



VIRTUE=STRENGTH.™



COMPASSION

The strength to be aware of the needs of others
and the desire to help them.



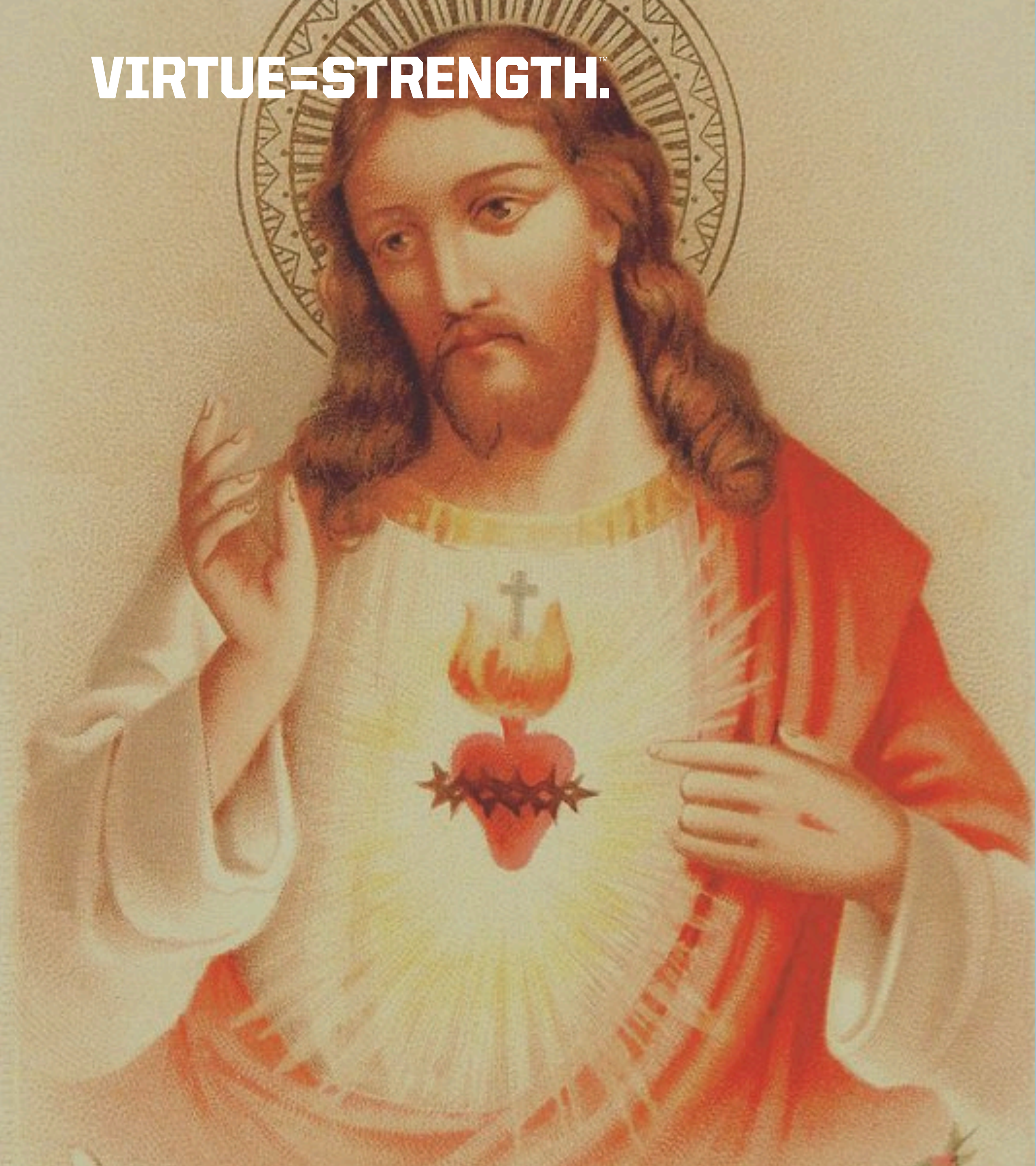
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COMPASSION

“BEING THOUGHTFUL AND AWARE OF OTHERS.”

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COMPASSION

OPENING PRAYER

Lord, thank You for giving us the opportunity to gather and learn about the virtues.

Help us to do it for your glory and honor.

Strengthen our wills and forge our resolve to practice the virtue of **COMPASSION** in our pursuit of being aware of the needs of others and striving to do all we can to help them.

O Sacred Heart of Jesus, for Whom it is impossible not to have **COMPASSION** on the afflicted, have mercy on us miserable sinners and grant us the grace which we ask of Thee, through the Sorrowful and Immaculate Heart of Mary, thy tender Mother and ours. Amen.

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DEFINITION

This week our strength building on the virtue of LOVE FOR NEIGHBOR is COMPASSION.

The strength to be aware of the needs of others and the desire to help them.

THE GOLDEN RULE

Treat others the way you want to be treated.

“Do unto others as you would have them do unto you.”

Matthew 7:12

COMPASSION



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WHAT IS COMPASSION?

The strength to be aware of the needs of others and the desire to help them.

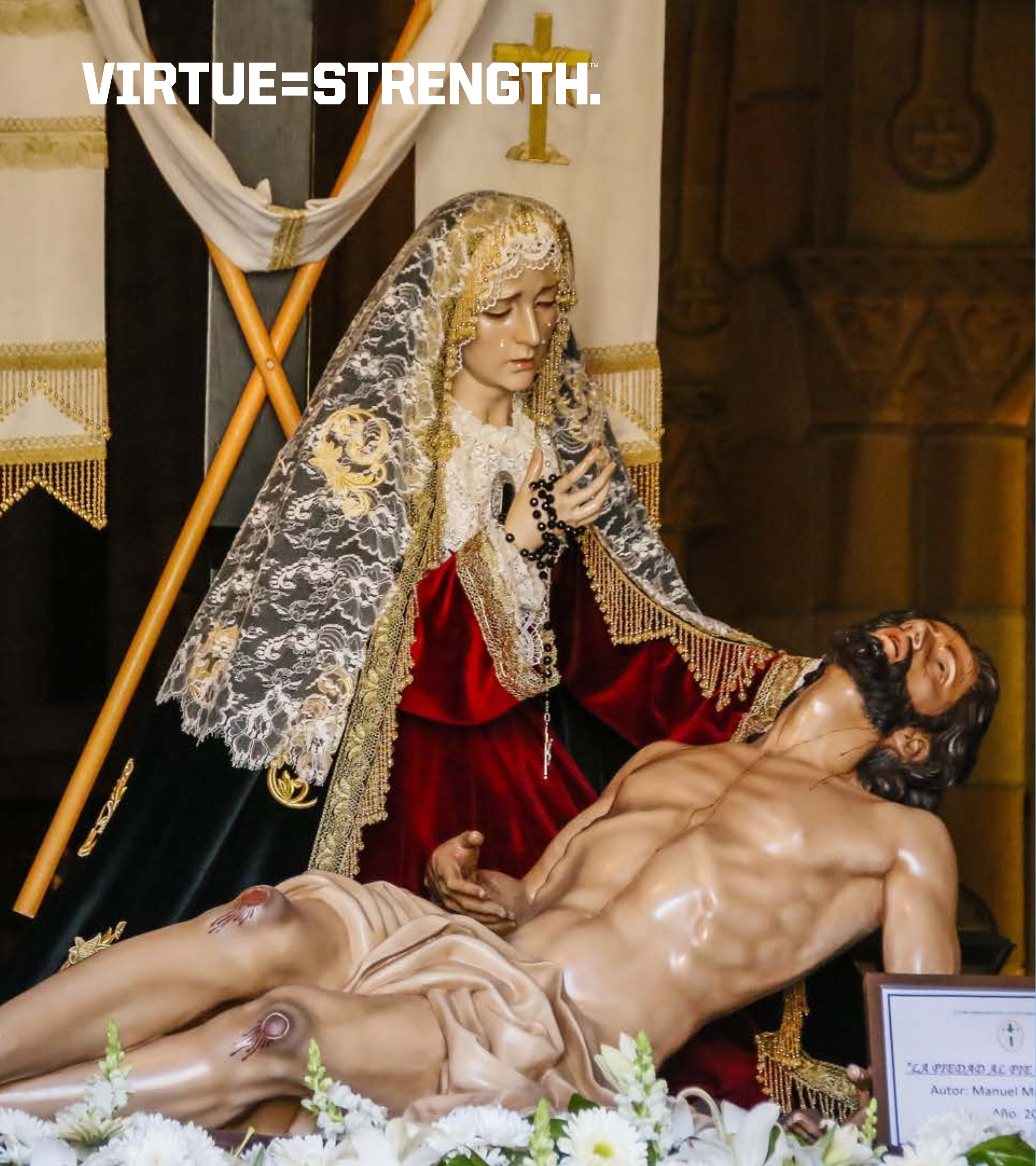
Compassion is the virtue that leads us to empathize with the suffering of others and to take action to relieve it.

Rooted in the Latin *compassio* meaning “to suffer with,” compassion involves love, understanding, and a willingness to help others, seeing them through the eyes of Christ.

Example of Compassion:

A compassionate person might reach out to someone feeling alone, offering a kind word or help without expecting anything in return.

For example, St. Martin of Tours shared his cloak with a beggar in need, later discovering he had helped Christ himself.



SAINT QUOTES ON COMPASSION

St. Thomas Aquinas: “Mercy without justice is the mother of dissolution; justice without mercy is cruelty.”

St. Teresa of Ávila: “Christ has no body now but yours, no hands, no feet on earth but yours. Yours are the eyes through which He looks with compassion on this world.”

St. Augustine: “What does love look like? It has the hands to help others. It has the feet to hasten to the poor and needy. It has eyes to see misery and want. That is what love looks like.”

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VICE

VICE



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COLD-HEARTEDNESS

An illustration on a teal background. A man in a black suit and tie is walking away from the viewer to the right, carrying a black briefcase. In the foreground, there is a dark circular hole in the ground. A hand in a grey suit sleeve is reaching up from the hole. To the left of the hole is another black briefcase.

The weakness to not care about the needs or sufferings of others.

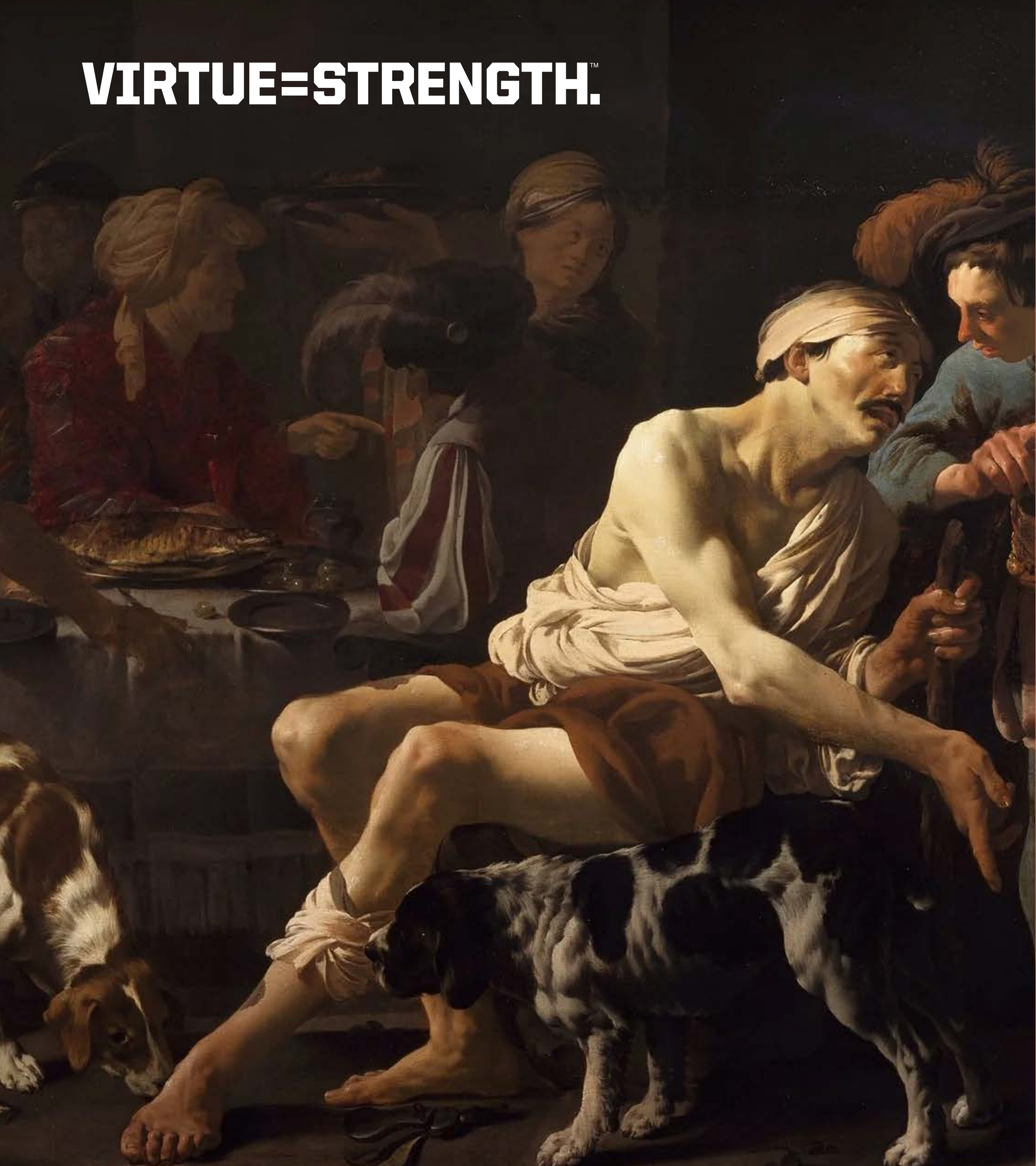


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COLD-HEARTEDNESS

“IGNORING OTHERS AND THEIR NEEDS.”



THE WEAKNESS OF COLD-HEARTEDNESS

The weakness to not care about the needs or sufferings of others.

Cold-heartedness is an indifference or lack of concern toward the suffering or needs of others. It reflects a closed heart that resists empathy, often leading to selfishness, hardness, and insensitivity.

Example of Cold-Heartedness:

An example of cold-heartedness is shown in the Parable of the Rich Man and Lazarus (Luke 16:19–31), where the rich man ignored the suffering of Lazarus outside his gate. His failure to see or care for Lazarus led to his own suffering after death.

Ways to Avoid Cold-Heartedness

- Reflect on the Needs of Others.
- Examine your conscience regularly.
- Foster Generosity.

HOW TO MELT A HEART OF ICE?

One of the fastest ways to melt a heart of ice is to contemplate the sufferings of our Lord Jesus in his most sacred Passion.

When we look at how much He suffered for us, we are filled with:

Admiration
Gratitude
Compassion
Contrition
Love
Prayer



FRUITS OF CONTEMPLATING JESUS' SUFFERINGS

1. Admiration - How is it possible that God can suffer so much for the love of me?
2. Gratitude - I am so indebted to our dear Redeemer. My heart should melt with appreciation.
3. Compassion - My heart will be overwhelmed with sorrow as I compassionate everything that Jesus suffered for me.
4. Contrition for my sins - I will go to the Sacrament of Penance more often and will firmly resolve to sin no more.
5. Love - I will love Jesus more each day.
6. Prayer - I will ask our Lord the grace to love Him, to imitate Him, and never to offend Him again.

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COMPASSION

CHALLENGE

Let's put **THIS STRENGTH** into action!



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HELPING OTHERS UNDERSTAND COMPASSION AND COLD-HEARTEDNESS

Teach by Example: Show compassion to those around you, especially to those who are often overlooked, such as the lonely, the poor, or those who are suffering.

Reflect with Stories: Share Gospel stories, like the Parable of the Good Samaritan (Luke 10:25-37), which teaches us to go beyond comfort zones and show mercy.

Encourage Empathy Exercises: Ask others to consider the experiences of someone who is suffering and discuss ways they can help.

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RESOLUTION

Encourage and befriend someone who appears lonely.

Make sure no one eats alone at school.

COMPASSION



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WHAT DOES COMPASSION LOOK LIKE?

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COMPASSION

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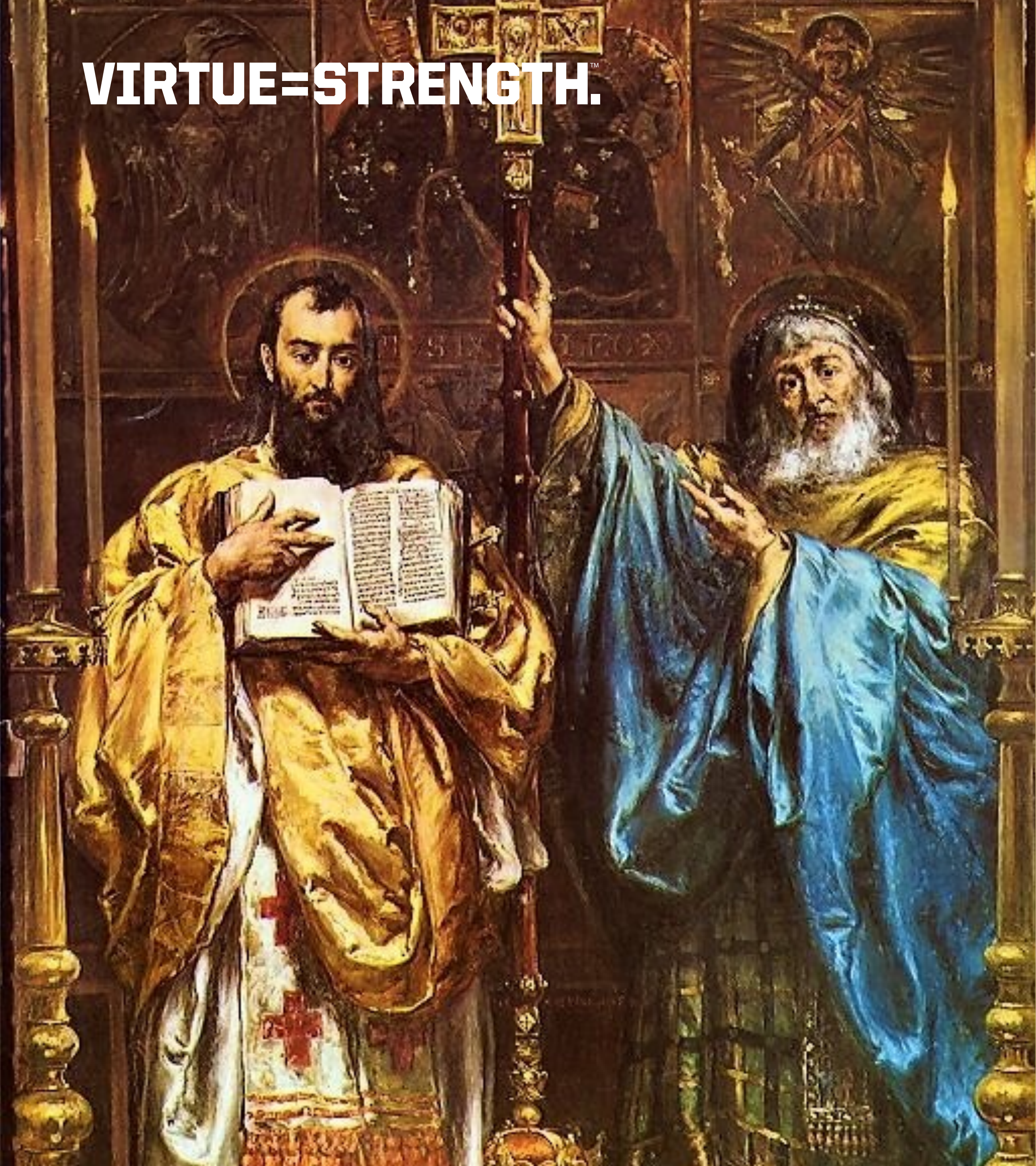
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WHAT DOES COMPASSION SOUND LIKE?

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SAINT STORY **COMPASSION**

ST. CYRIL AND ST. METHODIUS

February 14

Cyril (born Constantine, (826–869) and Methodius (815–885) were two brothers and Byzantine Christian theologians and missionaries. For their work evangelizing the Slavs, they are known as the "Apostles to the Slavs". They are credited with devising the Glagolitic alphabet, the first alphabet used to transcribe Old Church Slavonic.

After a brilliant course of studies, Cyril (called Constantine until he became a monk shortly before his death) refused the governorship of a district such as his brother had accepted among the Slavic-speaking population. Cyril withdrew to a monastery where his brother Methodius had become a monk after some years in a governmental post.

A decisive change in their lives occurred when the Duke of Moravia asked the Eastern Emperor Michael for political independence from German rule and ecclesiastical autonomy (having their own clergy and liturgy). Cyril and Methodius undertook the missionary task.

Cyril's first work was to invent an alphabet, still used in some Eastern liturgies. His followers probably formed the Cyrillic alphabet. Together they translated the Gospels, the psalter, Paul's letters and the liturgical books into Slavonic, and composed a Slavonic liturgy, highly irregular then.

That and their free use of the vernacular in preaching led to opposition from the German clergy. The bishop refused to consecrate Slavic bishops and priests, and Cyril was forced to appeal to Rome. On the visit to Rome, he and Methodius had the joy of seeing their new liturgy approved by Pope Adrian II. Cyril, long an invalid, died in Rome 50 days after taking the monastic habit.

Methodius continued mission work for 16 more years. He was papal legate for all the Slavic peoples, consecrated a bishop and then given an ancient see (now in the Czech Republic). When much of their former territory was removed from their jurisdiction, the Bavarian bishops retaliated with a violent storm of accusation against Methodius. As a result, Emperor Louis the German exiled Methodius for three years. Pope John VIII secured his release.

Opposition continued after his death, and the work of the brothers in Moravia was brought to an end and their disciples scattered. But the expulsions had the beneficial effect of spreading the spiritual, liturgical, and cultural work of the brothers to Bulgaria, Bohemia and southern Poland. Patrons of Moravia, and specially venerated by Catholic Czechs, Slovaks, Croatians, Orthodox Serbians and Bulgarians, Cyril and Methodius are eminently fitted to guard the long-desired unity of East and West. In 1980, Pope John Paul II named them additional co-patrons of Europe.

SMALL GROUP DIFFICULT SITUATION
DISCUSSION

You are eating at a restaurant and your waitress is not very nice.

She seems exhausted and distracted.

You could complain about her poor service
or ...

What are some other ways you could
handle this situation with compassion?





MATTHEW 18: 23-33

That is why the kingdom of heaven may be likened to a king who decided to settle accounts with his servants.

When he began the accounting, a debtor was brought before him who owed him a huge amount. Since he had no way of paying it back, his master ordered him to be sold, along with his wife, his children, and all his property, in payment of the debt.

At that, the servant fell down, did him homage, and said, 'Be patient with me, and I will pay you back in full.' Moved with **compassion** the master of that servant let him go and forgave him the loan.

When that servant had left, he found one of his fellow servants who owed him a much smaller amount. He seized him and started to choke him, demanding, 'Pay back what you owe.' Falling to his knees, his fellow servant begged him, 'Be patient with me, and I will pay you back.' But he refused. Instead, he had him put in prison until he paid back the debt.

Now when his fellow servants saw what had happened, they were deeply disturbed, and went to their master and reported the whole affair.

His master summoned him and said to him, 'You wicked servant! I forgave you your entire debt because you begged me to. Should you not have had pity on your fellow servant, as I had pity on you?'

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COMPASSION

***“The fruit of love is service,
which is compassion in action.”***

- St. Mother Teresa of Calcutta

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COMPASSION

“True, He is infinite Majesty, but He is also infinite Goodness and infinite Love. There can be no greater Lord than God; neither can there be a more ardent lover than He.”

- St. Alphonsus Liguori

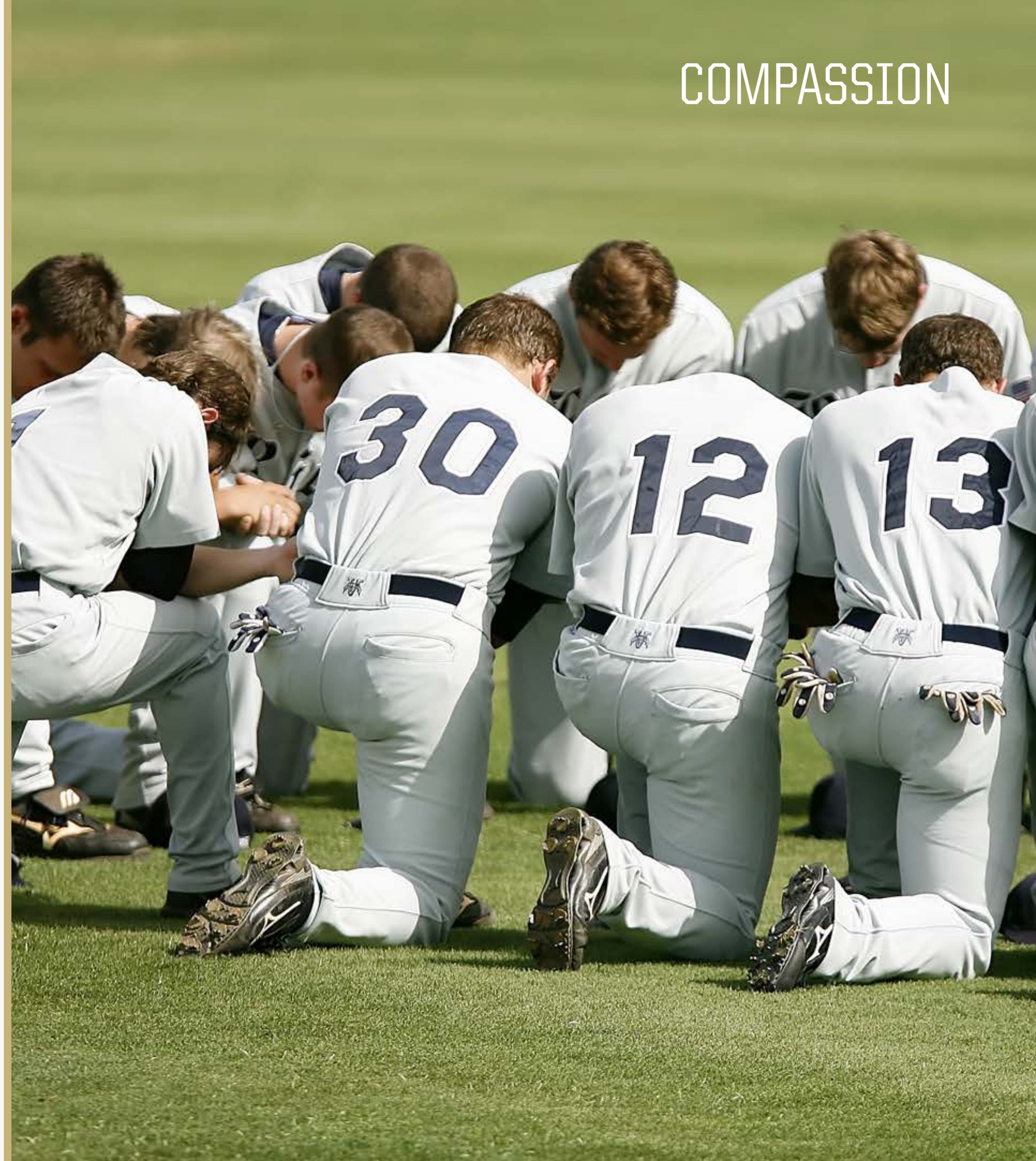


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*“Jesus gives all to those who
surrender all.”*

- St. Bernadette Soubirous



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COMPASSION

***“The name of Jesus, pronounced
with reverence and affection,
has a kind of power to soften
the heart.”***

- St. Philip Neri

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COMPASSION

*“Encourage one another, and
may your mutual good example
speak louder than any words
can.”*

- St. Louise de Marillac



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CLOSING PRAYER

Lord, God, You didn't run at the first sign of chaos or difficulty.

You showed us how to have true **COMPASSION** for others by coming to earth to save us.

We want to live like You.

We want to live for You and for others.

Help us to have **COMPASSION** for others this week, by sincerely reaching out to those in need.

Amen.

COMPASSION





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Have you had the opportunity to care for a sick person recently?

Have you ever visited someone in the hospital?

Did you pray for them?

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STUDENT LEADER VIRTUE AWARD

COMPASSION

This certifies that

Helped lead our school with their virtuous example.

The strength to be aware of the needs of others and the desire to help them.