



MPC

Morningstar  
Pentecostal Church

# Compassion to Action

Bible Study April 16, 2020  
Lauren Pallante

Welcome everyone – please put yourself on mute a you enter.  
Let's open with prayer.

Housekeeping

## **PRESS RECORD**

**Talking about doing miracles, finding our place and the great commissions – all require action – but how do we get up and start doing?**

**Tonight we are going to talk about how compassion moves us from a place of expectation to action.**

# Empathy vs Sympathy vs Compassion

The Neuroscience



## Compassion, Empathy & Sympathy

**Sympathy** recognizes an issue and you have a sense they could be happier. It is an acknowledgement. Neurologically, sympathy has a greater response to fear than other emotions – suggesting sympathy is a rapid neurological response to changing conditions and can lead to both empathy and compassion which are longer neurological processes.

**Empathy** is based in mirroring neurons in your brain that perceive and reflect another person's emotions so you can actually feel what they feel. Unfortunately, it also raises cortisol levels and other stress responses in the body and can make you sick

**Compassion** works in a different part of the brain, it activates the part of resilience, and motivation to act. Compassion is feeling bad accompanied by the drive to do something to alleviate suffering or change the situation – iow you take action

Empathy and sympathy are more internal, even though they are evoked by an external stimuli.

Empathy can trap you in emotion.

Compassion is more external focused – or focused on the other person by way

of action.

1. Awareness of suffering.
2. Sympathetic concern related to being emotionally moved by suffering.
3. Wish to see the relief of that suffering.
4. Responsiveness or readiness to help relieve that suffering.

At its Latin roots, compassion means “to suffer with.”

Compassion is a four-step process:

1. Awareness of suffering.
2. Sympathetic concern related to being emotionally moved by suffering.
3. Wish to see the relief of that suffering.
4. Responsiveness or readiness to help relieve that suffering.

- › **[Mat 9:36-38 KJV]** 36 But when he saw the multitudes, he was moved with compassion on them, because they fainted, and were scattered abroad, as sheep having no shepherd.
- › 37 Then saith he unto his disciples, The harvest truly [is] plenteous, but the labourers [are] few;
- › 38 Pray ye therefore the Lord of the harvest, that he will send forth labourers into his harvest.

## Jesus Moved with Compassion 1

### Context

The chapter starts out with Jesus healing a man with palsy and the religious authorities condemning him for it.

He performs multiple miracles, and the chapter ends with him preaching and healing all over and yet at this point he has a moment where is moved with compassion – even though he had been performing miracles the entire chapter.

**[Mat 9:36-38 KJV] 36 But when he saw the multitudes, he was moved with compassion on them, because they fainted, and were scattered abroad, as sheep having no shepherd. 37 Then saith he unto his disciples, The harvest truly [is] plenteous, but the labourers [are] few; 38 Pray ye therefore the Lord of the harvest, that he will send forth labourers into his harvest.**

*Moved with Compassion* – greek phrase to move as to one's bowels

First – in their culture, the center of love was the gut, not the heart like we equate it, so Christ was gut punched with love for the condition of the people. So we have the awareness of suffering (saw the multitudes were fainted and scattered).

Next - they fainted is a liberal English translation. It more closely translates to weakened through exhaustion, harassed or neglected ideologically.

Flayed is the literal – and it was a messy picture.

What does it look like to flay something?

It means to peel off the skin, or to beat so harshly the skin comes off.

No wonder Jesus was gut punched, these are people who are suffering. Not just tired, not just hungry – extreme suffering.

Weak

Harassed

Neglected

## Miracles for Many

- Paralyzed man /healing
  - Daughter of the centurion /raised from dead
  - Woman with the issue of blood /healing
  - Two blind men /healing
  - The dumb man /deliverance
- › Sheep
  - › Wounded
  - › Neglected

The miracles were immediate solutions and the faith of those who witnessed them (or of the individual themselves) sustained the result.

- Paralyzed man /healing
- Daughter of the centurion /raised from dead
- Woman with the issue of blood /healing
- Two blind men /healing
- The dumb man /deliverance

**These** people needed long term care. The ones following him around...

Sheep scattered – sheep need long term care.

So we would expect Jesus to start healing and tell them to follow him as a leader but he doesn't – he makes a request to the disciples for laborers.

He had the sympathetic response to their condition, or an emotional response (gutpunched)

And while the short term answer was to heal and fix it, Jesus is thinking long term and puts the prayer request to ask for DOERS of the word.

Because he knew his time was coming and they needed long term care.

Remember that compassion lights the part of your brain that activates resilience –

Resilience is defined as toughness, or the ability to bounce back from difficulties.

Long term care is fraught with difficulties – the church needs compassion to bounce back and keep going. Remember compassion means to suffer with – there is no time limit.

What about compassion fatigue? (well get to that)

In modern day – God is looking for people who will be moved with compassion and tend to the weak and the lost – LONG TERM.

In fact you have to go into the field to get the harvest – the harvest doesn't get up and walk to you. But you need a long term care plan in order to restore them. And a long term care plan requires long term, committed care givers.

Make disciples – we all once needed some kind of care. Once we are matured, we are now in the position to be caregivers – if we chose to accept the responsibility.

Laborers work, they do and the Christ model of doing is to be motivated with compassion.

**Mat 14:12-16 KJV]** 12 And his disciples came, and took up the body, and buried it, and went and told Jesus. 13 When Jesus heard [of it], he departed thence by ship into a desert place apart: and when the people had heard [thereof], they followed him on foot out of the cities. 14 And Jesus went forth, and saw a great multitude, and was moved with compassion toward them, and he healed their sick. 15 And when it was evening, his disciples came to him, saying, This is a desert place, and the time is now past; send the multitude away, that they may go into the villages, and buy themselves victuals. 16 But Jesus said unto them, They need not depart; give ye them to eat .

## **Jesus Moved with Compassion 2**

### **Context**

Starts by recounting the story of his murder of John the Baptist up to the point Jesus hears and is driven to a desert place. On the way people start of follow him into the desert and that is where we find our key verse, verse 14.

**[Mat 14:12-16 KJV] 12 And his disciples came, and took up the body, and buried it, and went and told Jesus. 13 When Jesus heard [of it], he departed thence by ship into a desert place apart: and when the people had heard [thereof], they followed him on foot out of the cities. 14 And Jesus went forth, and saw a great multitude, and was moved with compassion toward them, and he healed their sick. 15 And when it was evening, his disciples came to him, saying, This is a desert place, and the time is now past; send the multitude away, that they may go into the villages, and buy themselves victuals. 16 But Jesus said unto them, They need not depart; give ye them to eat .**

Jesus is on his way to do something else, mourn his cousin. Some interpretations say he was avoiding Herod – but I agree it was a time of mourning. Jesus went into the desert to fast, he often went into the desert to pray or be alone.

Either way he had something in mind when he left and arrived he specifically was trying to be alone because he took a ship to a desert place that was apart or out of the way.

But it was to no avail, because people heard where he was and followed him.

*Matthew Henry Commentary:* When Christ and his word withdraw, it is best for us to follow

Sometimes God's word and presence aren't at your finger tips – he was going to a private place, and this crowd was bold enough to follow him in his private place.

## **14 And Jesus went forth, and saw a great multitude, and was moved with compassion toward them, and he healed their sick**

MPC

Matthew 14:14 KJV

### **14 And Jesus went forth, and saw a great multitude, and was moved with compassion toward them, and he healed their sick**

The biggest reason people don't show more compassion is because they are in a rush, on their way or have something to do.

*Seminary Story about the Good Samaritan*

So without even looking into a definition or the greek, we understand that compassion means we have to set yourself aside and put someone else first. Which means time and resources.

But Jesus stopped and acted to relieve their situation.

They had been following him for a while – but it says he healed the sick. So you have sick people following Christ on his journey to this place where you cant even buy bread.

Estimated it was a 3-4 mile walk, which if you are sick or injured, its very arduous, but they kept following – and that is what sparked the compassion.

They were willing to suffer to follow him.

So these arent lost and scattered like the last group – these were believers who were willing to go places others wouldn't. INfact they were waiting for him

when the ship landed.  
So he healed them.

. 15 And when it was evening, his disciples came to him, saying, This is a desert place, and the time is now past; send the multitude away, that they may go into the villages, and buy themselves victuals. 16 But Jesus said unto them, They need not depart; give ye them to eat .



## Matthew 14:15-16 KJV

But look at verse 15 – the disciples want to send everyone one home once they are healed.

Jesus doesn't allow it, instead he starts teaching them how to provide long term care for the sheep. How to organize, lead and feed them. Notice they were still in the desert place, the removed place, the private place.

Miracles are instant, and we should want them and do them but our charge is the after care.

40 And there came a leper to him, beseeching him, and kneeling down to him, and saying unto him, If thou wilt, thou canst make me clean. 41 And Jesus, moved with compassion, put forth [his] hand, and touched him, and saith unto him, I will; be thou clean. 42 And as soon as he had spoken, immediately the leprosy departed from him, and he was cleansed



## Mark 1:40-42

### Jesus Moved with Compassion 3

#### Context

This instance, Jesus is moved with compassion on an individual, not a group.

**[Mar 1:40-42 KJV] 40 And there came a leper to him, beseeching him, and kneeling down to him, and saying unto him, If thou wilt, thou canst make me clean. 41 And Jesus, moved with compassion, put forth [his] hand, and touched him, and saith unto him, I will; be thou clean. 42 And as soon as he had spoken, immediately the leprosy departed from him, and he was cleansed.**

SO far we have talked about compassion in miracles and long term care, but here is one for all of my love language physical touch/parrots/yellows  
Compassion in the form of touch – which of course we cant do right now

It was extremely significant because touching a leper was forbidden by Mosaic law because it caused ceremonial defilement. Yet, Christ was undefiled and clean because he had authority over sickness and uncleanness – otherwise he couldn't have said be thou clean.

We know Christ didn't need to touch to heal  
Woman with the issue of blood in Matt 9

The centurion with the dying son in Matt 8

But he did here – because no one had touched the man in so long because of his disease.

1. It increases levels of dopamine
2. It activates the part of the brain associated with decision making and learning
3. It activates the rewards system of the brain
4. It accelerates healing from stress
5. Dulls pain receptors



## Physical Touch

What happens when we experience positive physical touch? (determined by context)

1. it increases levels of dopamine – which not just makes you feel good, its key in the healing process.
2. It activates the part of the brain associated with decision making and learning as well as emotion and social learning, but the primary is the decision making and learning. (so its good for reinforcing behavior)
3. It activates the rewards system of the brain – when I do this, I feel good. (keep that in mind)
4. It accelerates healing from stress
5. Dulls pain receptors

Remember, Compassion is the acknowledges another's discomfort and is accompanied by the drive to do something to alleviate suffering or change the situation.

When it comes to Empathy, Sympathy and Compassion – most people want compassion. They want HELP.

By touching him in compassion, Christ stimulates the rewards center of his brain – he now knows when you cry out to Christ, you feel better – physically. Even if he wasn't completely healed, he would have felt better.

The fact he had been deprived of touch means a flood of dopamine – he felt better than he had in years, because Christ was willing to touch the untouchable.

A few weeks ago, the house behind me burned down. I could hear the people screaming for their loved one trapped inside. As they watched their house burn down, I remember thinking man, no one can even hug them right now.

I am not saying go out and start touching people – this is a weird time, but I am saying it is a valuable way of showing compassion.

Compassion = action

**The point**

Why do we need compassion – it causes us to act

Is it useful – yes, it will help us shift from the show us a miracle to do us a miracle

**Increasing Compassion**

40 seconds of compassionate listening or intervention can increase wellness in the giver and the receiver

20 seconds of hugging (remember in context) releases oxytocin in the brain

# THE END

Notes will be available on the MPC Website as well as a recording of this lesson.

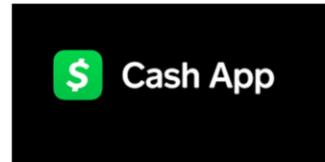
## DON'T FORGET to GIVE



Call Nada  
609-358-5424



[Morningstronthemove.org](http://Morningstronthemove.org)



\$MPCMOVES

Stats every week, consistently 110-130 views/hits across our online platforms – which means when we go back to the building we'll have more than we started with – so lets keep the lights on.

UNMUTE for any questions or comments

Let's close in a word of prayer.