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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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RESOLUTION

Encourage and befriend someone who appears lonely.

Make sure no one eats alone at school.

COMPASSION



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COMPASSION

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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?



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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

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

- St. Louise de Marillac





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COLD-HEARTEDNESS

“IGNORING OTHERS AND THEIR NEEDS.”

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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