

## Discussion Guide

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# It Starts in the Heart He Was Moved With Compassion

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### Main Idea

As Christians, we are called to follow the teachings of Jesus, focusing on heart transformation rather than mere behavior modification. This transformation fosters a deep compassion, mirroring Jesus, who was "moved with compassion" multiple times in the Gospels. When we embody this compassion, we begin to see others through the lens of kindness and mercy rather than through societal judgments or our own emotions.

Above all else, Guard your heart, for everything you do flows from it.  
Proverbs 4:23

### Anchor Verse

Jesus replied, "You must love the Lord your God with all your heart, all your soul, and all your mind. This is the first and greatest commandment. A is equally important: Love your neighbor as yourself." (Matthew 22:37-39)

#### 1. **Compassion Begins With Understanding.**

Jesus understood the human condition, which is why He stopped and was moved with compassion. Compassion is born from a place of empathy and understanding of other people's struggles.

Read Matthew 14:14 and Matthew 20:29-34

How can we become more interruptible in our daily lives, allowing ourselves to be present and compassionate toward others, even when we are busy with our own plans and agendas?

## 2. **Compassion Requires Action.**

Compassion goes beyond simply feeling empathy; it requires us to take action.

Read 2 Chronicles 7:14 and Matthew 22:37-39.

When was the last time you were moved with compassion? What action did you take? What was the result?

## 3. **Compassion Should Always Reflect God's Love.**

In a nation that is so politically divided, as the Church, we are supposed to be spiritually united and embrace our call to love one another.

Read 1 John 4:11 and Psalm 118:8

How can we foster spiritual unity within the Church despite societal and political divisions, and what practical steps can we take to reflect Jesus' love and compassion in our interactions with others?

## SUMMARY

As Christians, we are called to embody compassion, as exemplified by Jesus, who was frequently "moved with compassion" in the Gospels. This series will explore how understanding others' struggles leads to compassionate action, encouraging us to be interruptible and responsive to those in need. It highlights the necessity of seeing others through the lens of kindness and mercy, especially in a politically divided world, and stresses the importance of reflecting God's love in our interactions. Ultimately, true compassion not only impacts those around us but also transforms our own hearts.

## CALL TO ACTION

1. Practice Compassionate Interruptibility: Make a conscious effort to slow down in your daily life. Be open to interruptions and look for opportunities to help those around you, whether it's lending a listening ear to a friend or assisting someone in need. Allow the Holy Spirit to guide you in these moments.
2. Engage in Acts of Kindness: Identify specific ways to show kindness and generosity to others. This could include volunteering in your community, helping a neighbor, or budgeting time and resources to bless someone without expecting anything in return. Aim to make compassion a regular part of your routine.

3. Reflect God's Love in Difficult Conversations: In a politically divided environment, commit to engaging with others in love and understanding, regardless of differing opinions. Practice empathy by listening actively, seeking common ground, and treating every interaction as an opportunity to reflect Jesus' love.

## GROUP LEADER RESOURCE

### **Game:** House of Cards

Pretty much self-explanatory, as the name suggests. You can either compete as individuals or split into teams. Each player/team works to build a house of cards in a set amount of time. The player with the tallest tower in the allotted time wins!

#### Key Takeaways:

- Foundation is everything
- Teamwork