

# Keys To Compassion

## An Expression Of Godly Love

**Have we reached a place in society where we expect only to receive needed care and attention if we are paying for it, or offer care and attention if we are paid to give it?**

Has compassion and a caring attitude become obsolete?

**Compassion is something that must be given freely, with no strings attached.**

We have to ask ourselves the question, *“Do I have compassion for the sufferings of others?”*

The depth of compassion we have for the suffering of others affects the fervency and zeal with which we yearn for the Second Coming of Jesus Christ, which will eventually bring to an end the world’s sufferings that are the result of the sins of people who are blinded to the reason for human existence and the plan that the Creator God has for all humanity, [2 Corinthians 4:4].

One way to learn compassion is to begin expressing it.

**Almost every day we will meet or hear of someone who needs help as they face a hurt or a crisis.**

### **How can we honestly express compassion, empathy and pity?**

#### **1) We need to listen to these people –**

The key to good listening is first we stop talking.

**One reason we talk rather than listen is that we deep down do not want to hear about other people’s problems. We think we have enough of our own.**

But if we intend to be sympathetic and compassionate, we must listen.

Remember real listening is **not** just a short pause we give the other person before we let them know our opinion.

#### **2) Show understanding –**

**Besides listening we need to show we have heard, mainly by physical and facial responses to what they are saying, words need to be limited to “yes” and “really.”**

To help us respond in the right way we need to reverse the rules and see what we would be looking for when we are seeking help from someone else.

**It is the nature of pain, whether emotional or physical, to be ultimately a private experience, so we cannot honestly say “we understand” for we do not.**

**A person who is hurting feels alone, so your physical presence and listening attitude is of great help.**

A compassionate person is a sincerely humble person, **not** pretentious, willing to learn, reluctant to impinge on the other’s privacy, and in no way inclined to look down on them, from a *“holier than you”* perspective, [Romans 12:10, 16].

### **3) Be patient and loving –**

**Patience implies endurance, sticking with the person or situation even when no change seems to be taking place.**

**Giving the person in need time to change and mature, patiently meeting needs and expecting that healing will come in due time.**

Like real love, such patience only comes from the active indwelling of the Holy Spirit, for both are “fruits” of the Holy Spirit, who is God.

**Galatians 5:22-25** [New King James] *“But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. And those who are Christ’s have crucified the flesh with its passions and desires. If we live in the Spirit, let us also walk in the Spirit.”*

Please download and study the articles on this website under the sub-heading of “*Holy Spirit*” to understand the possible working of the Holy Spirit in our lives.

### **4) Openness, honesty and trust –**

**In today’s society we have been trained to hide our feelings.**

We learn to stifle our emotions, and sometimes we cannot express our feelings or describe them in words, even when we want to.

**Compassionate people should seek to develop such a genuine concern about others that they can openly show it.**

**John 11:33-35** [New King James] *“Therefore, when Jesus saw her weeping, and the Jews who came with her weeping, He groaned in the spirit and was troubled. And He said, ‘Where have you laid him?’ They said to Him, ‘Lord, come and see.’ Jesus wept.”*

Our Saviour willingly expressed the compassion He had for those who mourned the loss of one they loved.

**Mark 1:40-41** [New King James] *“Now a leper came to Him, imploring Him, kneeling down to Him and saying to Him, ‘If You are willing, You can make me clean.’ Then Jesus, moved with compassion, stretched out His hand and touched him, and said to him, ‘I am willing; be cleansed.’”*

Jesus Christ, out of compassion, did something that this man had **not** experienced since he had become a leper, the touch of another human being, before He healed him of his leprosy.

**All of us need friends who are open and honest about their struggle and needs who then by example encourage others to be open in return.**

Physical expressions of that understanding such as a hug, or holding of the hand, can be part of that openness.

### **5) The expressing of hope –**

**It will be very difficult to be compassionate towards another person if we could not offer them hope.**

Hope involves a desire for something we need but do **not** yet have.

**1 Peter 3:15** [NIV] *“But in your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect,”*

**This is a hope that will come to fulfilment, that can be relied on, not restricted to our own strength and resources.**

Hope brings comfort and mobilises our energy, enabling us to keep on going in the midst of difficulties.

**A compassionate person must exude such hope in the future, which will influence all who lack such hope.**

Jesus Christ, our Lord and Saviour, whose example we must follow as true Christians, showed great compassion, [Matthew 20:29-34; Luke 7:11-15].

**Matthew 9:35-38** [New King James] *“Then Jesus went about all the cities and villages, teaching in their synagogues, preaching the gospel of the kingdom, and healing every sickness and every disease among the people. But when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd. Then He said to His disciples, ‘The harvest truly is plentiful, but the labourers are few. Therefore pray the Lord of the harvest to send out labourers into His harvest.’”*

**After expressing compassion on the crowds who were in need, Jesus Christ turned to His disciples and told them to have the same compassion and to pray that many more would join them to show compassion on a world who had been blinded by Satan to the good news that Jesus Christ had brought from God the Father, a message of love and compassion.**