



COMPASSION

Desire: *To become the healing presence of Christ to others.*

Definition: *Compassion means feeling with and for others as well as extending mercy and help to them in extravagantly practical ways. Compassion is part and parcel of sharing in God's heart for an aching and wounded world.*

Scripture: *"be sympathetic, love as brothers, be compassionate and humble. Do not repay evil with evil or insult with insult, but with blessing, because to this you were called so that you may inherit a blessing."*
(1 Peter 3:8-9)

God-given fruit:

- *keeping company with Jesus and showing his compassion whether or not it is received or recognized.*

Reflection Questions:

1. *What attitudes and emotions surface when you relate to emotionally needy or dysfunctional people?*
2. *What experiences in your past make it easy or difficult to be compassionate with yourself?*

Spiritual Exercises:

1. *Choose one way you can show compassion to someone this week. What emotions came up for you? Was it easy? Dialogue with Jesus about this.*
2. *Make a list of people whose services you receive: teachers, pastors, caretakers, and so on. Next to each name write down any needs you know they have (ex. personal, financial, physical etc.) What is God calling you to do? Pray, listen and act.*