

## Identity Crisis: Compassion

**#TargetPractice: What is compassion? How does Jesus show us the most compassion?**

Read Alexander and the Terrible, Horrible, No Good, Very Bad Day by Judith Viorst

<https://www.youtube.com/watch?v=w6HhKlpp7ok>

How did you feel as you were hearing about Alexander's day? Who felt bad for him? Who knew exactly how he felt and wanted to help him feel better? If you did, you felt compassion for him. You realized how bad he felt and wanted to help in some way.

Compassion is something we should all have for one another. We should use that compassion to motivate us to act and do something to help the person or people we feel bad for. Now do you think this is something that comes easy for us to do? No! It is something we have to work on and practice. Who do you think gives us a perfect example of how to show compassion? (Jesus)

In the Bible, we can read about how Jesus had compassion on those around Him. In Matthew 9:35-36, it says **"Jesus went through all the towns and villages, teaching in their synagogues, proclaiming the good news of the kingdom, and healing every disease and sickness. When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd"** Jesus saw that these people had no one to guide them to do what is right. He saw their sickness and their hurting. He felt bad for them so

He was always helping them. Sometimes He would perform miracles because He cared so much for them.

- healed people who were sick
- gave sight to those who couldn't see
- helped the deaf to hear
- fed crowds who were hungry by breaking bread and fish and multiplying it so all had food
- even brought some people back to life when they died

But what do you think was the way Jesus showed all people the most compassion? (giving His life on the cross to save us from our sin)

Jesus felt sad that humans didn't have a close relationship with God anymore after Adam and Eve were kicked out of the Garden of Eden. He wanted to do something to fix that relationship. So He willingly gave up His life and raised back from the dead. He paid the price of death for our sin, defeated death, and now lives to give us a close relationship with God. All we have to do is accept it and commit to live our lives just like Jesus did.

When we are having a bad day (even if it isn't as bad as Alexander's :P ), we need to remember the compassion that Jesus had and still has for us. We can go to Him in prayer and tell Him all about what is going on. We can ask for His help to make it through the tough situation or ask for help to know what to do. Now Jesus doesn't always perform a miracle and make it all better right away. But that doesn't mean He doesn't love us and have compassion for us. He

definitely does and is with us. He promises to be by our side to help us through. He may also send another person to have compassion on you and help you.

Knowing the compassion that Jesus had and has for us, that should make us want to go show compassion to those around us. Then we can help them see the compassion that Jesus had for all of us. We show Jesus' love and help others. Who knows? You might be the answer to that person's prayers for help!!

So...

**What is compassion?**

**How does Jesus show us the most compassion?**

Your challenge this week is to pay attention to those around you. If you see something that makes you sad, see what you can do to help. If it seems there is nothing you can do to help them, you can always pray for them or with them. **SHOW COMPASSION!!**

Dear God,

Thank you for your compassion.

Thank you for always loving me and being with me no matter what.

Help me to take care of others to demonstrate I care and to show your love to those around me.

I love you God.

In Jesus' name,

Amen

Lesson based on <https://youtu.be/pKnDANoQm3s>

### **Additional Resources:**

- 10 Role Playing Activities that Teach Compassion  
<https://meaningfulmama.com/day-339-compassion-role-playing.html>
- Identifying Emotions and Teaching Compassion  
<https://meaningfulmama.com/day-337-identifying-emotions-and.html>
- Ideas on Teaching Compassion, Bible Stories and Scriptures about Compassion  
<https://lessonsfromhome.co/how-to-teach-kids-caring-and-compassion/>
- Information on Raising Kids with Compassion,  
<https://coffeeandcarpool.com/how-to-teach-your-kids-to-be-more-compassionate/>

### **Books about Compassion and Caring for Others:**

- The Berenstain Bears Kindness Counts  
<https://www.youtube.com/watch?v=IX3yV4SLgb0>
- The Berenstain Bears and Too Much Teasing  
<https://www.youtube.com/watch?v=ac0PufxoX8k>
- Have You Filled a Bucket Today? <https://www.youtube.com/watch?v=0Z8zjHwnMFM>
- I Am Human: A Book of Empathy <https://www.youtube.com/watch?v=X9RxO3HG9bM>