

Compassion

Compassion takes time

walk around the group & give each person a hug, pausing to ask each friend how you can pray for them

Sometimes we need compassion from others

Tell about something tough that's going on in your life & ask your friends to pray for you

Compassion means putting others above yourself

Lie down on the floor tell everyone to step across you. What did it feel like?

Compassion sometimes means sacrificing personal comfort

Do a split, or at least try without hurting yourself

Compassion means really seeing others

Close your eyes & try to remember what everyone else is wearing- describe it out loud & then open your eyes to see how well you did

Compassion takes effort

As loud as you can sing a song about love

Compassion is a feeling & an action

Share one time felt compassion for someone but did not do anything

God wants us to be compassionate Ask each friend how you can show them compassion

Compassion means reaching out to others

face a wall, stand on tiptoe & mark how high you can reach, Do it again & see if you can beat your first try

Giving compassion can sometimes be easier than accepting it

Share a time someone offered you compassion but, because of pride you refused to accept it. What happened?

Showing compassion is rewarding

make up & recite a poem on how it is better to give than receive

Compassion means being flexible with your life, time & possessions

How flexible are you? Sitting down with your feet in front of you can you touch your toes without bending your knees. Pray Lord, help me be flexible so I can be more compassionate toward others. Please help me get over my difficulty in giving up___

Read Eph4:31-21 Compassion enhances the atmosphere within a group

How has compassion affected the relationships in this group?

How good or bad is your group at compassion? why?

Read Luke10:30-37 Compassion helps us rise above ourselves

Tell of a time when you put yourself aside to show compassion. What happened

Read Colossians3:12-14

Each group member answers: The clothing of compassion is_____

Compassion leads to unity in a group

Group holds hands in a circle or huddles to pray the Lord will bless the group to make us all more sympathetic & loving toward each other, making the time & effort to be compassionate. Make us selfless & humble & give us generous hearts & to put aside our own desires for the good of the group.

Read Psalm51:1-2

Share how has God's compassion already changed your life? How do you want it to change your life more?

Read Matt6:1-4 Sincere compassion is unselfish & generous

Discuss: Why should compassion be done quietly? When have you witnessed insincere compassion? Sincere compassion? the difference?

Read Nehemiah9:17

Discuss what it's like to receive God's forgiveness & compassion in an unexpected way? Share an example

Read John3:16

Go around the group 4-5 time & each one name someone they know. Then pray, Jesus you came for every person we named & everyone we didn't. Thank you of your compassion which is for everyone

Read Mark3:1-6 Jesus showed compassion is the right thing to do. He showed it no matter what- even when it was risky

Have you ever shown compassion when it was risky? What happened?

Read Matt5:38-48

Discuss: Why does Jesus want us to show compassion even to our enemies?

ADDITIONAL ACTIVITIES

- Discuss: How might compassion change a relationship with an enemy
- Act out the most compassionate deed you've ever witnessed & others try to guess what they're doing
- Sketch an object in the room that best represents compassion
- As a group write a song about compassion
- As a group Brainstorm ways to show compassion
- Make a list of ways people can be compassionate whether they're rich or not
- Everyone use these 5 words in one sentence: compassion, carry, Jesus relationship, hard
- Strike a pose that represents compassion
- Sketch a childhood memory of a friend or family member showing compassion
- In pairs, act out the most & least compassionate person you know
- Pray: God help me be compassionate this week by ___ to ___
- Think of a book or Tv character who shows true compassion
- Think of your favorite cartoon or movie character. Now act like them & see if the group can guess who you are
- Everyone make up a proverb about compassion
- Discuss how would you capture compassion in one image?
- Discuss: If compassion were a vegetable what would it be? why?
- Fill in "Showing compassion will help my relationship with Jesus because ___"
- Pair ups On person acts out a compassionate act the other narrates
- Share: What qualities identify compassionate people
- Agree or disagree & why "there is nothing heavier than compassion:"
- As a group write a parable of compassion
- Pray "Jesus help us to use our eyes to see the ways we can show compassion to others"
- Act out a scene that shows Jesus' compassion
- Act out a scene of compassion from a movie -see if the group can guess what it is
- In one minute brainstorm as many synonyms for compassion as you can
- Each person acts out a one word synonym for compassion & group tries to guess what it is
- As a group decide on & carry out an act of compassion

- Use the internet to find a local charity whose mission statement you really like. Find out how you can volunteer &/or help & do it
- Share: How can you love your enemies
- Sketch, show & tell: a way you can show compassion to your parents this week
- Sculpt: scenes of compassion & indifference
- Write: descriptive words for each letter in c-o-m-p-a-s-s-i-o-n
- Reflect & discuss: on a scale of 1-10 how compassionate are you?
- Sketch, show & tell: your group doing something compassionate together
- List: all the ways you can be compassionate without a lot of money
- Brainstorm: ways to show compassion as a group
- Act out: showing compassion as your favorite cartoon character
- Sketch, show & tell: a dot to dot drawing of someone showing compassion- see if you can connect the dots on each others pictures
- Choose a developing nation to pray for this week
- Get your family to volunteer together to help at your church or local charity
- Go through your closet & find unneeded items you can donate to those in need
- Show compassion to your friends this week & do random acts of kindness toward them
- Reflect on other ways you can show compassion this week
- Sculpt: a pair of eyes. Pray: Lord help us to use our eyes to see the ways we can show compassion to others
- Act out in pairs: one acts out a compassionate act, the other narrates
- Sketch, show & tell: a childhood memory of someone in your family or friends showing compassion
- Read & discuss: "there is nothing heavier than compassion. Not even ones own pain weighs so heavy as the pain one feels with someone, for someone" Milan Kundera
- Act out: one way to show your parents compassion this week, try to guess what each other are acting out
- Complete & discuss: Showing compassion will help my relationship with Jesus because_____
- Share & pray: recall a movie or book character who shows true compassion, pray to ask God to help you be more like this character
- Act out: in pairs, one pantomimes someone who has just received compassion, the other one who has just given compassion
- Sketch, show & tell: draw a bouquet of flowers & write down the name of a person to give flowers to this week
- Reflect in pairs & sculpt: if you could only use one object to show compassion what would it be? sculpt it together
- Write: a modern day parable of compassion. Discuss: how can we show compassion like this in our lives?
- Charades: one at a time everyone act out silently one word synonym for compassion & group tries to guess it
- Sculpt: the face of one person you want to show compassion to this week. Pray silently for help to help you do it
- Brainstorm in groups: several ways you can model the compassion of Jesus in your life
- Act out in pairs: a scene of compassion from a movie or book. have the group guess
- Sketch, show & tell: a logo for compassion
- Read & sculpt: Matthew 14:13-21 sculpt a loaf of bread & a fish. Thank God for his amazing compassion
- Write & share: a proverb about compassion