

# Compassion: Reflecting the Love of Jesus

**Compassion**, in its purest essence, is the ability to feel the suffering of others as if it were our own, and the impulse to alleviate it. It's not simply pity or sympathy; it's a deep connection that moves us to action, to reach out, to offer comfort, to heal. On the path of healing in Jesus, compassion is not just a desirable attribute, but a **fundamental pillar** of our faith and practice.



## Compassion in the Heart of Jesus

Jesus is the ultimate example of compassion. Throughout the Gospels, we consistently see Him **moved by the pain and needs of people**. He didn't just

cure physical ailments; He also healed broken hearts, restored hope, and offered forgiveness.

- **He healed the sick:** From lepers to the blind, Jesus always approached with love and compassion, touching and healing those whom society marginalized.
- **He fed the hungry:** He multiplied loaves and fish, not merely as an act of power, but because He “had compassion for the crowd” (Matthew 15:32) who had nothing to eat.
- **He forgave sinners:** Instead of condemning, He offered redemption, seeing beyond mistakes to reach the heart.
- **He comforted the afflicted:** He wept with Mary and Martha over Lazarus’s death, sharing their grief and demonstrating profound empathy.

His compassion wasn’t passive; it was an **active love** that translated into service, miracles, and the giving of His own life for our salvation.



## Our Call to Compassion

As followers of Jesus, we are called to **imitate His compassion**. In a world full of challenges, pain, and despair, compassion becomes a beacon of hope. It is

through our compassion that the love of Jesus becomes visible and tangible to those around us.

## Practicing compassion means:

- **Listening with the heart:** Paying genuine attention to the concerns and feelings of others, without judgment.
- **Empathizing:** Trying to put ourselves in another's shoes, understanding their struggles and joys.
- **Acting:** Not just dwelling on the feeling, but seeking practical ways to alleviate suffering, whether through a word of encouragement, an act of service, or prayerful support.
- **Forgiving:** Extending grace and understanding, recognizing that we are all imperfect and need mercy.

Compassion transforms both us and those who receive it. It brings us closer to God and allows us to be instruments of His healing in the world. By living with compassion, we not only reflect the love of Jesus, but also experience a deep healing in our own lives. It is in giving that we receive, and in loving that we are loved.

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