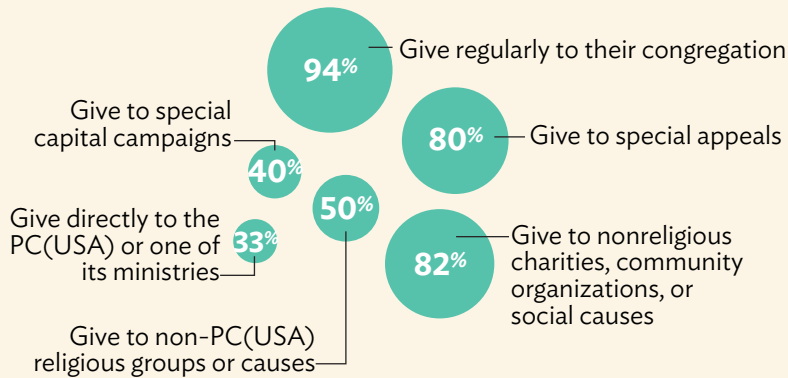
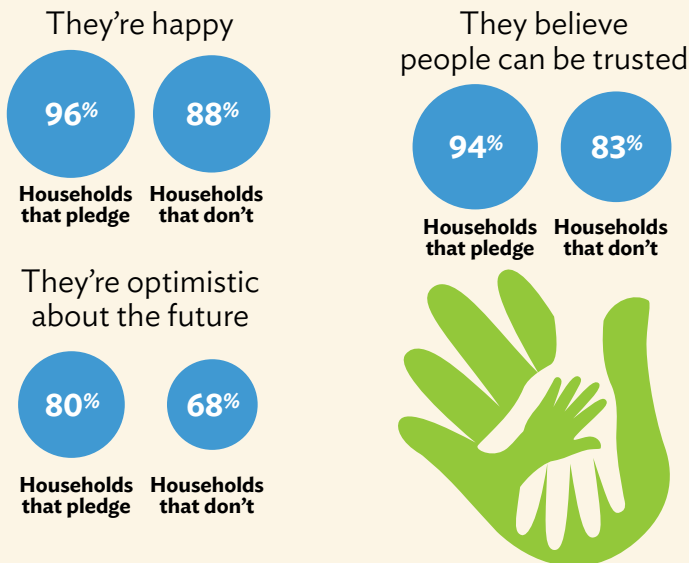


# Giving really is a joy

## Presbyterians are generous givers



## Presbyterian giving and happiness



## How much Presbyterians give

Members of Presbyterian churches report giving an average of \$4,954 in regular giving to their congregation



Source: 2014 Presbyterian Panel, "Happiness and Living Missionally"

They say money can't buy happiness, but research indicates this may not be entirely true. The trick is to focus on what you *give*, rather than what you *get*. So where should you go to "purchase" this elusive state of joy?

The answer: your church, charities, community donation drives—anyplace you can *donate* money. The key word? Donate. Those who donate money tend to be happier than those who don't.

According to our research, Presbyterians in households that have pledged money to their church are happier than those in nonpledging households.

However—and this is important—giving more money does not make you happier, and the link between pledging and happiness exists at *all* income levels. It's not the quantity that counts; what matters is the habit of giving. Happiness comes from giving *regularly*.

Our research finds that donating just once to a cause does not impact general happiness—no matter how much you give.

And it's not just happiness that is part of the equation. People in pledging households are also more optimistic about their future and are more likely to believe that people can generally be trusted.

One caveat to this research is that we cannot determine what causes what—does giving away money make people happier, or are happy people more likely to give away money?

Either way, one thing is clear: donating money is the sign of a happy person. And it's not likely to make the recipient too sad either.

» Other findings: [pcusa.org/research](http://pcusa.org/research)