

Empathy and compassion

Something I believe we are learning about during this time of social distancing is a new understanding of empathy and hopefully developing our compassion because of it

Empathy- the ability to understand and share the feelings of another!

Lesley and I were talking the other day about how this time has put us in positions to reflect. For example just going to the shopping centre and having to be 1.5 m away from each other, I don't know about you but I felt like a leper.... it gives me a new understanding of how a person might feel in a shopping centre when they feel they don't belong, or they are "unseen"

Lesley was saying as a grandma she is unable to see her adorable grandee and how she loves to get photos to keep in touch.... for those grandparents in the 'real' world that cannot see their grandchildren due to relationship breakdowns it must be heart breaking.

There are so many times God has shown compassion to me, whether it was through one of my church family, or even a stranger, this is a time to reflect on those times and think about how we can be compassionate to others.

What a wonderful thing for all of us to learn and reflect upon; Psalm 86 is a good place to start when reflecting.

This week read, reflect and pray

Read Psalm 86

Reflect on situations that you have noticed, or have a new understanding of then pray for God to continue opening our hearts and minds

- Pray for grandparents
- Pray for the people that feel unseen
- Pray for opportunities to show compassion
- Pray for our community to continue empathy and compassion

Mel Coad