



FULLY ALIVE





FULLY ALIVE

PART 5: GIVE

An aerial view of Earth from space, showing the curvature of the planet. The image displays a mix of green and brown landmasses, blue oceans, and white clouds. The text is centered over the image.

**THE UNIVERSE IS
FUNDAMENTALLY
GENEROUS**

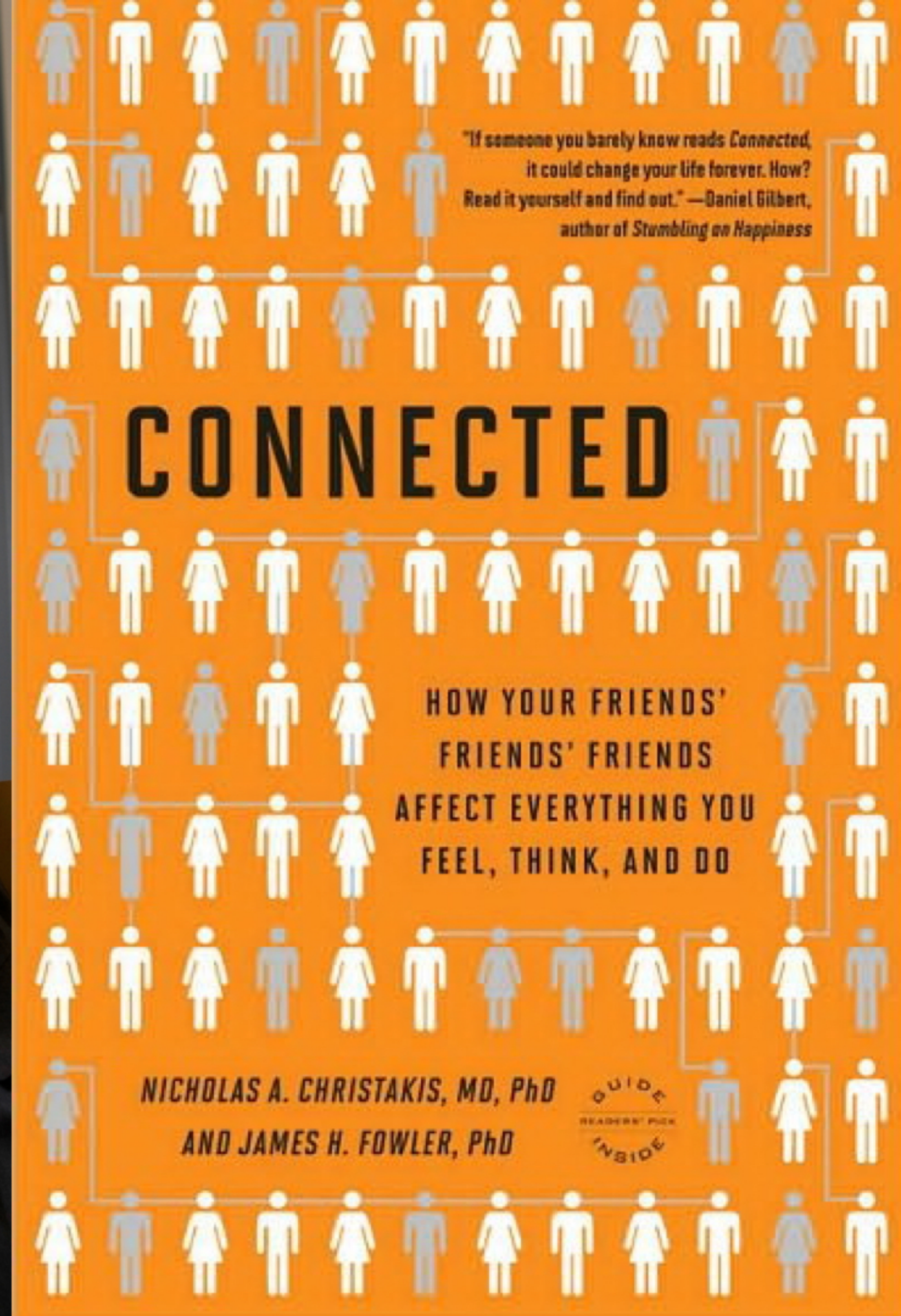






**CREATION IS
WIRED TO GIVE**





"If someone you barely know reads *Connected*, it could change your life forever. How? Read it yourself and find out." —Daniel Gilbert, author of *Stumbling on Happiness*

CONNECTED

HOW YOUR FRIENDS' FRIENDS' FRIENDS AFFECT EVERYTHING YOU FEEL, THINK, AND DO

NICHOLAS A. CHRISTAKIS, MD, PhD
AND JAMES H. FOWLER, PhD

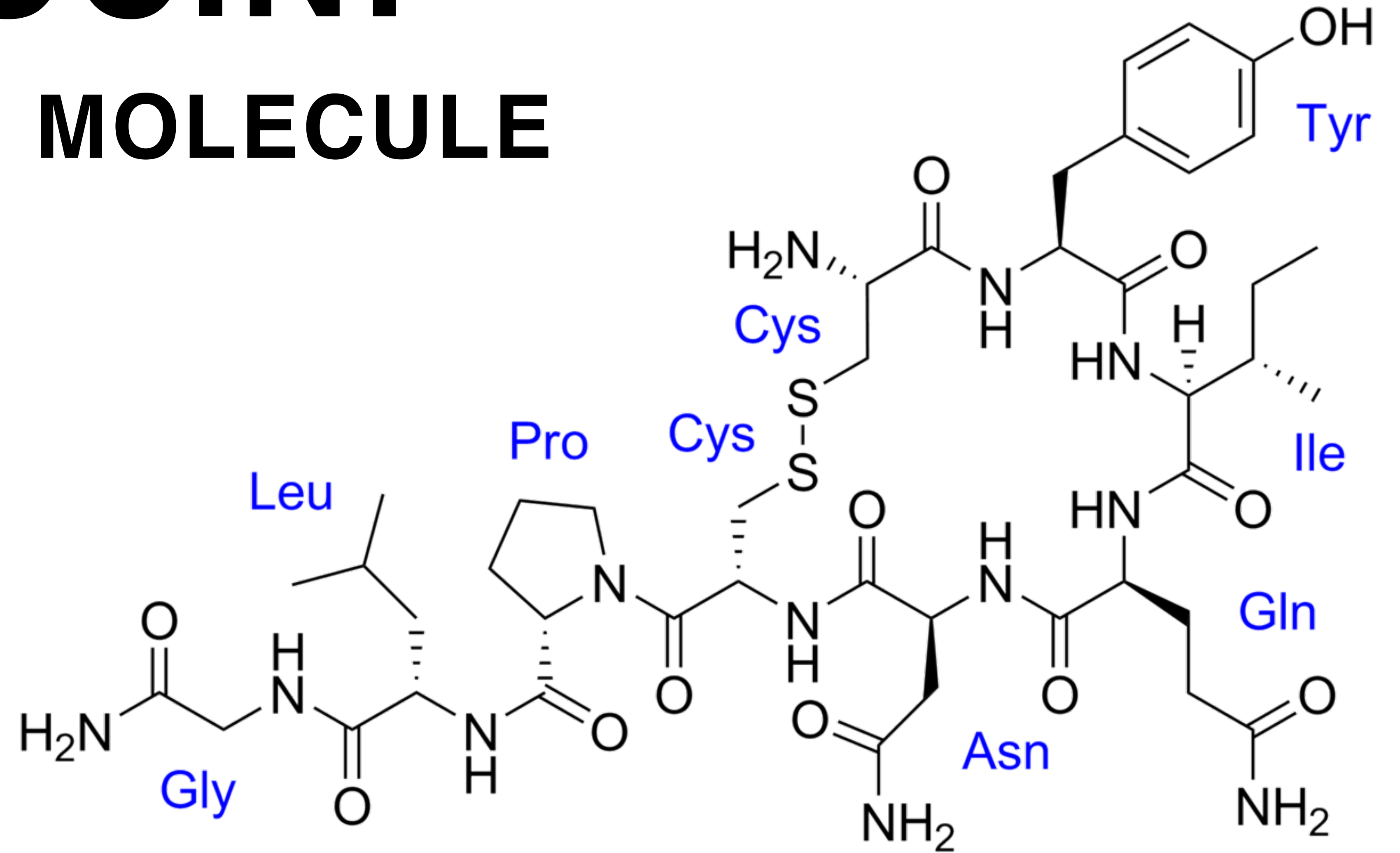
GUIDE
READERS' PICK
INSIDE

When one person behaves generously, it inspires observers to behave generously later, toward different people. In fact, altruism can spread by three degrees—from person to person to person to person. As a result, Christakis and Fowler report, “each person in a network can influence dozens or even hundreds of people, some of whom he or she does not know and has not met.”

JILL SUTTIE AND JASON MARSH

OXYTOCIN:

THE  MOLECULE



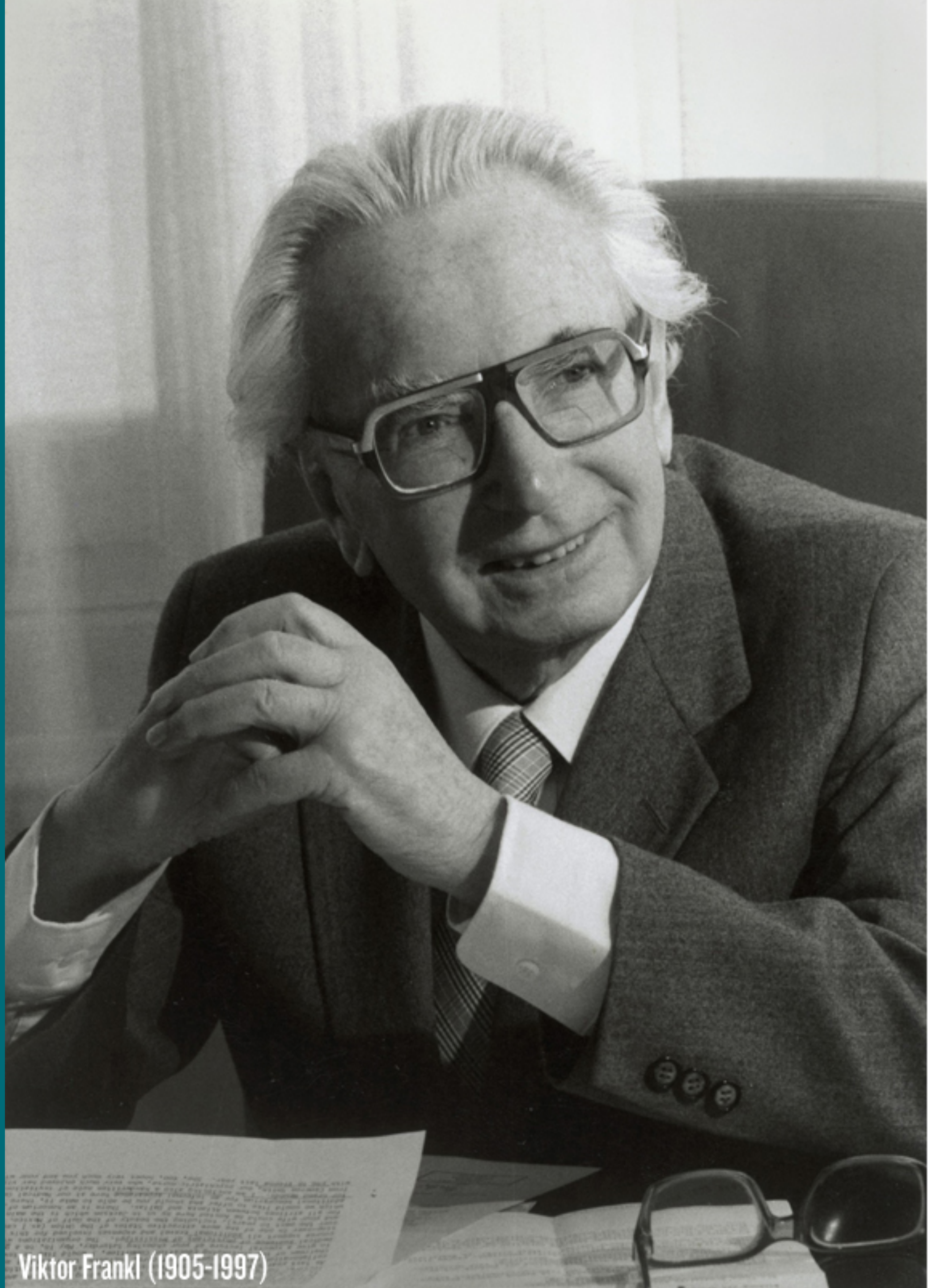
A dose of oxytocin will cause people to give more generously and to feel more empathy towards others, with “symptoms” lasting up to two hours. And those people on an “oxytocin high” can potentially jumpstart a “virtuous circle, where one person’s generous behavior triggers another’s.

JILL SUTTIE AND JASON MARSH

PAY IT FORWARD







Viktor Frankl (1905-1997)

MAN'S SEARCH FOR MEANING VIKTOR E. FRANKL

WITH A NEW FOREWORD BY
HAROLD S. KUSHNER



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MAN
alive



Meaning vs. Happiness



Barbara Fredrickson, PhD
UNC



Steve Cole, PhD
UCLA



“Being happy is about feeling good.
Meaning is derived from contributing
to others or to society in a bigger way.”



FREDERICKSON AND COLE

Happiness

- How often did you feel happy?
- How often did you feel interested in life?
- How often did you feel satisfied?

***Hedonic
Happiness***



Meaning

- How often did you feel your life has a sense of direction or meaning?
- How often did you feel you had something to contribute to society?

Virtue



**HOW DID MEANING
AND HAPPINESS
COMPARE?**



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Emotion. 2016 Sep;16(6):850-61. doi: 10.1037/emo0000178. Epub 2016 Apr 21.

Do unto others or treat yourself? The effects of prosocial and self-focused behavior on psychological flourishing.

Nelson SK¹, Layous K², Cole SW³, Lyubomirsky S⁴.

⊕ Author information

Abstract

When it comes to the pursuit of happiness, popular culture encourages a focus on oneself. By contrast, substantial evidence suggests that what consistently makes people happy is focusing prosocially on others. In the current study, we contrasted the mood- and well-being-boosting effects of prosocial behavior (i.e., doing acts of kindness for others or for the world) and self-oriented behavior (i.e., doing acts of kindness for oneself) in a 6-week longitudinal experiment. Across a diverse sample of participants (N = 473), we found that the 2 types of prosocial behavior led to greater increases in psychological flourishing than did self-focused and neutral behavior. In addition, we provide evidence for mechanisms explaining the relative improvements in flourishing among those prompted to do acts of kindness—namely, increases in positive emotions and decreases in negative emotions. Those assigned to engage in self-focused behavior did not report improved psychological flourishing, positive emotions, or negative emotions relative to controls. The results of this study contribute to a growing literature supporting the benefits of prosocial behavior and challenge the popular perception that focusing on oneself is an optimal strategy to boost one's mood. People striving for happiness may be tempted to treat themselves. Our results, however, suggest that they may be more successful if they opt to treat someone else instead. (PsycINFO Database Record

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PMID: [27100366](#) DOI: [10.1037/emo0000178](#)

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473 PEOPLE—6 WEEKS—4 GROUPS

1. acts of kindness (to the world)
2. acts of kindness (to others)
3. acts of kindness (to self)
4. control group (no change)

The results of this study challenge the popular perception that focusing on oneself is an optimal strategy to boost one's mood. People striving for happiness may be tempted to treat themselves. Our results, however, suggest that they may be more successful if they opt to treat someone else instead.

NELSON, ET AL.



"Brilliant . . .
calls us all to live
soul-sized lives."

—SISTER HELEN
PREJEAN,
author of
Dead Man Walking

WHY
GOOD THINGS
HAPPEN TO
GOOD PEOPLE

HOW TO LIVE A LONGER,
HEALTHIER, HAPPIER LIFE BY
THE SIMPLE ACT OF GIVING

Stephen Post, Ph.D., & Jill Neimark

HEALTH BENEFITS OF GENEROSITY

1. Reduces blood pressure
2. Lowers risk of dementia
3. Reduces anxiety and depression
4. Improves chronic pain symptoms
5. Aids in addiction recovery
6. Aids in the grief process

If you were somehow able to package generosity into a compound, you'd be a billionaire overnight

STEPHEN G. POST



Jesus increased in wisdom, in stature,
and in favor with God and man.

LUKE 2:52

**JESUS WAS FULLY
ALIVE BECAUSE
JESUS WAS FULLY
GENEROUS**

I glorified you on earth, having accomplished
the work that you gave me to do.

JOHN 17:4

**CREATED IN
GOD'S GENEROUS
IMAGE, YOU ARE
WIRED TO GIVE**

**YOU ARE CALLED
TO LIVE A LIFE OF
PROFOUND AND
STRATEGIC
GENEROSITY**

‘Why have we fasted,’ they say, ‘and You have not seen? Why have we afflicted our souls, and You take no notice?’ “In fact, in the day of your fast you find pleasure, and exploit your laborers. Indeed you fast for strife and debate, and to strike with the fist of wickedness...Is it a fast that I have chosen, a day for man to afflict His soul?

ISAIAH 58

Is it to bow down his head like a bulrush, and to spread out sackcloth and ashes? Would you call this a fast, and an acceptable day to the LORD? Is this not the fast that I have chosen: To loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke? Is it not to share your bread with the hungry and that you bring to your

ISAIAH 58

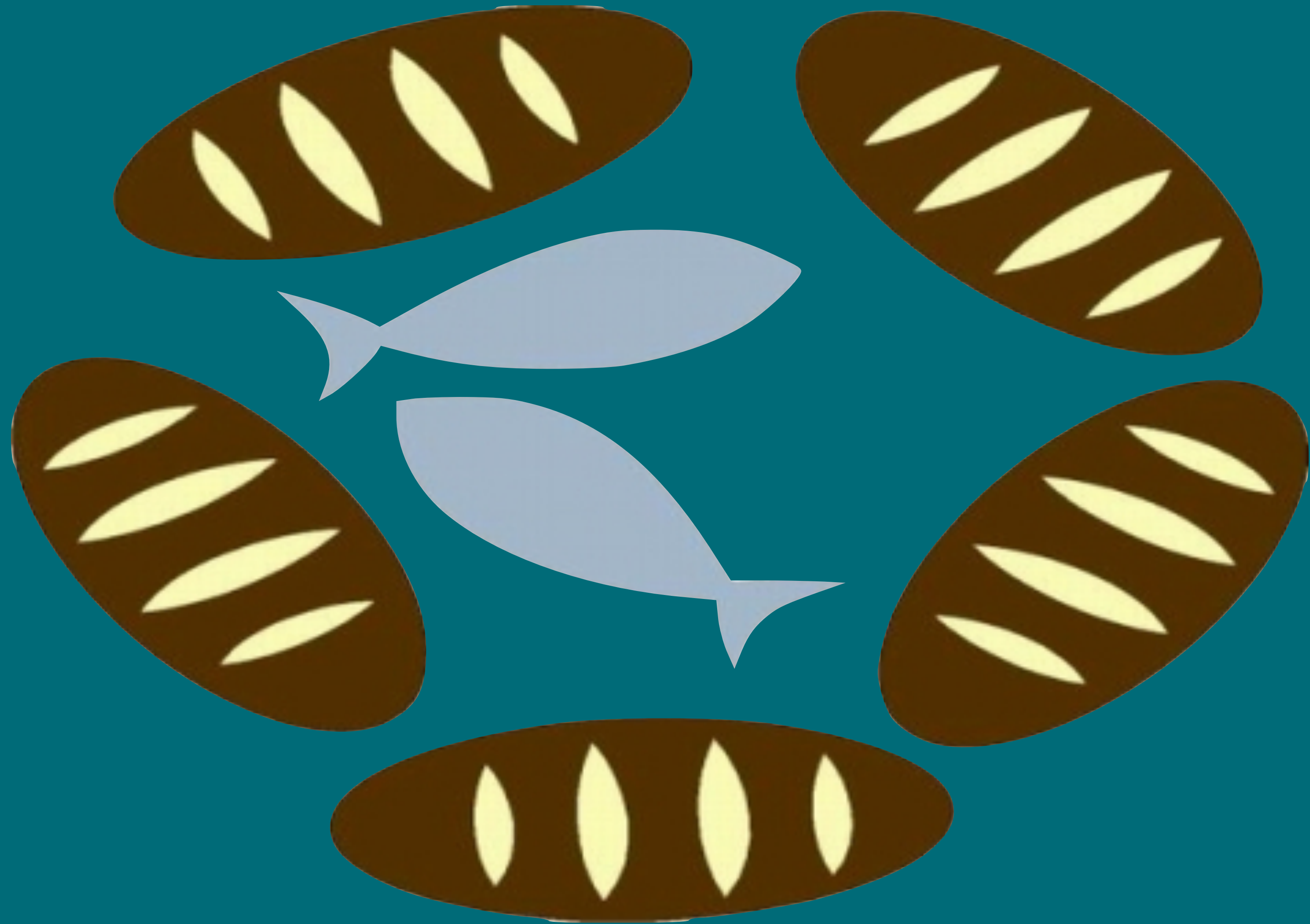
house the poor who are cast out; When you see the naked, that you cover him, and not hide yourself from your own flesh? Then your light shall break forth like the morning, Your healing shall spring forth speedily.

**WHAT DOES AN
ISAIAH 58 LIFE
LOOK LIKE
TODAY?**

FIVE WAYS TO BE GENEROUS:

- Our resources
- Our talents
- Our words
- Our influence
- Our theology

**GENEROUS WITH
OUR RESOURCES**



The earnestness with which the people of this religion help one another in their needs is incredible. They spare themselves nothing for this end. Their first lawgiver put it into their heads that they were all brethren.



LUCIAN, SECOND CENTURY WRITER

[Christianity] has been specially advanced through the loving service rendered to strangers, and through their care for the burial of the dead. It is a scandal that there is not one single Jew who is a beggar,



JULIAN, FOURTH CENTURY ROMAN EMPEROR

and that the godless Galileans care not only for their own poor but for ours as well; while those who belong to us look in vain for the help that we should render them.



JULIAN, FOURTH CENTURY ROMAN EMPEROR



Michael Norton *at* TEDxCambridge

How to buy happiness

In 120 of 136 countries, people who donated to charity in the past month reported greater satisfaction with life. This relationship emerged in poor and rich countries alike. The link between prosocial spending and happiness seems to be remarkably universal.

GALLUP WORLD POLL

**GENEROUS WITH
OUR TALENTS**



**GENEROUS WITH
OUR WORDS**

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

EPHESIANS 4:29



**GENEROUS WITH
OUR THEOLOGY**

QUESTA È LA COLONNA DOVE STANDO
LEGATI I SS. APOSTOLI PIETRO E PAOLO
CONVERTIRNO I SS. MARTIRI PROCESSO
E MARTINIANO CUSTODI DELLE CARCERI E
ALTRI XLVII ALLA FEDE DI CRISTO OVALI
BATTIZZORNO CON L'ACQUA DI QUESTO
SCATURITA MIRAColosAMENTE



From the Jews five times I received forty stripes minus one. Three times I was beaten with rods; once I was stoned; three times I was shipwrecked; a night and a day I have been in the deep; in journeys often, in perils of waters, in perils of robbers, in perils of my own countrymen, in perils of the Gentiles, in perils in the city, in perils in the wilderness,

2 CORINTHIANS 11:24-28

in perils in the sea, in perils among false brethren; in weariness and toil, in sleeplessness often, in hunger and thirst, in fastings often, in cold and nakedness - besides the other things, what comes upon me daily: my deep concern for all the churches.

2 CORINTHIANS 11:24-28

**BRAGGING
RIGHTS?**

In normal life we hardly realize how much more we receive than we give, and life cannot be rich without such gratitude. It is so easy to overestimate the importance of our own achievements compared with what we owe to the help of others.

DIETRICH BOHNOEFFER



From their schools in the mountains some of the youth were sent to institutions of learning in the cities of France or Italy... Their garments were so prepared as to conceal their greatest treasure-- the precious manuscripts of the Scriptures. These they carried with them, and whenever they could do so without exciting suspicion,

ELLEN WHITE, GREAT CONTROVERSY, P. 70

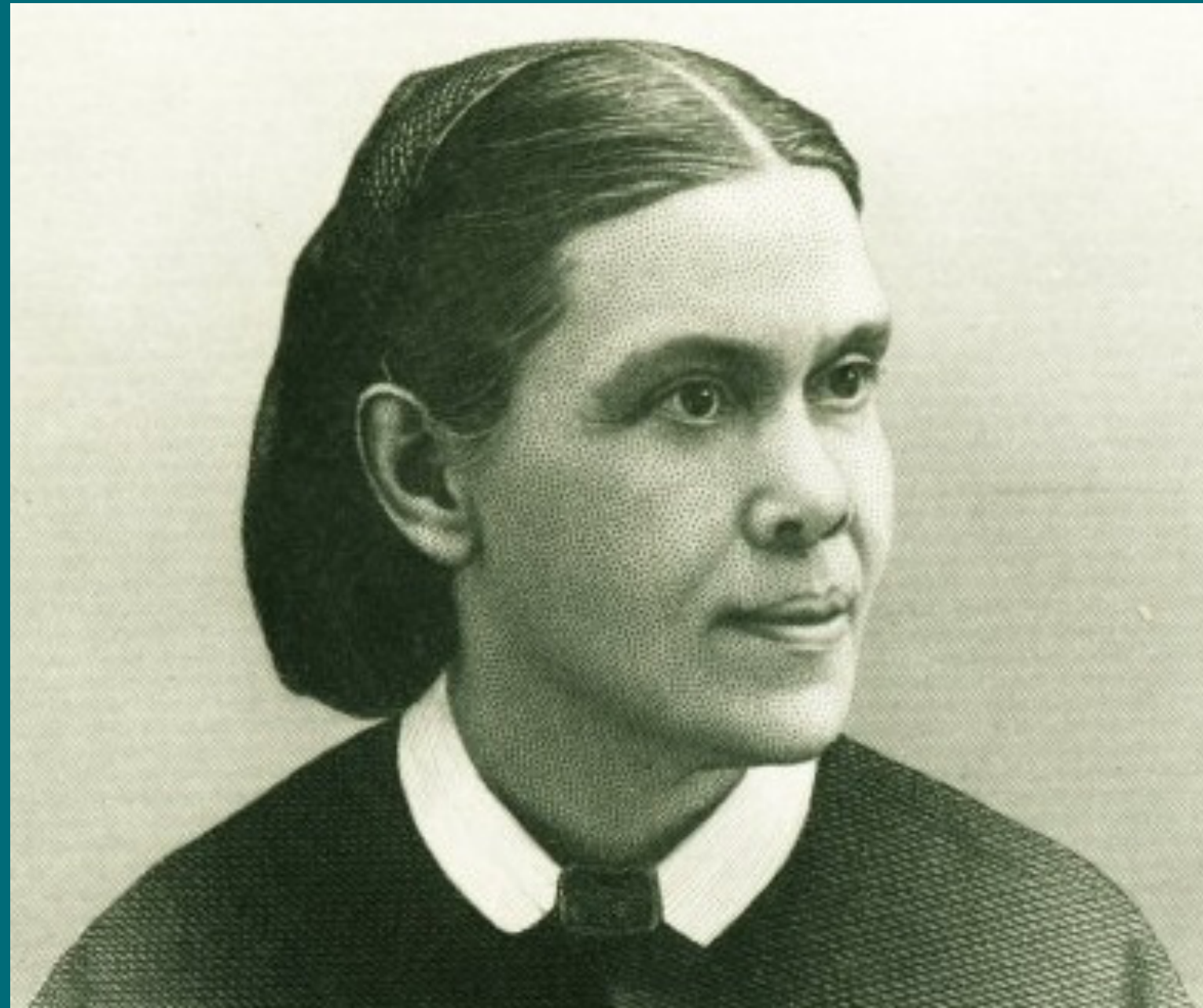
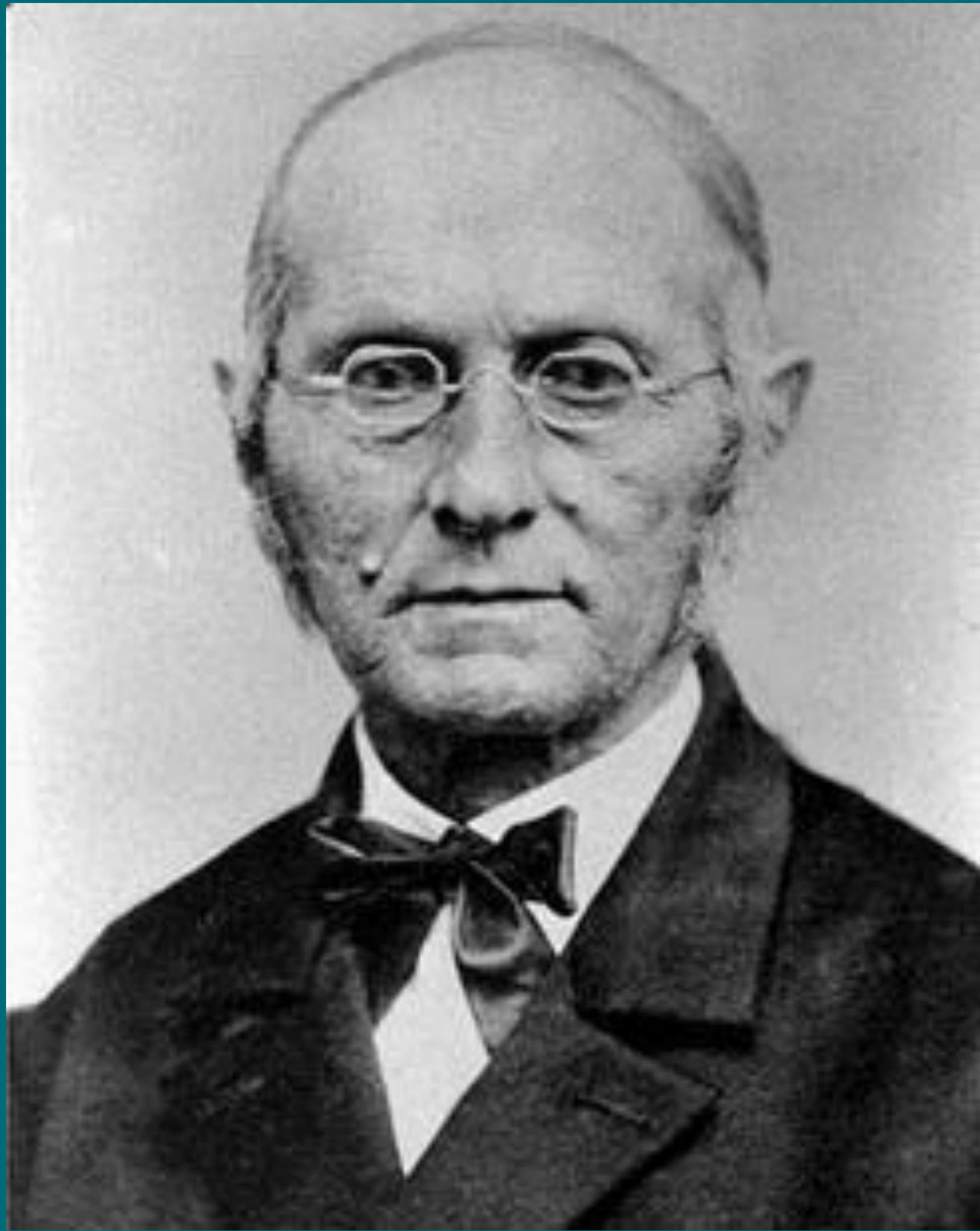
they cautiously placed some portion in the way of those whose hearts seemed open to receive the truth. Converts to the true faith were won in these institutions of learning, and frequently its principles were found to be permeating the entire school.

ELLEN WHITE, GREAT CONTROVERSY, P. 70

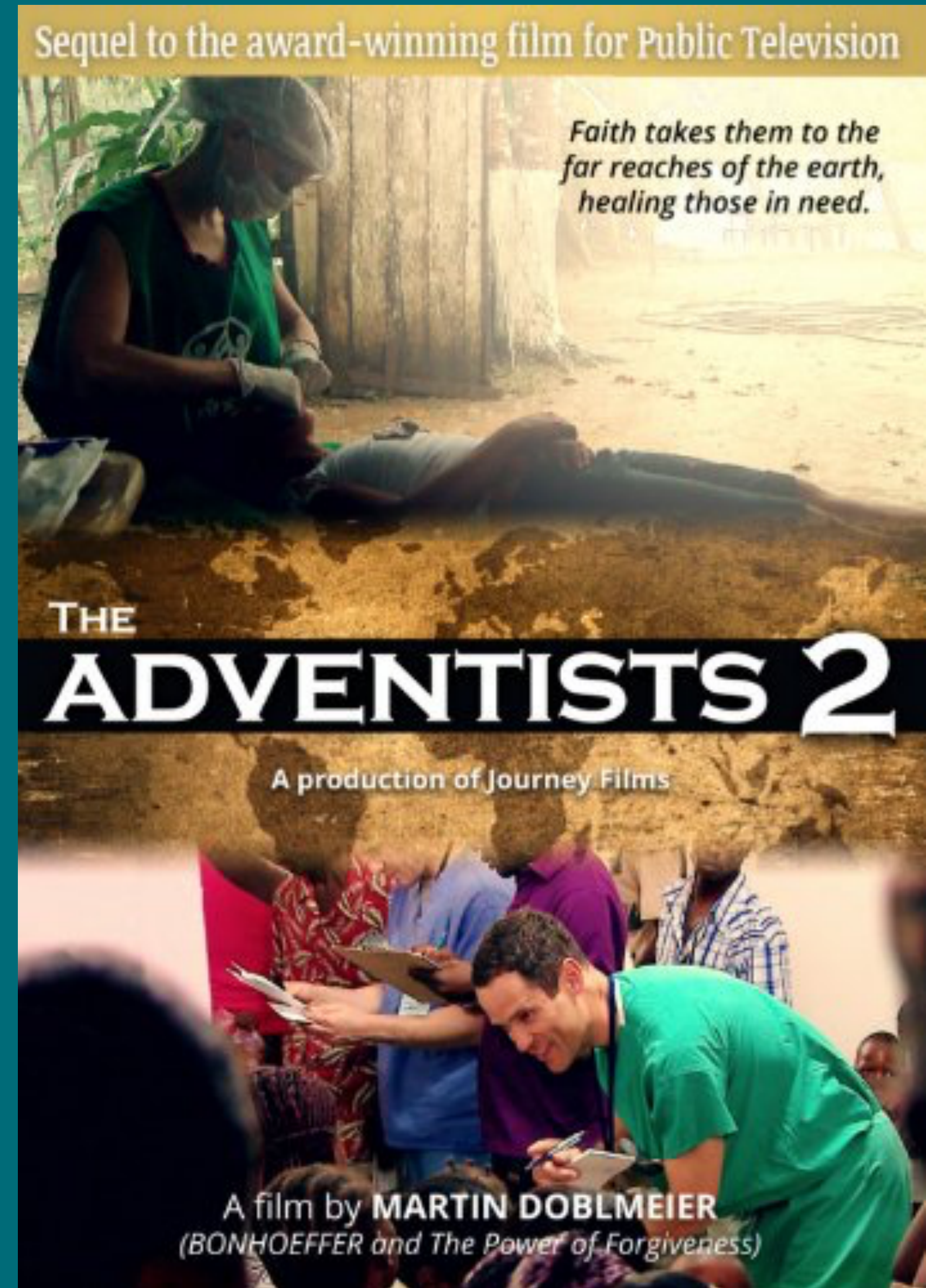


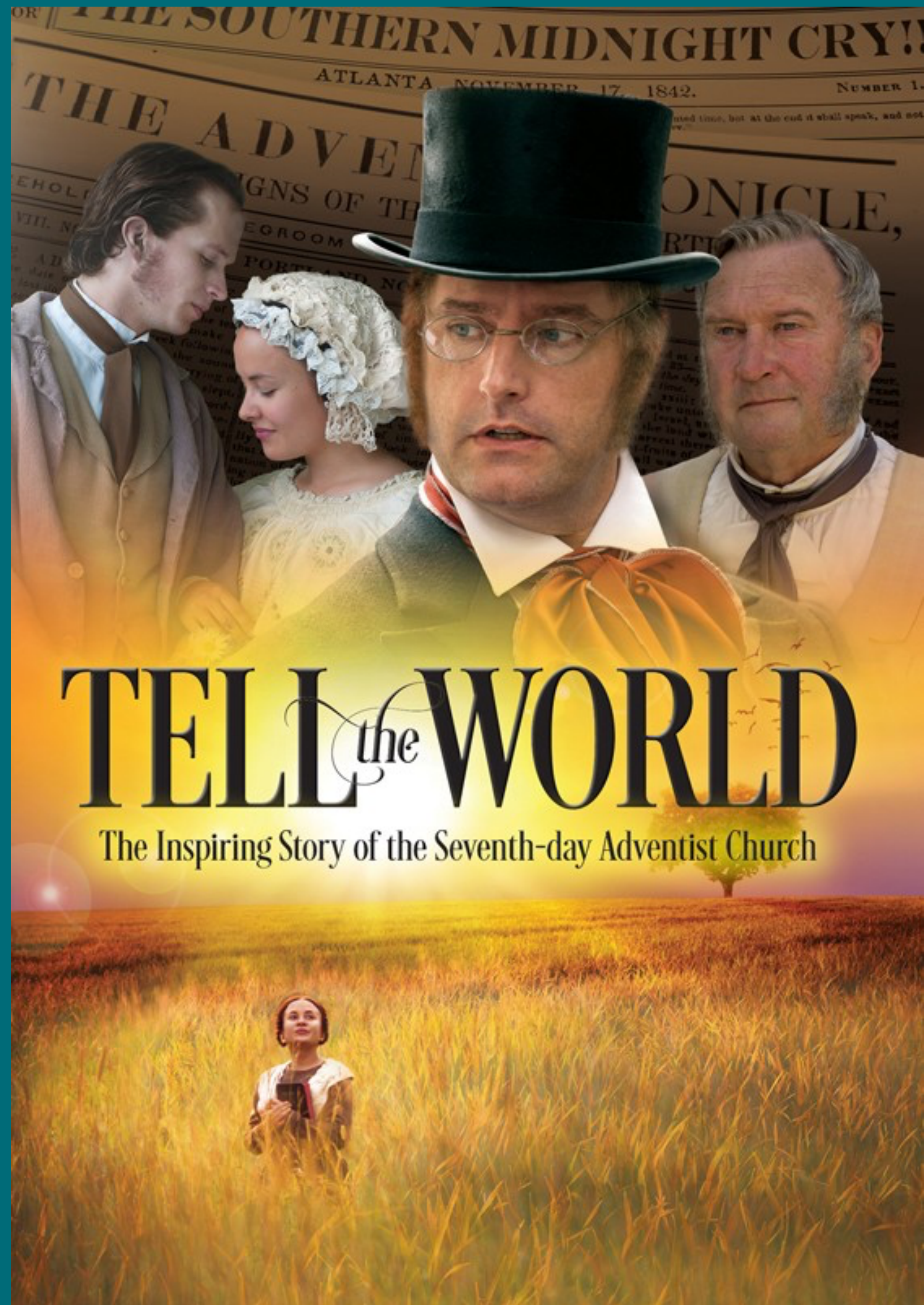


STORYLINE
ADVENTIST
CHURCH



**BECAUSE ALL TRUE
THEOLOGY IS HEALING,
SHARING GOOD
THEOLOGY IS ONE OF
THE MOST GENEROUS
THINGS YOU CAN DO.**





**WHAT'S THE
ALTERNATIVE TO
GENEROSITY?**

The only thing
necessary for the
triumph of evil is for
good men to do nothing.



EDMUND BURKE

**THE OPPOSITE OF
GIVING IS
VIOLENCE.**



There is more happiness in giving than receiving.

ACTS 20:35

**GENEROSITY
BRINGS JOY**

Looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising its shame, and has sat down at the right hand of the throne of God.

HEBREWS 12:2

**GENEROSITY
BRINGS JOY**