

Happier Ahead: The Power of Empathy

Experiencing life to the full by building bridges with others

By Tim LaTour, September 29, 2024

Why we lack empathy:

- Self-centred ✓
- Minimise Problems ✓
- Judgemental ✓

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. And above all these put on love, which binds everything together in perfect harmony.

Colossians 3:12-14 ESV

Compassionate Hearts

- Kindness – actively caring for others ✓
- Humility – sober judgement of self and valuing others ✓
- Meekness – having self-control in interactions ✓
- Patience – enduring challenges without frustration ✓

Growing in empathy helps:

- understanding others ✓
- social connections ✓
- mental wellbeing ✓
- leadership skills ✓

Rejoice with those who rejoice, weep with those who weep. Live in harmony with one another. Do not be haughty, but associate with the lowly.

Romans 12:15-16 ESV

When Jesus saw her weeping, and the Jews who had come with her also weeping, he was deeply moved in His spirit and greatly troubled. And He said, "Where have you laid him?" They said to Him, "Lord, come and see." Jesus wept. So the Jews said, "See how He loved him!"

John 11:33-36 ESV

When He went ashore He saw a great crowd, and He had compassion on them and healed their sick.

Matthew 14:14 ESV

- Be Curious ✓
- Build Connections ✓
- Balance Compassion ✓

REFLECTION QUESTIONS

1. How can you be more curious to those around you? What steps can you take to make better connections?
2. What are ways you can grow in empathy and compassion? How does Jesus' example encourage you to explore being more compassionate?