

Compassion is caring enough to do something about someone else's need.

DAY 1

Read Ephesians 4:32

What's important to you? Set a timer for 30 seconds and write down what you value most in the space below.

What's Important to Me

Take a look at your list. Did you list mostly things or activities? Did you name any specific people?



When it comes to compassion, we can show others that they matter by doing some of the things mentioned in today's verse. Be kind, tenderhearted, and forgiving. Discuss with an adult what these words mean.

Jesus was all of these things and as followers of Jesus, we should follow His example.

Take a look at the people you listed above. How could you show compassion, show them they matter, this week? Ask God to help you choose kindness, be tenderhearted, and forgive.

DAY 2

Read Romans 12:15

If you have a bad day, what is one thing someone else could do to help you feel better?

Maybe you wish someone would . . .

- Give you a big hug
- Listen as you talk about your bad day
- Tell a joke to make you laugh
- Offer to play with you

Today's verse reminds us that a big part of compassion is empathy—being willing to feel what others are feeling. It means to be happy for your friend instead of being jealous when something awesome happens. Instead of ignoring someone who is sad, it means taking the time to sit and listen.

So, the question is, how can you help someone this week? How can you show compassion and empathy so the people around you know they matter to you?



DAY 3

Read Micah 6:8

Today's verse tells us exactly what God wants us to do when it comes to showing compassion. Here's what God requires or asks of us.

- ➔ To **act with justice**. When we see something we know is wrong, we should speak up!
- ➔ To **show mercy**. Mercy means to show compassion and care!
- ➔ To **live humbly**. Humble people put others first.

Memorize It!

Challenge yourself to memorize this verse. It's a long one but it's worth learning by heart.

1. Grab a stack of sticky notes and write each word of the verse on a separate sticky note.
2. Stick the notes in order on your table and repeat the verse three times.
3. Take away three random sticky notes and repeat three more times.
4. Keep removing three notes and repeating the verse three times until you can say it from memory!



DAY 4

Read Matthew 7:12

Today's verse is often referred to as the Golden Rule because treating others the way you want to be treated shows others how valuable they are!

Did you catch the first two words of today's verse? Unscramble them below.

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N I E G T E R Y H V I N

Jesus is telling us to treat others the way we want to be treated in EVERY situation. Even when the other person is wrong or when we'd rather do anything else besides be kind.

The Golden Rule

1. Grab an index card, a pencil and a yellow marker.
2. Write out the phrase, "I should treat others the way I want to be treated" with the pencil in a fun font.
3. Trace over the letters with the yellow marker.
4. Place this card on your fridge or another spot in your house where everyone can see it!

Show others that they matter.