



## Discussion Questions

February 2017

What awakens your feelings of empathy (whether or not you've acted upon those feelings)?  
What moves your heart? (For your friends, family, city.... and even worldwide?)

For the above scenarios: How could you combine action with your empathy so you are operating in compassion? (You are just brainstorming here! Not promising anything!)

Can you share a time you withheld compassion from someone? What did you learn about yourself?

If compassion means "bearing one another's burdens", what are practical ways to do so for your husband, children, and close friends? Why is it the toughest to show compassion to the people under our own roof and people we know best?

Read aloud together Deuteronomy 4:31, Nehemiah 9:17 and Psalm 103:8. What do these verses tell us about the nature of God? How does this line up with your view of the "Old Testament God"?

Read through the story of Jesus interacting with Martha and Mary after the death of Lazarus in John 11. Talk thru how Jesus wept and felt sorrow alongside Martha and Mary, even though he knew Lazarus would be raised from the dead. How can that help us navigate loving people with compassion when they are in difficult situations?

Is "compassion fatigue" (feeling totally exhausted, worn out, and with nothing left to give) evident in your life? If so, what practical steps can you take to reduce it and get to a healthier place?

Read aloud together Colossians 3:12. Jennifer said, "compassion does not happen by accident." What does it mean to "clothe yourself" with compassion?

Jennifer reminded us of the following truths during her message; have someone proclaim this over your group by reading it aloud:

"When you are not enough, he is enough.

When you are burned out, he is refreshing.

When you have nothing else to give, he has everything to give.

When you are overwhelmed by the vast needs all around you, he reminds you the HE is the resurrection and holds it all in his hands.

When you feel overshadowed by your boss your husband, your children, the laundry – he reminds you that HE is the one who overshadows you.

When you feel like you have lost yourself, you find yourself in Him. And when you are broken, empty, tired, when you messed up again, look to the cross: You will find unending forgiveness and grace lavished on you."