



# WEEK 6

LIVE TO GIVE

# HAPPY START

It's common to say, "You can't buy happiness." But our credit card statements seem to contradict that cliché. We tend to think we can consume our way out of problems or that a new purchase will be the missing link to a fulfilling life.

However, there is a big problem with a consumption-driven life: It is never fully satisfied and often very stressful. There's always another thing to get, maintain, or improve. If we're not careful, the things we hoped would bless our life can actually wind up ruining it.

Jesus invites us to live bigger, where generosity, rather than consumption, drives us. It's not that God needs our money. He just knows joy comes when we give our money away for the sake of others.

- ☺ Which week or message of this series stood out to you the most? Why has it stuck with you?
- ☺ According to Experian, the average American has a credit card balance of \$6,375, up nearly 3% from last year. Does that number surprise you? What do you think drives most people's spending habits?
- ☺ If you were presented a check for \$10,000 with the stipulation that you had to give it away anonymously, what people or projects would be on the top of your list?

# HAPPY NOTES



Watch this week's video now. Use the space below to take notes. (Or doodle—whatever works best for you!)

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# HAPPY FACT



## 5 GREAT BENEFITS OF GIVING:<sup>9</sup>

### 1 MAKES US HAPPIER

The National Institutes of Health found when people give to charity, it activates regions of the brain associated with pleasure, connection, and trust, creating a “warm glow” feeling.

### 2 IS GOOD FOR OUR HEALTH

Research shows giving to others increases health benefits, reduces stress, and lowers blood pressure, even among the chronically ill and elderly.

### 3 PROMOTES CONNECTION

Several studies suggested when you give, you're more likely to get back. You will tend to be around people who will be generous with you, and you'll feel more connected, which is good for your mental and physical health.

### 4 FUELS GRATITUDE

When we give or receive a gift, it can elicit thankfulness, which research shows is incredibly beneficial to our health. When we count our blessings, we're more likely to exercise, be optimistic, and feel better about life.

### 5 IS CONTAGIOUS

A National Academy of Science study showed that one act of generosity can influence dozens or even hundreds of people to be generous down the road.

9. [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)

# HAPPY CHAT



## READ 1 TIMOTHY 6:6-11, 17-19 TOGETHER.

- ☺ What is the trap Paul describes in this passage? Have you seen others fall into this trap (or experienced it yourself) where the desire to get rich was the source of “many griefs”?
- ☺ Most people know money won’t buy happiness, yet so many people today seem to depend upon it for contentment. Why is it so easy to fall into the money trap?
- ☺ How does this passage define and clarify what a generosity-driven life looks like? What happens as a result of this type of lifestyle?
- ☺ If you’re honest, does your life resemble more of a stream (where you eagerly, generously, and regularly pass resources along to bless others) or a dam (where resources stop with you and things start to get muddy)? What holds you back from releasing the dam?

## NOW READ 2 CORINTHIANS 8:1-5.

- ☺ What made the way the Macedonian churches lived noteworthy and counterintuitive?

- ☺ Have you experienced how generosity brings joy and happiness? Share a time with the group.
- ☺ Jeff talked about four different types of giving: seasonal giving, systematic giving, sacrificial giving, and surprising giving. What types of ways have you given, and which have you felt were the most impactful or meaningful?
- ☺ What have you learned about developing a plan to be intentionally generous? What has helped you fight consumerism in your life?
- ☺ This is our last session for *Happy Place*. How has God changed you during this study? What new things is He asking you to do?
- ☺ What’s the next step for us as a group? If your group needs to make decisions about continuing to meet after this session, have that discussion now. Talk about when you will meet, what you will study, and who will lead.

Close by praying for one another. Thank God for how He showed up during this series. Encourage each other to do the final Happy Step (found on the next page) and the daily devotions throughout the week.



# HAPPY STEP



## DESIGNING NEXT STEPS

None of us has fully arrived in life this side of heaven, which means we each have next steps we need to take as we continue to experience God's transformative power in our life. Spend a few minutes thinking about your next steps. To help get started, think of a potential personal step you could take around each of Chase Oaks' "all in" areas: worshipping, belonging, serving, giving, and inviting. These areas represent ways God calls us to be active in our spiritual life and relationship with Him.

After you've written out a potential step you could take in each area, circle one that you want to focus on first.

**A WORSHIPPING NEXT STEP:** \_\_\_\_\_

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*Examples:*

- Making it a habit to spend 15 minutes each day reading the Bible.
- Prioritizing my attendance each week at my campus' weekend worship service.
- Deciding to honor God with my sexuality.

**A BELONGING NEXT STEP:** \_\_\_\_\_

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*Examples:*

- Taking an active role in my small group by leading or helping organize something.
- Sharing my story and opening up about my struggles with a few others.
- Doing Established the next time my campus offers it.

**A SERVING NEXT STEP:** \_\_\_\_\_

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*Examples:*

- Signing up to serve one time at Kidzone to see how it feels.
- Researching which Partner Team at Chase Oaks fits my passion.
- Taking a StrengthsFinder assessment to learn more about my talents and abilities.

**AN INVITING NEXT STEP:** \_\_\_\_\_

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*Examples:*

- Sharing the Gospel with my brother.
- Getting to know the neighbors who live next door and across the street from me.
- Inviting my co-workers to the Easter service.

**A GIVING NEXT STEP:** \_\_\_\_\_

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*Examples:*

- Creating a budget with giving at the top.
- Committing to giving 1% more on a regular basis to the church.
- Making an “above and beyond” financial gift to an organization or cause I care about.



# HAPPY DAYS



## DAY 1

### READ 1 TIMOTHY 6:6-7

*But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it.*

#### REFLECT

Is God the source of your contentment today?

## DAY 2

### READ 1 TIMOTHY 6:9

*Those who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge people into ruin and destruction.*

#### REFLECT

There is a money and possession trap that is easy to fall into, and it is very harmful.

## DAY 3

### READ 1 TIMOTHY 6:10

*For the love of money is a root of all kinds of evil. Some people, eager for money, have wandered from the faith and pierced themselves with many griefs.*

#### REFLECT

Is it possible you love money more than God? Ask Him to protect your heart today.

## DAY 4

### READ ECCLESIASTES 5:19

*Moreover, when God gives someone wealth and possessions, and the ability to enjoy them, to accept their lot and be happy in their toil—this is a gift of God.*

### REFLECT

After we give and save, we can enjoy the rest as a gift from God! Thank Him for these blessings.

## DAY 5

### READ PROVERBS 11:25

*A generous person will prosper; whoever refreshes others will be refreshed.*

### REFLECT

Who can you refresh today?

### REFLECTIONS:
