Character First Lesson

Compassion

Today we will be talking about Compassion and why this is an important Godly character trait that we should all strive to possess!

**Game Time:** Think of a game that would show Compassion. Example – Charades game where about 5 people pick an example of compassion to act out and the class has to guess what it is. (Caring for a sick child, helping the homeless, etc.)

**Determining the Definition**

Questions to ask the group:

- What does Compassion mean to you?
- Would you consider yourself a compassionate person?
- Have a group discussion on examples of people being compassionate.

**Dictionary Definition of Dependability** -

noun
a feeling of deep sympathy and sorrow for another who is stricken by misfortune, accompanied by a strong desire to alleviate the suffering.

** A Compassionate person helps others heal their hurts. Sometimes hurts are physical; other times hurts are emotional. Notice when others hurt, and help them feel better, it could be spending time with a friend who is sad, giving first aid, or writing a note to cheer up a teacher or friend who had a bad day. Your never know how much your compassion will and could benefit someone else.

- Would you consider yourself a Compassionate person? Is it easy to put others needs and feelings over your own?
- What are your strengths on being compassionate?
- What are your weaknesses and what can you improve on?
**Life Example of Compassion**

**Florence Nightingale**

She was born on May 20, 1820, grew up in England with her wealthy parents and sister. Like her father, Florence enjoyed learning and pursued a broad education.

By age 16, she felt called to lead a life of service. Her desire to become a nurse intensified until she could think of nothing else.

By 1854, reports filtered back to the British public about the horrid conditions in Crimean War field hospitals. Florence was sent with a group to the frontline Scutari Hospital.

They found low supplies, poor sanitation, and rampant infection. Florence reorganized the supplies, cleaned the rooms and equipment, and improved patient care. The death and infection rate began to decline. She returned to England after 3 years and despite personal health concerns, she founded the Nightingale Training School for Nurses. Because of her she dramatically improved military medical care.

*She used her Compassion and her passion! She was used in great ways to help and impact others!*

What are you passionate about? How can you use your gifting and what you are passionate about to show compassion to others? Remember the Lord has specifically blessed each of you with different abilities and gifts for you to use them to help others through acts of compassion!

**Biblical Example**

**The Good Samaritan**

*(To Prepare Read Luke 10: 25 – 37)*

*Background Story:* To begin your teaching, share with everyone the background on the Good Samaritan story. Why is Jesus sharing this story and whom is he sharing it with?

Read to the group Luke 10: 30 - 35

- Who did not show compassion? Why do you think they didn’t?
- Who showed compassion and why was this such a big deal? (Were these men friends, did their people groups get along, etc.)
- How are we showing Christ through Compassion?
- Have a group discussion on ways we can be more compassionate.
Application

Now you get the opportunity to show Compassion in your life. How you treat others is so important in showing Christ to the world. It doesn’t matter if we get along with the person or not, we are called to be the hands and feet of Christ to the world and to show His compassion. Ask the Lord to show you and use you in ways to show His compassion!

**Practical applications to show Compassion in your life:**

1. **Stop to Help** – Compassion is not just seeing a need; it involves stopping and helping. This might require you to change your plans. Do not overlook those in trouble or assume “someone else” will stop to help – that “someone else” might just be you!

2. **Listen Carefully** – Sometimes you can help by listening. Listen carefully without jumping to conclusions or offering hasty solutions. Listening says, “Your need is important, and I’m here to help you.”

3. **Clarify Your Response** – Look for lasting solutions instead of quick fixes. If friends are in trouble because of poor judgment, show them how to make better decisions. If siblings run out of money, show them how to save. If classmates feel ridiculed or bullied, get help from a teacher or counselor.

4. **Get Involved** – Get personally involved instead of expecting others to do the job. Visit residents at a nursing home, collect groceries for a struggling family, read to children at a local shelter, send get-well cards to ill classmates, or do yard work for an elderly neighbor.

5. **Heal Hurts** – A compassionate person cares for others as long as necessary in order to address the need. Follow up with those you help, and get others involved when the need is bigger than you can handle. Never underestimate the impact you can have!

**Remember: You are the Light of the World so let your Light Shine through your Compassion!**