



Compassion



Compassion is a strong feeling of sympathy and sadness for the suffering or bad luck of others and a wish to help them.

Compassion is shown by what Jesus did. He and his disciples had their plans. He saw the crowd. He set aside his plans. And he taught them all day even though it was not part of his schedule. In the end, he thought, it is late and the crowd must be hungry so he fed them. This is the picture of compassion. It involves much more than an emotional response. It involves helping and finding a solution even at some personal cost.

Jesus acted by providing nourishment for mind, body and soul:

- By teaching he provided knowledge for the mind
- Healing their bodies and feeding them with bread and fish
- Spiritually through His words of wisdom



Just as Jesus noticed the suffering of others and strived to help, we live in constant awareness of the needs of others. We cannot address all their needs, but we can try to be consistently generous as Jesus was. We act on unfairness wherever we find it. We are courageous advocates in our community and world. We show kindness to all and help those who need it, sometimes by sharing our knowledge, skills, time, possessions and sometimes money.

The example of Jesus's compassion for the minds, souls and bodies of the people in the 5000 story inspires us to:

- Be kind to ourselves when things get difficult and know when to ask for, and accept, help.
- Be generous learners who use our abilities to help anyone who may find things difficult.
- Try to understand our own feelings about our learning and appreciate that others have feelings about theirs.
- Value working in a group and really try to understand the ideas of others.
- Be proud of ourselves when we achieve something but also behave with humility.

