

How Money Can Make You Happy

Part 2: Happily Content

1 Timothy 6:17-19

WE:

Would you like some more money in your bank account?

How much? How much until you'd say, "Oh that's enough... please stop giving me money"?

Would you ever stop me... or would your mind just keep going to more things that money would let you have/do?

We all think more money will make us happy... but "more" always becomes just a little more.

So try to get as much for ourselves as we can.

And instead of money fulfilling its promise of making us happy, it becomes one of the biggest worries and aggravations in life.

But the truth is... **God promises that money will make us happy... if we view it and use it correctly.**

Last episode- How we view it... We don't own it. It's God's and we just use it.

Next two how to use it...

Warning for next 2 episodes: I'm going to try to convince you that giving your money away is a good idea.

What did you just feel? "Tension/apprehension/Here we go again?" What's that about?
(Just wait for the next episode)

IF you really want to be happy. Not just "pretend religious happy". But enjoy who you are and enjoy what you have...Invite you to keep watching/listening

B/c We don't actually want anything from you... but we want something amazing FOR you.

And the truth is... **Money makes us happy when we give it away.** (Kinda dumb right? We'll see) [Chosen Jesus shrug?]

It's true for JF or not .

If not JF some good ideas to try

If JF there's a bit more to it for you.

GOD: 1 Timothy. Ephesus. Paul. Around 60 AD

V. 17 [Teach those who are rich in this world]

“Rich? Me? Not these guys Phew. Loopholes! I’m off the hook.” Nope [Jesus shaking head again- Chosen]

Do you live in the United States? You’re rich.

\$10,000 a year... richer than 84% of the world.

\$50,000 a year... richer than 99% of the world.

We are wealthier than we think.

Don't feel rich? Pause Look around you.. Everything you see that you spent money on... did you need it to stay alive?

So what does Paul want us rich people to be taught?

V. 17

Proud? Also conceited/arrogant

Not you right? Of course not. Someone who was proud/arrogant about being rich would say/think/feel things like...

“They should just get a job... like me”

“I deserve what I have. I’ve worked hard... so I can enjoy it someday. I’ve earned it.”

“They’re driving that? I’m sure they don't have insurance”

Someone who was arrogant would care what brands they buy/wear/drive, even what grocery store they shop at, etc.

And that’s not you at all right? Yeah, me neither. [Eyes shifting....Crickets.....]

It’s that whole idea of greed... “I deserve what I have and I actually deserve to have more.”

Then Paul reiterates what Jesus said in our passage last episode...

- Don't rely on money for security/happiness
- Only leads to fear that we won’t have enough (B/c we know Paul is right and it is so unreliable)
- Know what fear leads to...(anger/hate/suffering)
- No leads to greed b/c we think maybe it’ll be reliable if we just have more.

Paul says to trust God instead.

B/c He’s the reliable one. He RICHLY gives us ALL we NEED for our ENJOYMENT.

Something I think we often forget... God loves to give.

He wants us to enjoy what hes given us..

And when we choose trust this and rely on him and not on our money... we discover what we've been hoping to find all along... **Contentment**.

Contentment- Enjoying what we have instead of worrying about what we don't have.

"God loves me. He gives me what I need. I choose to enjoy what I have instead of worrying about what I don't have."

Trusting God produces contentment.

And **Money can't make us happy until we learn to be happy with whatever we have.**

It gets even better...

V. 18

Throughout time and space we see God constantly giving.

Beginning of story of God w/ humanity- God makes everything perfect and then GIVES it to humanity. (Gen. 1:29-30)

The apex of the story- "God so loved the world that he GAVE..." (John 3:16)

And even at the culmination- "To all who are thirsty I will give freely from the springs of the water of life." (Rev. 21:6)

God loves to give and he wants his children to be like him.

See if **Not Jf** being generous is a good idea. It's good for you. Talk in a bit.

But for a **JF...** generosity isn't just a good idea it needs to be a defining characteristic...

Our role is to be a picture of God's love to the world... He GIVES... so he wants us to do the same

We don't feel like we can be generous b/c we don't feel like we have enough... b/c we are not content.

But if we are happily enjoying what we have, not worrying about what we don't have... we are free to use our extra to help others.

Contentment produces generosity.

"Always ready to share..." can't be ready if you're spending it all on yourself... have overspent, have no margin.

Generosity requires a purposeful plan (next episode)

BUT... BIG QUESTION-

Why would we want to do this?

So here's the kicker... here's the part you won't believe until you actually try it and experience it... and then you'll wonder why it took you so long to try it.

V. 19

True Life- Other translations: "Life that is truly life" "May take hold of that which is life indeed"

Paul is NOT saying that the more money you give away the easier it will be to get into heaven.

Idea he is getting at...

Generosity allows us to more fully trust God's love and care...

Which allows him room to show up and show us his love and care.

Which allows our lives to be used for something more than ourselves.

Which then allows us to trust him even more.

It's that cycle I keep talking about.

Generosity is an investment in the life we truly want.

Think of the contrast here...

Two choices...

1- The Usual Life.

Rely on money for happiness and security

Hoard or spend everything you have on yourself.

Never be satisfied and happy with what you have b/c you are always afraid you won't have enough so you're stressed that you need to get more.

Your focus is yourself. What you don't have. What you want/need.

2- The Generous Life.

Trust that God loves you and gives you everything you need for your enjoyment.

Be content with and thankful for what has been given to you.

Use what has been given to you to help God show others that he cares for them too.

Your focus is on others b/c content with and enjoy whatever you have. And freely share with others.

Which one is the life you **really** want? Which one would actually make you happy?

Generous people are happy people.

(I did some research... googled for 5 min) Many studies have shown this to be a scientific fact.

Even just promising/planning to be generous makes people happier.

If you're ready for this step... or you have experienced this and want to continue, here is something that can help us start/keep moving in that direction...

It's super easy and it won't cost you anything... yet.

YOU:

Read 1 Tim 6:17-19

Look at your expenses for the last month... Actually do it. **And Label Needs/Enjoyment/Generosity...**

Just look. Not asking you to do anything yet... just look.

Then ask... Does my spending show contentment?

That's it. Easy, safe. Right? So what's stopping you?

WE:

Money can't buy happiness.

But how we view it and how we use it can bring a peace, contentment, and even a happiness that you have to experience to believe.

Everything we have is a gift from God. A gift he wants us to enjoy... and share.

We have a choice to selfishly squander what we have on ourselves

Or rely on God's love, be content having what we need, and choose to be generous.

One choice leads to the empty path we've seen so many others go down.

The other choice allows us to take hold of that which is life, indeed.

So I have a suggestion for you...

If money isn't making you happy, try giving more of it away.

Even thinking about it will make you a little happier. It's science.

Questions


1. What's God doing in your life and world this week?
2. What's your reaction to this message? What questions, thoughts, insights, or rebuttals do you have?
3. Read 1 Tim 6:17-19, and either label your spending "needs/enjoyment/generosity" or at least think about your usual spending habits. On a scale of 1-10 (1= Scrooge McDuck / 10= Mother Teresa) does your current spending show contentment? What do you think would change if you moved closer to a 10?
4. Who can your group be praying for this week?


Summary:

Money can either bring happiness or stress and anxiety... but it has nothing to do with the amount we have. The key is in how we view it and use it.

Episode Breakdown:

- 01:13 Well, that's a deep subject
- 03:00 How much would be enough?
- 04:42 Warning!!!
- 06:40 Lookin' for loopholes
- 08:42 It's not YOU
- 12:12 A generous history
- 14:52 The BIG Question...
- 16:18 2 options
- 18:38 A Free challenge
- 21:45 Be a square
- 24:20 Qs & If we had a live-audience...

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- ▶ Upcoming #SalemOregon On-Site Gatherings
November 14th, 4:30pm ... <https://www.yourcrosscreek.com/gathering/> for more info.

- ▶ #forSalem NOVEMBER Opportunity: Giving Tree
 1. Take a tag at our in-person gathering and buy a Christmas present for a CASA kid
 2. Can't come in person? Connect with CASA and see how you can help. They do take online donations and have an amazon wishlist! <https://www.casamarionor.org/donate>

► Suggested Bible Readings:

Philippians 4:10-20

1 Timothy 6:6-10

James 1:17

► Additional Resources:

- Generous People Live Happier <https://www.sciencedaily.com/releases/2017/07/170711112441.htm>
- A neural link between generosity and ... <https://www.nature.com/articles/ncomms15964>
- How Rich am I?
<https://howrichami.givingwhatwecan.org/how-rich-am-i?income=50000&countryCode=USA&household%5Badults%5D=1&household%5Bchildren%5D=0>

► Music we listened to making this episode:

Sad But True- Mexican Institute of Sound (feat. La Perla & Gera MX):

<https://www.youtube.com/watch?v=CXXeK1QSMjY>

Making a Fire- Foo Fighters: <https://www.youtube.com/watch?v=kJ9YKVJjU1M>

Peace Piece- Bill Evans: <https://youtu.be/y8fINWRBDh4>

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