

Week 29-Compassion

Day 1

Compassion - Definition

A suffering with another, hence, empathy; sorrow for the distress or misfortune of another, with the desire to help.

Compassion - Quote

“You can have anything in life you want if you help others get what they want.”

Zig Ziglar

Demonstration:

For each day of the week, give yourself either “+” if you demonstrate this quality or “-” if you do not.

M _____ T _____ W _____ Th _____ F _____ Sa _____ Su _____

My Goals for the Week:

+	

Explain what Zig Ziglar's quote means to you.

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Day 2

Sadhu and the Monk

Sadhu was a missionary to India. Late one afternoon, Sadhu was traveling on foot through the Himalayas with a Buddhist monk. It was bitterly cold, and the wind felt like a sharp blade slicing into Sadhu's skin. Night was fast approaching when the monk warned Sadhu they were in danger of freezing to death if they did not reach the monastery before darkness fell. Just as they were traversing a narrow path above a steep precipice, they heard a cry for help. Down the cliff lay a man who had fallen and was badly hurt. The monk looked at Sadhu and warned him not to stop. The monk believed God had brought this man to his fate and he must work it out for himself. He hurried his step as he passed the man by.

Sadhu replied, "God has sent me here to help my brother. I cannot abandon him." The monk continued trudging off through the whirling snow while Sadhu clambered down the steep embankment. The man's leg was broken, and he could not walk. Sadhu took his blanket, made a sling out of it, and tied the man to his back. Bending under his burden, he began a body torturing climb. By the time he reached the narrow path again, he was drenched in perspiration. Doggedly, he made his path through the deepening snow and darkness. It was all he could do to follow the path. Though faint with fatigue and overheated with exertion, finally he saw the lights of the monastery ahead. For the first time Sadhu stumbled and nearly fell, but not from weakness. He stumbled upon an object lying under the snow on the ground. Slowly he bent down on one knee and brushed the snow off the object. It was the body of the monk, frozen to death. Later Sadhu would learn that the reason he had not suffered the same fate as the monk was that the body heat generated by the man he carried had probably saved his life.

Which one would you be, the monk or Sadhu?

Why do you say this?

What needs to change for you to become a Sadhu?

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Day 3

Good Samaritan

A Jewish man was traveling on a trip from Jerusalem to Jericho, and he was attacked by bandits. They stripped him of his clothes, beat him up, and left him half dead beside the road. By chance a priest came along. But when he saw the man lying there, he crossed to the other side of the road and passed him by. A Temple assistant walked over and looked at him lying there, but he also passed by on the other side. Then a despised Samaritan came along, and when he saw the man, he felt compassion for him. Going over to him, the Samaritan soothed his wounds with olive oil and wine and bandaged them. Then he put the man on his own donkey and took him to an inn, where he took care of him. The next day he handed the innkeeper two silver coins, telling him, "Take care of this man. If his bill runs higher than this, I'll pay you the next time I'm here." "Now which of these three would you say was a neighbor to the man who was attacked by bandits?" Jesus asked. The man replied, "The one who showed him mercy." Then Jesus said, "Yes, now go and do the same."

Which man would you be?

Why?

What needs to happen for you to become a Samaritan?

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Day 4

Pee Wee Reese

In 1947, Jackie Robinson became the first African American to play major league baseball. He endured the cruel words, hotels refusing to allow him to stay with the team, restaurants refusing to allow him to eat and death threats. The negative reaction was the worst in the South. When the team went to Cincinnati, there was fear of what would happen.

Pee Wee Reese was the shortstop for the Dodgers and was born and raised in Louisville, Kentucky just across the river from Cincinnati. He was a fan favorite in that part of the country.

Before the first pitch, Pee Wee walked from his shortstop position to Robinson who played first base and put his arm around Robinson to let everyone know that they were friends.

His compassion eliminated all of the volatility of Robinson playing in Cincinnati.

Pee Wee Reese had compassion and demonstrated it that day.

Pee Wee Reese exemplified the quality of compassion by letting others know that he was a friend of Jackie Robinson. What other qualities did Pee Wee Reese show?

Why is it important to have empathy for others?

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Day 5

Evaluate Your Week

We've been focused on "Compassion" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Compassion" this week.

Of the three stories, "Sadhu and the Monk", "Good Samaritan", "Pee Wee Reese", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M _____ T _____ W _____ Th _____ F _____ Sa _____ Su _____