

GROWING UP IN CHRIST!

LENT 2025 | DIOCESE OF ATLANTA

WEEK 4: EMPATHY

These reflection guides are designed to supplement the videos, for use in a small group Bible study. They are created for the leader's ease of use, and with links to free web-based resources.

REFLECTION

As we grow up in Christ we will grow in empathy.

Empathy is the capacity to imagine what someone else might be thinking or feeling; what they want, what they believe, what they fear.

Empathy is also how we recycle our own heart-hurts turning them into opportunities for connection with others.

There is no godly reality that permits our indifference to our neighbors' well-being.

~Bishop Wright

SCRIPTURE

Read Matthew 22:35-40:

Greatest commandments: love God and love neighbor...

Read Luke 15:11-32: The story of the Prodigal Son, family rupture, and the road toward healing.

Read 2 Corinthians 5:16-21:

We have been given the ministry of reconciliation & are ambassadors for Christ.

DISCUSSION

- Share about a time when you experienced empathy from someone else. What was the impact?
- Share about a time when you showed empathy. What was that like?
- Share about a time where you have "recycled your heart-hurts turning them into opportunities for connection with others". Are there ways that the hurts you've experienced have fostered empathy for neighbors?
- Who might need an experience of empathy today? How might you offer that?

ARTICLES

For Further Reading:

Learn more about practicing empathy from Brené Brown's video on Empathy

<https://www.youtube.com/watch?v=1Ewvgu369jw>

Read more about listening well and the practice of story stewardship:

<https://brenebrown.com/articles/2021/12/05/the-practice-of-story-stewardship/>

PRAYER

Almighty and most merciful God, we remember before you all poor and neglected persons whom it would be easy for us to forget... Help us to heal those who are broken in body or spirit, and to turn their sorrow into joy.... Amen

BCP 826

TAKE-AWAY

"There is no godly reality that permits our indifference to our neighbors' well being."

In your community, where you live, where you work, where you worship... what need of your neighbors is palpable? Foster empathy by learning more about this issue. Take one action this week to help.