

Compassion Activities

Bible Story

Read the story of Jesus Heals Two Blind Men (Matthew 20:29-34):

*As they were leaving Jericho, a large crowd followed him. There were two blind men sitting by the roadside. When they heard that Jesus was passing by, they shouted, “Lord, have mercy on us, Son of David!” The crowd sternly ordered them to be quiet; but they shouted even more loudly, “Have mercy on us, Lord, Son of David!” Jesus stood still and called them, saying, “What do you want me to do for you?” They said to him, “Lord, let our eyes be opened.” Moved with **compassion**, Jesus touched their eyes. Immediately they regained their sight and followed him.*

These men followed Jesus because of something he did out of compassion.

As a family, talk about ways you could help others—out of compassion—that might cause others to follow Jesus.

What are some of the “issues” of the world that move your hearts toward compassion? Homelessness? Hunger? Lack of medical care? Animal rescue? Clean water wells? What’s one cause you could get behind as a family?

Now, think of a way to raise money to support that cause. Perhaps, sell baked goods or homemade jewelry. Considering hosting a fundraising party or using your own birthday as an opportunity to raise money.

Walk In Someone Else's Shoes

One of the best ways to “teach” compassion is by living as others must—even if only for a short time.

So, as a family, choose a way to walk in another person's shoes for a time.

Perhaps you give up a food—like gluten or dairy—to gain compassion for those with dietary restrictions. Perhaps wear a blindfold for a while and try to navigate your home to gain understanding for what it would be like to live with a visual impairment. Perhaps you choose to live on a few small scoops of rice and water (health permitting) for a day to help understand what most people across the globe subsist on.

Whatever you choose, discuss before, during, and afterward how walking in another person's shoes helps open your heart and how it might spur you to action.

A Judgment Jar

One of the things that gets most in the way of us being compassionate is *judgment*. It's all too easy to keep ourselves from feeling for people when we start thinking things like, "Well, if they only did *this*, then they wouldn't have a problem with *that!*"

However, that wasn't the way of Jesus and it isn't a very kind response. Feeling judgmental weighs down all the compassion in our lives.

To combat judgmental thinking, create a family judgment jar. You can either use a clean mason jar or a cleaned out peanut-butter jar. Either way, decorate the jar using paper and markers or permanent markers and stickers.

Put the jar somewhere central in your home and surround it by small stones. When someone in your family feels judgmental rather than compassionate, they simply put one of the stones in the jar. No need to announce it or make a big deal. The point is to unburden your soul from the judgment by placing the "weight" in the jar.

As the jar grows, your family can pray over the jar and for the people you felt judgmental toward. Nothing grows compassion for others like praying for them!

A Compassion Journal

Another great way to remember to be compassionate is by remembering when people showed compassion toward us. To help that, create a Compassion Journal.

Print out and decorate the cover below.

Fold 8.5 x 11 in. plain paper in half and attach cover to the top of the stack.

Use the pages of the journal to note dates and stories of times someone showed you compassion—or you saw compassion in action.

How did it make you feel?

The Compassion Journal
of
