

THE GENEROSITY EFFECT



Research is clear: generous people are happier, healthier, and live longer.

BIG IDEA

Generosity is not just good for others—it's good for you. Giving makes us happier, healthier, and more connected.

REFLECTION

1. Who needs what I can give today?
2. What would it look like to be generous with my time, attention, or presence?
3. Where is God inviting me to loosen my grip?

RESEARCH

Dunn, Aknin & Norton (2008)

Aknin et al. (2013)

Nelson-Coffey et al. (2017)

Whillans et al. (2016)

TAKEAWAYS

Generosity has a negative correlation with anxiety, depression, and loneliness.

Generosity has a positive correlation with lower blood pressure, improved immune system, happiness, and longevity.

Generosity, kindness, and prosocial action has a positive impact on both giver and receiver.

PRAYER

Lord, help me to live a generous lifestyle that will bless others, make me a better person, and draw me closer to You. Amen.



AUGUST 13

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