

The Source of Compassion

Luke 5:12-16

Luke 5:12 While Jesus was in one of the towns, a man came along who was covered with leprosy. When he saw Jesus, he fell with his face to the ground and begged him, “Lord, if you are willing, you can make me clean.”

¹³ Jesus reached out his hand and touched the man. “I am willing,” he said. “Be clean!” And immediately the leprosy left him.

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Mark 1:41 Moved with compassion, Jesus stretched out His hand and touched him, and said to him, “I am willing; be cleansed.”
(NASB)

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Luke 5:12-16

Latin: *compassion* - *com* – with, *passio* – to suffer.

Greek: *splanchnon* - bowels, the intestines. To be moved in one's inner parts.

English definition: *the deep feeling of sharing the suffering of another in the inclination to give aid or support.*

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Colossians 3:12 ... clothe yourselves with compassion, kindness, humility, gentleness and patience.

COMPASSION FATIGUE?



Burnout vs. Compassion Fatigue

BURNOUT



Exhaustion from work demands and stress

VS

COMPASSION FATIGUE



Exhaustion from empathetic engagement and emotional toll of helping others

HOW TO KNOW IF YOU'RE EXPERIENCING COMPASSION FATIGUE

Numbness

Feeling emotionally flat
or disconnected.

Irritability

Snapping over small
things more often.

Withdrawal

Pulling away from loved
ones or social activities.

Resentment

Feeling burdened by
others' emotional needs.

Isolation

Canceling plans, ignoring
messages, staying alone.

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Luke 5:14 Then Jesus ordered him, “Don’t tell anyone, but go, show yourself to the priest and offer the sacrifices that Moses commanded for your cleansing, as a testimony to them.”

¹⁵ Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. ¹⁶ But Jesus often withdrew to lonely places and prayed.

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“The fruit of solitude is increased sensitivity and compassion for others ... a new attentiveness to people’s needs, a new responsiveness to their hurts.” – Richard Foster

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Mark 6:31-32 Then, because so many people were coming and going that they did not even have a chance to eat, Jesus said to them, “Come with me by yourselves to a quiet place and get some rest.”

So they went away by themselves in a boat to a solitary place.

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Acts 4:13 When they saw the courage of Peter and John and realized that they were unschooled, ordinary men, they were astonished and they took note that these men had been with Jesus.

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“I think the devil has made it his business to monopolize on three elements: noise, hurry, and crowds ... Satan is quite aware of the power of silence and solitude.” – Richard Foster