Religious Education

Growing with values – Compassion

Compassion is defined as a feeling of deep sympathy and sorrow for someone struck by misfortune, accompanied by a desire to alleviate the suffering; mercy, kindness.

Jesus often took pity on the crowds that followed Him. Mark 6:34 states that Jesus "was moved with compassion for them because they were like sheep not having a shepherd." He went on to alleviate their hunger by providing food for all. He also showed compassion by healing their diseases on many occasions.

Since Christians strive to follow Christ's example, compassion for others must be nurtured and developed. I Peter 3:8 states that we must have compassion for one another. Compassion is desperately needed in a world where sickness, poverty, disease and other ills are so widespread.

Matthew 25:35-40 gives practical examples of how compassion can be shown. They include: feeding the hungry, welcoming strangers, clothing the naked, visiting the sick and visiting those in prison. Children can show compassion in simple ways such as being kind to others, sharing their lunch and welcoming new students.

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