



Jesus Leads: Empathy | April 22, 2020

Discussion Guide

The Scoop

Empathy is the ability to understand and share the feelings of another. Let's make an effort to pause this week and think about someone else.

Key Verses

Romans 12:15 (NLV)

"Rejoice with those who rejoice, weep with those who weep."

Discussion

Sometimes in a busy world, it can help everyone to just pause; pause and reflect on what others are going through and feeling at this very moment. Empathy is taking a step outside of your own life and being able to view the lives of others. During this time, people across the world are facing struggles, deaths of loved ones, and sickness; while others are striving and happy.

1. What are some ways you are seeing empathy be displayed in the world around you? What about the opposite?
2. Do you have an example of a time when someone was empathetic towards you?

Leaders show empathy towards others. According to studies, it is one of the top 5 most desirable leadership traits. Empathy is the ability to understand and share the feelings of another. We typically only think about empathy in the face of difficulty. But that limits its breadth. Some people are facing hardships from job loss to death. While, some people are creating new businesses and are feeling great. There is beauty in the life of each and every human, and if we take a moment to pause and think about what others are feeling, we can experience both joy and sadness. Doing so can connect us on a deeper level, bringing closer to one another.

3. What are some examples of positive places to show empathy right now? What are some examples of difficult places to show empathy?
4. How might pausing to think about others bring a new perspective to your own life? Awareness, prayers, actions?

Romans 12:15 is a simple, yet powerful verse that teaches us about empathy and compassion for one another. It states, "Rejoice with those who rejoice, weep with those who weep." We each hold the capacity for understanding one another, but it takes the ability to be thoughtful, to think beyond ourselves, and put ourselves in someone else's shoes even when it isn't the emotion we are feeling in the moment. During this time, realize that there are people in need, and it is up to us to decide how we respond.

5. Are there any areas where you could use some empathy? How might you communicate that with others?
6. What are some opportunities to extend empathy to someone right now? Who in your life needs that?

What's Next?

Remember, empathy allows us the opportunity to both extend the grace to and join in celebration with others around us. The key is pausing to reflect upon how others are feeling and what ways you are responding. This week, no matter what you're dealing with, we ask that you would be willing to look into someone else's life and feel what they are feeling. If you are feeling scared, put a pause on your feeling and look into someone else's life to understand how others are feeling. If you are happy, realize that not everybody else is; not everyone can celebrate right now. No matter the situation, showing empathy is representing Jesus. We need that now more than ever.

You can find a template of our 5-minute faith journal at faithinfive.com to further engage your goals and connect them with your faith.