

# faith at home

Weekly Resources for Collective Worship, Spiritual  
Development and Pastoral Care

**PHASE: SECONDARY**

**WEEK 10 THEME:**

**COMPASSION**





## KEY CONCEPT/MESSAGE:

Christians believe the Bible teaches that God is a God of compassion. God feels the suffering of people. God's compassion is expressed in his mercy, his kindness, patience, grace, forgiveness and love. Many Christians believe they are called to be a compassionate people. This compassion encompasses both a gut level feeling of sympathy and conviction as well as positive action taken on our part to relieve the suffering we observe.

***“Compassion is an action word with no boundaries” Prince***

## BIBLE PASSAGE OF THE WEEK:

“Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ. If we are distressed, it is for your comfort and salvation; if we are comforted, it is for your comfort, which produces in you, patient endurance of the same sufferings we suffer. And our hope for you is firm, because we know that just as you share in our sufferings, so also you share in our comfort.”

2 Corinthians 1:3-7

## TO CONSIDER AS YOU PREPARE

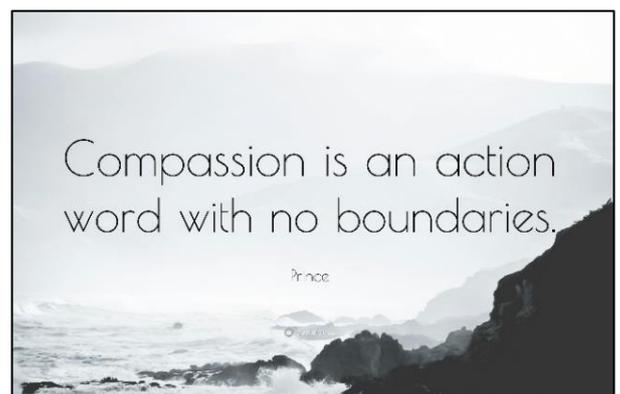
**KEY QUOTE OF THE WEEK:** **““Compassion is to look beyond your own pain, to see the pain of others.” Yasmin Mogahed**



When I give food to the poor, they call me a saint. When I ask why the poor have no food, they call me a communist.

— Helder Câmara —

AZ QUOTES



**LISTEN:** The Compassion Hymn

<https://youtu.be/fMR85VnEluM>

**WATCH:** Compassion is natural. Why is it so hard for us?

<https://www.youtube.com/watch?v=m2hlloug-ss&feature=youtu.be>

**THINK:** Have a think about the quote from Bear Grylls. How can we take inspiration from the following quote?

### **Be Compassionate**

“Jesus ultimately showed what true selfless compassion looked like when he let himself be tortured and killed in our place on that cross. But history shows that his whole life was an example of such compassion, and he went out of his way to serve and show love to the outcasts and unwanted”



Look at this picture. What do you think it's trying to say about compassion? Which person in this picture is demonstrating compassion?

**PRAY:** Dear God, thank you for allowing us to comprehend the difficulties that other people face. Thank you for letting us share in their hardships, so that we can help them to overcome their challenges in life. You have shared in our suffering, Lord, and we shall share in others so that nobody feels alone, because together we can use your strength to help one another. **Amen.**

# I. COLLECTIVE WORSHIP - *Invitational, Inclusive, Inspiring.*

## GATHER:

What does it mean to truly 'love thy neighbour'? Take a few moments in silence to consider everything you do in helping others. Try to think of physical things you have done, as well as emotional. When Jesus discussed love, he was not just suggesting we do physical things. He was discussing tolerance, sympathy and the acceptance of all people regardless of their backgrounds.

## ENGAGE:



Watch this short video of Manchester Utd. player Marcus Rashford talking about his own experience of childhood poverty.

[https://www.youtube.com/watch?v=lr-lxlrTbWU&feature=emb\\_logo](https://www.youtube.com/watch?v=lr-lxlrTbWU&feature=emb_logo)

He knew what it was like to be hungry and wanted to do something to prevent this happening to other children. His actions led to a government turnaround on free school meals for children over the summer holidays.

How did Marcus show **compassion** in action?

### **Luke 7.11-17 – Jesus raises a widow's son**

In this story, Jesus sees the funeral procession of the only son of a woman who is a widow (her husband has already died). At first you might think that this is sad, she's now alone with no one left in the world. But it's worse than that.

In Jesus' day women could not work, not in such a way as we understand it today. That meant that a woman first relied on her father to provide, then her husband. If she was lucky enough to have children then maybe in her old age they could provide for her. If she was a childless widow she would have to beg for her food, pick through other people's leftovers, scrimp and save just to get by.

This story starts with a woman who is about to go into terrible poverty and loneliness. It is into this situation that Jesus looks, and has compassion.

You can read it here: <https://www.biblegateway.com/passage/?search=Luke+7%3A11-17&version=NIVUK>

Or watch it here: [https://www.youtube.com/watch?v=o\\_4LpZgm2nw](https://www.youtube.com/watch?v=o_4LpZgm2nw)

## REFLECT:



Look at this photo, imagine that these are the hands of the mother and her son. How has the widow's life changed now as a result of the compassion shown to her?

God gives us compassion so we must use it to feel and aid in the suffering of others. It is part of God's love that we can pass this on.

Suffering is part of life. How we overcome it and help others to overcome it is what is important. We can become closer to God using these actions, as he draws us closer with his compassion.

## SEND OUT:



Display the image on your screen and draw children's attention to the word 'action'.

What **actions** might demonstrate compassion to others today.... Tomorrow.... This week?

Go out from this place with **compassion** in your heart, and the desire to **act** it out.

## 2. SPIRITUAL DEVELOPMENT

(practical ways to help us explore faith and develop spiritually at home together)

### EXPERIENCES that can help us ENCOUNTER:

Compassion can take all kinds of forms. People will show compassion for one another, and a society that has compassion will be able to glow in the light of God. People will notice when you do compassionate things, and this will inspire them to be compassionate themselves. Be a leader of compassion, just as Jesus was to his followers.

**WATCH:** <https://www.youtube.com/watch?v=PT-HBI2TVtI>

The best way to experience the change that compassion can bring is to be compassionate to someone.

- Do you have a sibling? Challenge yourself to show them compassion at some point this week.
- Is there an elderly neighbour who's in need to support? Offer practical help to them
- Is there an adult you know who is stressed out? Pick them some wild flowers, or buy them a tasty treat.

Compassion can be shown in so many ways, you just have to open your eyes to the lives of others.

Yasmin Mogahed said ***Compassion is to look beyond your own pain, to see the pain of others.***

Start there and find a little something that you can do to make the world a better place for someone else.

**Start today.**

### ACTIVITIES that can help develop PRACTICES-HABITS:

**Be self-compassionate:** being able to identify when you are suffering and taking time to consider this is a good practice. Write down your problem when it arises and consider how you may help a friend if they were in the same situation.

Try learning these phrases:

**Sympathy looks in and says, "I'm sorry."  
Compassion goes in and says, "I'm with you."**

**Sympathy looks in and says, "I would like to help."  
Compassion goes in and says, "I am here to help."**

**Sympathy says, "I wish I could carry your burden."  
Compassion says "Cast your burden on me."**

**Sympathy often irritates with many words.  
Compassion helps and hears in quietness and understanding.**

(Author Unknown)

This is quite a powerful message. What do you think about this? Jesus helped people with their issues, took their problems on as his own. Humanity's suffering was the burden of Jesus. How likely are you to be sympathetic instead of compassionate? Which might be easier?

## CONVERSATION STARTERS that can help develop RELATIONSHIPS-COMMUNITY:

### Support your local food bank:

**Watch** <https://www.youtube.com/watch?v=thIN4TK Mxk> (Liam Payne donates to foodbanks)  
You might not be able to give loaves and fish (unless it's canned tuna!) to a food bank, but there is much that you can do to support their vital work. Add something that the food bank needs to your shopping list each week. As you drop it into the box at your local centre or supermarket, **pray** that God will meet people's needs through your donation. Is this a modern-day opportunity to feed the 5000?! Remember that it may not be a large donation, but the boy's packed lunch wasn't much either!  
What does your local foodbank need most at the moment?

**Look** at this quote from the Dalai Lama, ask your friends what they think it means.



### 3. PASTORAL CARE - ideas for looking after...

#### Ourselves & Our staff

**Self-compassion.** If you take some time to stop and reflect on the thoughts in your head, are they more positive or critical? Once you have identified any negative thought, you can begin to introduce more positive thoughts and 'turn the volume down' on the critical voices.

This is from the Anna Freud Centre's materials Supporting Staff Wellbeing in schools.

<https://www.annafreud.org/media/7653/3rdanna-freud-booklet-staff-wellbeing-web-pdf-21-june.pdf>

**Staff Prayer Stations** One school has some simple prayer stations in their staff room. These give staff an opportunity to pray or reflect for people and situations that are on their hearts and minds.

#### Our families & Our community

"Love your neighbour as yourself" is like a piece of knitting, each stitch supporting those around. If I love you as myself, and you love me as yourself and we love them as ourselves, we all end up supported. Jesus said that this was how people would tell his true followers, that we love one another. (John 13:35)

Like the knitting, though, if you drop stitches, the holes begin to show in community and those can get bigger and bigger.

**Read:** Brian Bilson's Poem '**Refugees**' Make sure you read it twice, the second time from bottom to top!

<https://nationalpoetryday.co.uk/poem/refugees/>

'It's a no money day' by Kate Milner

**Stepping Stones:** A refugee Family's Journey by Margriet Ruurs, Nizar Ali Badr & Falah Raheem

This page gives details about the book and includes a fascinating video by the author.

<https://www.cbc.ca/books/stepping-stones-a-refugee-family-s-journey-1.4214673>

### GOING DEEPER/FURTHER RESOURCES

**"Have mercy on me, my God, have mercy on me, for in you I take refuge. I will take refuge in the shadow of your wing until the disaster has passed."**

(Psalm 57:1)

**"If anyone has material possessions and sees a brother or sister in need but has no pity on them, how can the love of God be in that person?"**

(1 John 3:17)

There are lots of ways in which you can show compassion and help feed others. Check out the resources on the **Christian Aid website** for primary pupils.

<https://www.christianaid.org.uk/schools/primary-teaching-resources>

Compassion is not just about helping it's about challenging the situations and policies that cause people to suffer. You need to find out why people are living in poverty, why climate change is such a threat to the

poorest and then you need to do what you can to change things as individuals and groups. Many schools are doing this. Check out the global neighbours' scheme here:

<https://www.christianaid.org.uk/schools/global-neighbours-accreditation-scheme>

**Refugee Rucksacks Prayer activity:** This activity encourages pupils to think about refugees who are leaving their homes and countries with little more than the rucksacks on their backs. It encourages the pupils to think about themselves, to reflect on their own homes and possessions and opportunities, and to imagine what it would feel like to lose almost everything.

<https://www.prayerspacesinschools.com/resources/78>

**Lifeboat Prayer Activity** This activity encourages pupils to think about refugees who are leaving their homes and precious possessions behind in order to escape danger. It encourages them to think about themselves, to reflect on their own homes and possessions and opportunities, and to imagine what it would feel like to lose almost everything.

<https://www.prayerspacesinschools.com/resources/77>

**Cardboard Home:** This activity encourages pupils to think about street children that are of a similar age to themselves and to think about how it would feel if they did not have a home, but rather just a cardboard box to live in.

<https://www.prayerspacesinschools.com/resources/11>

**Creativity and Compassion: Michael Faraday.**

<https://www.barnabasinschools.org.uk/idea/creativity-and-compassion-michael-faraday>



## Watch

Self-compassion can be a challenge, try watching this video on how to be more self-compassionate:

<https://www.youtube.com/watch?v=-kfUE4I-JFw>

To find out more of the science and importance of compassion watch this TEDx talk:

<https://www.youtube.com/watch?v=e1VW69hyPUul>