



Lutherans in Medical Missions

February 2024

Five Ways Giving is Good for You

New studies attest to the benefits of giving—not just for the recipients but for the givers’ health and happiness, and for the strength of entire communities. Here are some ways that giving is good for you:

- 1). *Giving makes us feel happy.* A 2008 Harvard Business School study found that giving money to someone else lifted participants’ happiness more than spending it on themselves. These good feelings are reflected in our biology. When people give to charities, it activates regions of the brain associated with pleasure, social connection and trust, creating a “warm glow” effect. Altruistic behavior releases endorphins in the brain, producing the positive feeling known as “helper’s high.”
- 2). *Giving is good for our health.* Stephen Post, in his book “Why Good Things Happen to Good People”, reports that giving to others has been shown to increase health benefits in people with chronic illness. One reason giving may improve physical health and longevity is that it helps decrease stress associated with a variety of health problems. A John Hopkins University study reports people who provided social support to others had lower blood pressure than participants who didn’t.
- 3). *Giving promotes cooperation and social connection.* When you give to others, your generosity is likely to be rewarded by others down the line—sometimes by the person you gave to, sometimes by someone else. Lyubomirsky in her book, “The How of Happiness”, writes that being kind and generous leads you to perceive others more positively and more charitably. Our ties to others and sense of interdependence and cooperation is heightened.
- 4). *Giving evokes gratitude.* Whether you’re on the giving or receiving end of a gift can elicit feelings of gratitude. Emmons and McCullough, directors of the “Research Project on Gratitude and Thankfulness”, found that teaching college students to “count their blessings” and cultivate gratitude caused them to exercise more, be more optimistic, and feel better about their lives overall. Cultivating gratitude in everyday life is one of the keys to increasing personal happiness.
- 5). *Giving is contagious.* A publication in the “Proceedings of the National Academy of Science” shows that when one person behaves generously, it inspires observers to behave generously later, toward different people. Giving has also been linked to the release of oxytocin, a hormone that induces feelings of warmth, euphoria, and connection to others.

So whether you buy gifts, volunteer your time, or donate money to charity this year, your giving is much more than just a chore...it has many benefits!



Lutherans in Medical Missions (LIMM) works with local and global partners to share Christ’s healing in medically underserved communities.

Lutherans in Medical Missions

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Lutherans in Medical Missions

Donations may be sent to:

Lutherans in Medical Missions

P.O. Box 766

Concordia, MO 64020

Or go online at www.limm.org
to donate through Pay pal or
credit card.

Contributions made directly to LIMM
are tax-deductible.

Prayer Corner

- Thank the Lord for a new year and new opportunities to serve.
- Thank God for the CLM grant to the Madagascar hospital.
- Asking for open doors to share Christ with unbelievers.
- Praying for boldness in our churches to proclaim Jesus.
- Pray for spiritual protection, safety, & health for missionaries.
- Thanking God for our faithful donors, especially for the anonymous friend of LIMM who gave a large, end-of-year gift.
- Asking for healing for those battling COVID and cancer.
- Continued prayers for God-pleasing decisions by our leaders.
- Lord, show us new grant opportunities with other ministries.
- Praise God for our dedicated Board and Staff.
- Lead us, Lord, to new board members with a passion for missions.
- We ask Lord that you would show us new donor prospects.
- Prayers for a revival in our country and the world.
- Asking for God reign over the upcoming 2024 election.

Special Thanks to our 2023 Donors

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