



DAY 5

“In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words the Lord Jesus himself said: ‘It is more blessed to give than to receive.’”

Acts 20:35

Introduction:

Has anyone ever encouraged you to be more optimistic? Ever been told to “Get happy!”? Would it shock you to know that God’s instructions for you to help others are also meant to help you be happy!

Interesting to Ponder:

“A 2009 scientific article titled “Empathy toward Strangers Triggers Oxytocin Release and Subsequent Generosity.” In this study, the neurohormine oxycontin (the hormone that is naturally released in childbirth to encourage new mothers to bond with their babies) was shown to increase generosity and charitable donations. And in a never-ending loop, the very act of giving released more oxytocin, resulting in a subsequent increase in giving....Put plainly: As you give, oxycontin is released (that warm glow). Which then makes you want to give some more (cause it feels so good).”¹

Generous Practice: *Baby, I Was Born This Way!*

In all of the complexities of who you are, never forget that you are better in every way when you give. *(Let’s make giving part of our exercise routine!)*

Deliberately Deliberate: Most of our opportunities to give are intentional: you think about it and then decide to give. Have you yet thought about, prayed about what you will give to our special offering?

Prayer

- Pray about your decision about your giving.
- Thank God that although you don’t completely understand everything...you are fearfully and wonderfully made!²

¹ <http://causeeffective.org/resources/blog/entry/the-neuroscience-of-giving>

² Psalm 139:14