

## Compassion (Maka-Tao)

### Reflection

Can we share our story about a time in our life when someone was kind to us?  
How did that act of kindness make us feel?

### Inspiration from the Holy Bible

[And) be kind to one another, compassionate, forgiving one another as God has forgiven you in Christ. (Ephesians 4:32)

Beloved, if God so loved us, we also must love one another. (1 John 4:11)

### Inspiration from the Holy Qur'an

"Then will he be of those who believe, and enjoin patience, (constancy, and self-restraint), and enjoin deeds of kindness and compassion." (Surah Al-Balad 90:17)

### Hadith

Abu Dawud recorded from Abdullah bin Amr that he narrated (from the Prophet), "Whoever does not show mercy to our children, nor does he recognize the right of our elders, then he is not of us. Those in whose heart is no mercy for others will not attain the mercy of Allah." (Muttafaqun Alaihi)

### How do we show compassion for others?

- a. God shows compassion for us and showers us with His grace by giving us good things we do not deserve.

As a father has compassion on his children, so the Lord has compassion on those who fear him. (Psalm 103:13)

- b. Love our neighbors as ourselves. We look after the interests and wellbeing of others in the same way we look after our own. We speak to them kindly, give allowance for their mistakes, and give them the benefit of the doubt.

Yes indeed, it is good when you obey the royal law as found in the Scriptures: "Love your neighbor as yourself." (James 2:8)

- c. Comfort those who are in trouble. This may be through prayer, words of sympathy and encouragement, material or financial support, or our presence in their time of need.

God is our merciful Father and the source of all comfort. He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us. (2 Corinthians 1:3-4)

### **Challenge**

What is your most significant learning for today? How will we keep it to our own life?

### **Prayer**

Praise God for His goodness and grace in our life. Ask forgiveness for our sins. Thank Him for the blessings we have received.

If we have any prayer requests, let us pray for one another.

We end the meeting with this declaration of faith: We trust in You, Lord, with all our heart and we do not lean on our own understanding. In all our ways we acknowledge You, and You will direct our paths.

All the things for which we pray and ask, in faith we believe that we have received them, and You grant them to us.