and social connection. When you give to others, it is likely to be rewarded by someone down the line, and this strengthens our ties to others.
4. Giving evokes gratitude. This is true for both the giver and the receiver!
5. Giving is contagious. It inspires others to behave generously.

*Jill Suttie, Jason Marsh. 5 Ways Giving is Good for You. Greater Good Magazine. December 13, 2010. [https://greatergood.berkeley.edu/article/item/5\\_ways\\_giving\\_is\\_good\\_for\\_you/](https://greatergood.berkeley.edu/article/item/5_ways_giving_is_good_for_you/)*

Even though we know that it is good to be generous, and that Scripture affirms that Christians should be a giving people, sometimes it is incredibly difficult to make that ambition a reality. When we are asked to give, we hesitate. We may feel afraid of what might happen if we make a sacrifice by choosing to give. We ask ourselves, “*What if I need this later? What if I don’t have enough because I gave this away?*”

Beyond our fears, we live in a culture that emphasizes that we should be getting more than we’re giving, and it can be hard to resist the urge to want something new or better instead of being satisfied with what we already own. When we focus on what we want, it makes it much harder to be generous in our giving.

Instead of clinging to our fears and hesitations about giving, let us instead take to heart God’s Promise from Psalm 112:5a: “*Good comes to all who are gracious and share freely.*”

Psalm 112:5a



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Reflect on a time when someone else's **generosity** had a great impact on your **life**.



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What is one reason why it is difficult for you to be **generous** with others?



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How does **faith** influence our **generosity**?



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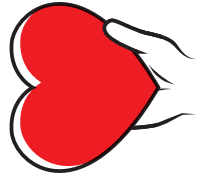
GENEROSITY

Beyond giving financially, what are ways in which you can be **generous** with others?



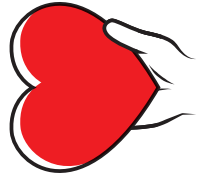
"Good comes to all who are gracious and share freely."

Psalms 112:5a



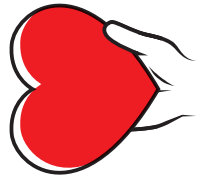
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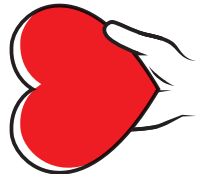
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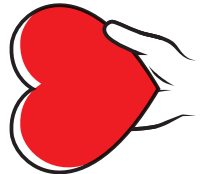
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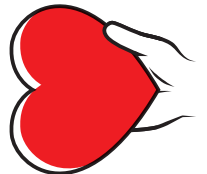
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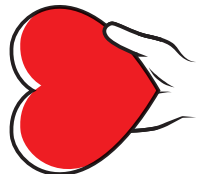
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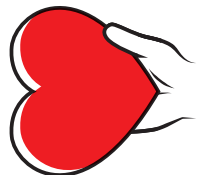
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# “10 Examples of Generosity in the Bible and How to Follow Them”

by Timothy L. Smith

<https://www.crosswalk.com/church/giving/10-examples-of-generosity-in-the-bible-and-how-to-follow-them.html>

- 1. Generous people often give more than they are asked to give.**  
*Moses had to tell God's people to stop because they gave more than enough.*  
Exodus 36:1-7
- 2. Generous people give in response to a great cause.**  
*The Corinthian Church gave to people they had never met.*  
2 Corinthians 8-9
- 3. Generous people give out of their substance, whether large or small.**  
*Every gift helps, from the widow's mite to the rich man's gifts.*  
Luke 21:1-4
- 4. Generous people give more than just their money.**  
*The Good Samaritan was available to help through time, resources, and skill.*  
Luke 10:25-37
- 5. Generous people give even when it doesn't make sense.**  
*Joseph was generous with the family who had betrayed him.*  
Genesis 45
- 6. Generous people give to help others, even with they differ from one another.**  
*A Gentile builds a Jewish synagogue.*  
Luke 7:1-10
- 7. Generous people give to see the impossible become possible.**  
*A boy offers his loaves and fishes to feed the 5,000.*  
Matthew 14:14-21
- 8. Generous people give as a byproduct of their own personal transformation.**  
*Zacchaeus gave when Jesus transformed his life.*  
Luke 19
- 9. Generous people give out of their own poverty.**  
*Though it wasn't much, the widow gave all that she had.*  
Luke 21:1-4
- 10. Generous people give when others will not.**  
*Paul writes that the Philippians gave much even when others refused.*  
Philippians 4:15-16