

“Compassion” Resources

Lectio Divina (aka Contemplative Bible Reading)

If you like, spend some time practicing God’s presence with a portion of Psalm 103 through doing a “lectio divina”. Read slowly the following passage three times. If you are with others, read aloud, with several different readers, briefly pausing in between.

The first time you read, listen for a word or phrase that jumps out at you. During the second reading, consider how that word or phrase relates to your life. During the third reading, listen for the invitation God wants to offer you through that word or phrase.

Take some time to share your insights and experience with one another.

Psalm 103:11-14

*¹¹For as high as the heavens are above the earth,
so great is God’s love for those who fear him;
¹²as far as the east is from the west,
so far has he removed our transgressions from us.
¹³As a father has compassion on his children,
so the Lord has compassion on those who fear him;
¹⁴for he knows how we are formed,
he remembers that we are dust.*

Or:

Discuss (Use any or all of the following):

- Are there places in your life where you are suffering, struggling or experiencing human frailty? Can you invite God into that place and receive God’s compassion?
- How might you be able to begin practicing “self-compassion” in that place?
- Can you imagine ways God is calling our community to embody God’s compassion in the world?