

**Topic:**

Gifts and Generosity

**Reading Resource:**

Generosity Makes Us Happier ([Link](https://www.medicalnewstoday.com/articles/318406))

**Discussion Guide:**

1. How do you define generosity and charity? Why?
2. What do you think about what the article says about the connection between giving and happiness?
3. Do you feel happy when you give to others? Why do you think this is the case?
4. Do you think generosity is an important quality to cultivate? Why or why not?
5. How do you make decisions about what to give to? What do you think are good motivations for charity and generosity?
6. What do you think is the measure of generosity? What role does sacrifice play? Why would self-sacrifice be important in the act of giving?
7. What is the greatest gift you’ve ever received? Why?