



Session 5:

'How do I maintain my compassion for people?'

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Group Questions

1. In what way have you showed someone compassion **recently**?
2. What types of situations do you find draws compassion from your heart?
 - Poverty
 - Illness
 - Ignorance
 - Other things

Why do you think that different situations move each of us in different ways?

3. If compassion is like a tank which can run dry, how full is your tank right now?
 - What helps you fill the tank up most?
 - What things do you find drain you and stop you being clothed with compassion?
4. What are the biggest blocks to compassion in your life? They maybe any of these or something else:
 - Lack of time
 - Being hard on yourself and finding you are also hard on others because of it
 - Lack of resources
 - Compassion fatigue
 - Lack of time with Jesus

What can change it?

5. Have you ever tried to help someone only to realise that God was using their difficulty or pain to draw them to Him and maybe you got in the way a bit?
 - How did you see realise that your first response was not the right one?
 - How did your approach change?
6. Do you find yourself sometimes wanting to “rescue others” because of guilt, duty or because it makes you feel better about yourself?
 - What do you do when you realise your motives are a bit muddled up?
7. Read Luke 7:13, Matthew 15:32, Matthew 20:34 and Matthew 9:20-22. Jesus responded in different ways to situations when moved by compassion as the Spirit led Him. How do we each know how the Spirit is leading us when we want to help someone? It can be hard to know.
8. Spend some time sharing your needs and praying for each other.