

Compassion

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In the book of compassion, the book explains the meaning of compassion and how Jesus Christ represented compassion by living amongst man. The book also discussed how society's norms have deflected our inner nation of compassion. The book has allowed me to reflect upon my view of compassion within my role of social work and within my personal life.

Chapter one describes the introduction to Jesus Christ and why he was considered the "God for us". Jesus Christ was considered the "God for us" because he walked amongst man and felt everyday human suffering. Jesus Christ never faltered or portrayed negativity, instead he pushed mankind to remain compassionate and humble. The concept of compassion is important for me when reflecting on my role as a social worker. In aiding people who are in need, it is important to aide in the most purest form. One must be understanding, empathetic and patient.

Upon my reflection of question #1, I envision God in the heavens, opting to send a piece of himself to earth to interact with mankind. To give a God a better picture of mankind's understanding of life and to get his children back on the right path. Jesus Christ walked amongst man however he carried a piece of his father with him. Although Jesus seen the cruelties of man, Jesus chose the path of redemption and compassion. Jesus not only preached the word of the lord, he walked the righteous path and led by example. Even when Jesus was being crucified, he never faltered. Jesus represented undying compassion and never ending loyalty, including when times became rough. While Jesus was being crucified, Jesus prayed to God and asked that that God forgive mankind for their ignorance representing forgiveness.

In answering question #2, God's compassion is anchored in Jesus Christ. When I envision God, I think about humans being created in his image. The human mind has so many layers of thoughts and emotions. I imagine a job who is loving and kind however has the capacity to be vengeful and jealous. I believe that when Jesus Christ descended from God, it changed the process of which God represented himself to mankind. In the old testament, God's wrath was emphasized. In the new testament, God's love and forgiveness was represented. I believe Jesus Christ came to earth and linked human beings to God. The understanding between man achieving that spiritual connection was missing and Jesus reestablished the link.

In the second part of chapter one, the connection between Jesus and God is further explored. At the end of the old testament, God was disappointed and silent to his followers. Jesus Christ coming to earth with messages from the lord represented that God has never left. It is to my belief that God became weary with mankind and after promising never to destroy the world again, decided to go another way. Compassion was the way, and he sent his only begotted son to send the message. This action showed the world that God never left. God is always with us. That is what "Jesus Christ reveals God's solidarity with us?". Through Jesus's acts of healing he revealed that God's solidarity was always with us.

In chapter 2, Competition verses Compassion is explored. The authors believed that competition inhibits compassion. Competition causes people to become aggressive, jelouse, thieves and fools. Compassion is the ability to show understanding and kindness to another individual with no motive, and no reward. A person who is in competition cannot wholeheartedly do kind things for a person without a motive and without a reward. Christ remained humble in his lessons and his servitude.

Christ chose a life of servitude over a life of privilege. Christ descended from the lords kingdom and had the power to heal and move oceans. Yet, Christ opted to use his power for the greater good. To heal and serve the less fortunate. To feed the hungry and the poor rather than show off with kings. This behavior represented the ultimate form of humility. To walk amongst the less fortunate by choice and to feel their struggle is the ultimate form of compassion.

Not only was Christ compassionate, he was obedient. His messages included how to remain obedient to God by showing true love and gratitude. Christ walked in God's image even when things were not great. Christ was humble, however he was without fear. In chapter 3, the author talks about fear melting away in Gods presence. Christ walked and lived in Gods presence. When Christ was crucified, he maintained his loyalty and devotion to God. Christ was without fear and humbly accepted an unfair punishment. He didn't lash out, he didn't shun God. Jesus Christ maintained his faith and he remained fearless.

In my everyday life, fear has the potential to not hear God's voice because in order to hear God's voice, one must be vulnerable. One must have complete blind faith. The fear of accepting pure love and pure trust can become stagnating and create doubts. The ungodly ways within mankind creates that fear and makes it hard to become vulnerable to another human being, hence blocking compassion. If not from personal experience, the things that we witness around us. The author uses the example of the news and the order in which news is delivered. The introductory stories are usually the most heinous worldly news delivered in a flat monotone. Next comes the local violence, to politics, the weather, and a joke. There is no emotional connection to the horrors that are happening in the world and the bad news is delivered in the same breath as the weather. This represents how detached humans can be. Listening to this after

the end of a long day or reading this at the beginning of day may set the tone of fear and disconnect.

As we go into the final part of the book, the application of practice is further explored. Chapter 7 explores the concept of patience as something that should be positive and often displayed as negative. Patience is often associated with waiting, or being able to stay calm in a rattling situation. It is hard for me to describe the type of feeling that positive patience provokes. Patience in a positive light feels like a level of understanding or knowing that something is outside of your hands. Patience should feel like acceptance to whatever situation is occurring. That feeling that everything is going to be okay.

Patience is important when living in a world where everything is based on time. I have always believed that time is relative and does not actually exist. It's a human concept to measure space. I feel that way because what may feel like eternity for one may feel like a few moments for others. The author describes time as a form of pressure and distraction. Instead of people accepting and appreciating the moments, there is always a rush to complete something. There is always a need to feel like there is something to do. The concept of time ties into patience because with full patience comes complete acceptance. Time becomes irrelevant when you accept that you are on God's time. True patience is the ultimate aid to compassion.

The author ends part three with a discussion in action. In order to walk in God's compassion one must do the work. Prayer without action does not complete God's calling. One must put God's love to action and follow God's calling. In order to follow God's calling you have to hear his voice and his direction. In my opinion prayer is the ultimate way to allow God's words to guide. Once the message is delivered, it is up to the individual to follow the word with pure intention. That can only happen with patience and compassion. The author warns about the

disadvantages of pursuing activism without pure intent and patience. Human beings oftentimes like to see the rewards and receive the praise for their good work. When things don't move in the measured time, oftentimes intention becomes misconstrued which can lead to misguidance and discouragement.

I do not consider myself an activist, however I do consider myself a helper. As a social worker I can understand the disadvantages of doing things on a deadline and not seeing the desired results. I have at times, experienced fatigue and discouragement in the work that I do because it becomes systematic. I am learning patience within my field of work to grow my understanding. Most importantly everyday that I move with a compassionate heart, the closer I feel like I am to my calling.

References:

Nouwen, H., McNeil, D., Morrison, D. (1982). *Compassion A Reflection on the Christian Life*. Double Day