



LIVE COMPASSIONATE

Purpose for Weekly Resource: to increase our imitation of the compassionate ministry of Jesus in our lives for the sake of the world.

→ **What about compassion?**

One way to think about compassion is an emotional disturbance in your gut that reminds you that the brokenness you and others experience in humanity is not right.

- What are some of the broken things in this world that cause your gut holy distress?
- How does compassion act as a guide to help you humbly serve others?
- What causes your compassion meter to run low?

→ **What is our proper motivation for loving-kindness?**

READ: Exodus 34:6-7; Ps. 86:15; 103:8; Jer. 31:1-3; Hosea 2:19-20; Joel 2:13; Titus 3:3-8

- What do you learn about God from these passages?
- How does God's loving-kindness for you and the world motivate you to serve?

→ **How do we avoid compassion fatigue?**

On Sunday, Micah closed his message with these words: "As disciples, we step into areas of ministry not to fix people, but to remind them that they are God's beloved."

- How is live compassionate (humbly serving - ministry) connected to live dependent (daily pursuing God - solitude)? For a reminder, READ Mark 6:30-34.
- In what ways can you minister to someone who is hurting in order to remind them of their belovedness in Christ?



Children's Corner:



LIVE COMPASSIONATE

Micah is continuing his sermon series over the next few weeks about our discipleship values. If you haven't had a chance to talk about those in your family, please visit our website @ www.altamesa.org under the "About Us" tab to review them. Each value has a "kid's version" on the Children's Ministry page under the "Connect" tab that will help our kids begin to understand the values with more simple language.

The value we will focus on this week is Live Compassionate & our "kid's version" of this value is:
CHOOSE KINDNESS → *Love others well and share the hope of Jesus.*

ACTIVITIES to help us LEARN & REMEMBER this truth:

1) SAY IT OUT LOUD

It's important for us to say things out loud to help us understand and believe

Look in a mirror & repeat this truth out loud at least 3 times:

"Choose kindness - Love others well and share the hope of Jesus."

{You can write it down and read it over & over. You can have a parent or sibling say it & kids repeat it. You can even make up hand motions to help you.}

2) SEE IT OFTEN

Talk with your family about **CHOOSE KINDNESS: Love others well & share the hope of Jesus.** What is a picture, word, or phrase that helps you remember to choose kindness & show love toward others?

- With parent permission, use a **dry-erase marker to write/draw that phrase/picture on a mirror** you use a lot at home so you can see it every time you look in the mirror to help you remember.

- **Make a poster** with any of those words/phrases/pictures on it to hang on your door or in your room. You could draw; decorate; paint; or even cut out pictures from magazines to glue on it like a collage to help you remember God's words of truth.

{You can even add to posters you have already made with our other discipleship values!}

3) LISTEN FOR IT

Where do you hear God's truth in His written Word? (the NIRV translation is often good for children)

- **READ:** Psalm 86:15; Jeremiah 31:1-3; Titus 3:3-8

FAMILY TALK TIME: *Consider these questions & then spend time praying over your children.*

1) What are some ways we can help remind people they are loved by God?

2) Why is it important to choose kindness?

3) What are some ways that you can show kindness to others at school? at church? at home?

