

MEN'S LIFE BLOOMINGTON & GOD @ WORK

Tuesday, December 12, 2017

Loving Others with Compassion

Compassion is a powerful word. Compassion drives you to action!

**1 Samuel 3:1-10, 1 Thessalonians 5:11, 2 Corinthians 1:3-4,
Romans 12:13**

Definition: Do you ever wonder about missed opportunities to show compassion? Our lives are always busy and the to do list seems to never end. There are moments everyday when we're given a chance to make a difference, a real difference! Do you notice? Do you take the step? Do you start a conversation? Do you stop and listen? Never underestimate the power of Compassion and the eternal effect it can have on others.

Audio Segment: *Listening for God (Debbie McGoldrick)*

Segment Questions:

- When the opportunity to be compassionate towards others is presented... are you prepared to be sensitive to God's leading? How do you prepare yourself? Are you open to be prepared?
- If God prompted you like He did Debbie to reach out to her neighbor, how would you respond? What would be your biggest obstacle?
- Have you had a chance to affirm someone with your presence or positive words? Did you take advantage of the moment? What was the outcome? Give an example.
- Are you developing a heart to help others in need? How do you begin? What would be a good first step? What is your strength?
- Are there people in your life that are hard to love? How do you overcome your hardness towards them? Do you only love them conditionally? Why? Give an example.

Action Questions:

- If you were more consistent in being compassionate toward those around you, what kind of an impact would it have on your family, neighborhood, church? What can you do today to make a difference?
- What can you do today to show and tell someone that you love them unconditionally? Think of one simple act you can do for someone today to show them unconditional love, what would it be?
- There are times when you need to withdraw to a solitary place to rejuvenate & replenish... Where do you do this, How often do you do it? Give an example.

Loving others with compassion can be trying and difficult!

There are times... maybe most of the time when the people you're around (family/co-workers) aren't loving, they don't care about your needs, they don't understand the pressure you're under, they don't seem to care about what you're dealing with and the last thing you want to do is show them love or compassion.

Think about this morning, maybe you were running late, the stress level is high due to a crazy schedule today that you know probably won't get done, you have a lunch date with your wife but you know that doesn't usually happen on time and oh yeah your business proposal has to get done before 5pm, then it's pick the kids up and off to dance or a ball game or a recital, then it's a late supper, kids homework then off to bed, and the list goes on and on.... you know the feeling, it's like a gerbil on a wheel. It's Life!

What we need to understand is, it's during these times when the gift of compassion is needed most and also the hardest to give, especially to the ones you love and care about the most... It sounds great but how do you create that constant mindset of compassion and caring, even when you don't want to?

* Start by setting aside daily time (5-10 minutes to start) to be quiet and pray. Ask God to give you the wisdom, the insight, the desire along with the opportunity to be compassionate throughout the day.

* Everyday look for ways to affirm and show your compassion towards others. Make it a priority.

Keep it: Simple

Be: Intentional

Look: For Opportunities

Be: Consistent

Create a Godly Habit: Of Compassion

* Involve your family and make it an integral part of your daily lives.

"We will look for opportunities to affirm each other and those around us everyday"

* Talk about the importance of creating a Legacy of Compassion for your family. Impacting the future!

* Don't let the thief of busyness steal your joy, your peace or your ability to develop the habit of being compassionate on a regular basis.

There's no better example than YOU!

You... affirm your spouse, your kids and those you work with.

You... slow down.

You... take the time to listen.

You... share an encouraging word or a simple "I understand, is there anything I can do?"

You... just being there and showing you care can have an impact on someone's life.

I have watched this very thing happen over the last 40 years with my mother as the compassionate example. Those that know her know that she is always willing to stop, listen, share, care and show compassion for those around her. It doesn't seem to matter what is going on at the moment, if she sees a need, she feels drawn to help if she can. Her example has made an impact on our children as they've watched her affirm, listen and care for both our family and others.

(Prayer) Father, give us a heart of compassion towards those around us everyday. Help us to have our eyes and ears open to simple opportunities to affirm those around us and make an impact for You.