

LESSON TITLE:
CULTIVATING COMPASSION

JANUARY SERMON

SERIES

It's Your Turn

Lesson One

Cultivating Compassion

**Mark 1:41, Moved with
compassion, Jesus
REACHED OUT and touched
him. “I am willing,” he said.
“Be healed!”**

“Compassion asks us to go where it hurts, to enter the places of pain, to share in brokenness, fear, confusion, and anguish. Compassion challenges us to cry out with those in misery, to mourn with those who are lonely, to weep with those in tears.”

Compassion requires us to be weak with the weak, vulnerable with the vulnerable, and powerless with the powerless. Compassion means full immersion in the condition of being human.” – Henri J.M. Nouwen

COMPASSION is “a deep awareness of the suffering of another coupled with the wish to relieve it.”

Compassion is ACTION.

**Lamentations 3:22, Through the
LORD'S mercies we are not
consumed, because His
compassions fail not. They are
new every morning; Great is
Your faithfulness.”**

“TENDER MERCIES” is translated “bowels” and “womb.” It has the idea of being moved in one’s organs for another person’s plight or predicament.

A Ministry Snapshot

Matthew 9:35-36

Matthew 9:35-36, Jesus went through all the towns and villages, teaching in their synagogues, preaching the good news of the kingdom and healing every disease and sickness. When He saw the crowds, He had compassion on them, because they were harassed and helpless, like sheep without a shepherd.

Three Characteristic Actions:

1. He Preached.

2. He Taught.

3. He Healed.

THREE

OBSERVATIONS:

Matthew 9:35-36

1. JESUS LOOKED
“When He saw the
crowds”

**The way we GROW in
COMPASSION is to see
people the way God
sees people.**

2. JESUS FELT
“When He saw the
crowds, He had
compassion for them.”

3. JESUS UNDERSTOOD

"Because they were harassed and helpless, like sheep without a shepherd."

**Ways You can Cultivate
the Biblical Quality of
Compassion:**

Show Empathy

Romans 12:15

**Reflect on God's
Compassion
Psalm 103:13**

**Be Attentive to
Others' Needs
Romans 12:13**

Offer a Listening Ear

Proverbs 20:12

Practice Forgiveness

Ephesians 4:32

Serve Others
Galatians 5:13

Avoid Judgment

Titus 3:2

**Share the Love of
Christ**

I John 3:11

Practice Kindness

Colossians 3:12

“So, chosen by God for this new life of love, dress in the wardrobe God picked out for you: COMPASSION, kindness, humility, quiet strength, discipline. Be even-tempered, content with second place, quick to forgive an offense.

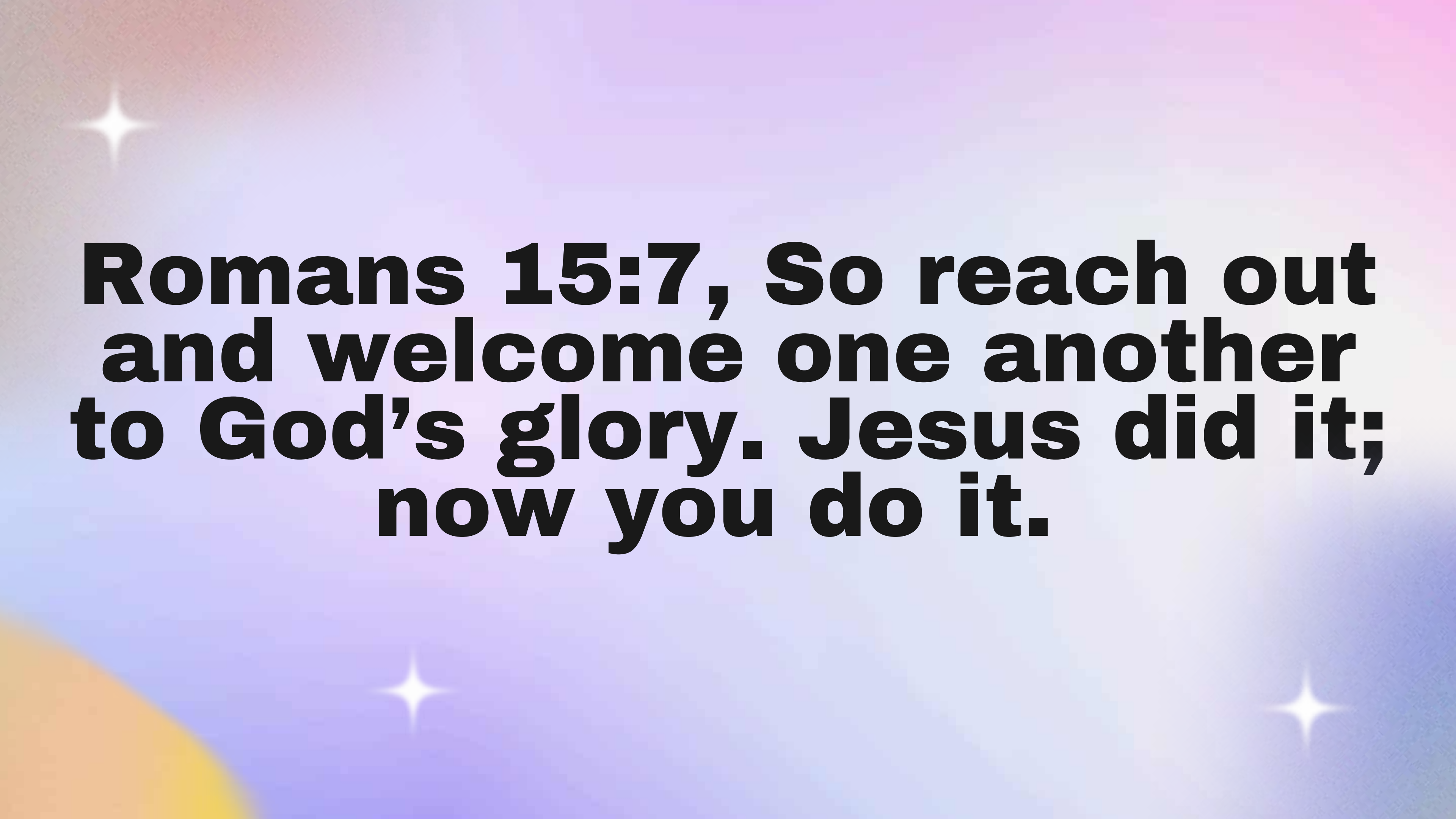
**Colossians 3:12-14 (MSG), Forgive
as quickly and completely as the
Master forgave you. And regardless
of what else you put on, wear love.**

**It's your basic, all-purpose
garment. Never be without it.”**

Your life is not all about you.

Your life is about others.

Jeremiah 17:9-10, The heart is deceitful above all things, and desperately wicked; who can know it? I, the Lord, search the heart, I test the mind, even to give every man according to his ways, according to the fruit of his doings.



**Romans 15:7, So reach out
and welcome one another
to God's glory. Jesus did it;
now you do it.**

**It's Your Turn to Show
COMPASSION**