

GREATER JOY

[DISCUSSION QUESTIONS]

Overcoming Compassion Fatigue *November 21, 2021*

Are you fatigued from being compassionate?

Read Romans 12:15 and Philippians 2:20-22

Given the readings and the definition of compassion, “feeling sorrow for someone and desiring to do something about it”, are you showing compassion for anyone or receiving compassion from anyone?

Is there any significant event you recall being shown compassionate? Who showed compassion, and what was its impact?

Read Philippians 2:23-26

Kindness and goodness should naturally flow from the follower of Jesus. Looking into the mirror, rather than a lens to critique others, do you offer true compassion, which is the willingness to do the work the solution requires? to those closest to you? to those most dislike you?

False compassion is fueled by pride. How does asking, “Is it okay if I share my opinion?” promote humility?

Read Philippians 2:27-30, Micah 6:8 then Matthew 11:28-30

It is good to be encouraged in your compassion, and it is good to be tempered in your compassion. “You’re only as good a skier as your ability to stop.” Is it encouraging to know that you cannot be all things to all people all the time? Are there concepts in the Old Testament that promotes rest? (i.e. the Sabbath)

How is self-centeredness the antidote for joy? How could you rephrase this to focus on the positive?

Conclude with Philippians 2:3-4. Is there an area where you should look to the interest of others? Is there an area where you should look to your own interests by drawing nearer to God?