



Part 1: The Science of Generosity

INTRODUCTION

So often we think of generosity in terms of what we are giving away. The idea that generosity gives us something seems incredibly hard to believe. But this is the paradox of generosity – the more we give away, the more we gain all sorts of benefits.

LET'S TALK ABOUT IT

1. How has someone's generosity impacted you in the past?
2. Can you think of a time when *you* have been generous and you experienced gaining something instead of losing something?
3. Do any of the benefits (happiness, physical health, purpose in life, avoidance of depression, personal growth) that come from generosity seem difficult to believe?
4. Are there "seeds" you have resisted planting? Are you holding something back that you could actually be "planting"?
5. Do you believe that God will meet your needs? Has there been a time when you've seen Him show up and do just that?

THIS WEEK

Spend some time this week to sit with God and ask Him

- What is the big reason you struggle with giving?
- How He would like you to be generous.
- What does it look like to move toward giving instead of grasping?

"For **God is the one who provides** seed for the farmer and then bread to eat. In the same way, **he will provide** and increase your resources and then produce a great harvest of generosity in you. Yes, **you will be enriched in every way** so that you can always be generous. And when we take your gifts to those who need them, they will thank God."

2 Corinthians 9:10-11