



Words for Wondering

An Advent to Epiphany Course from the
Diocese of Aberdeen and Orkney

Thursday 22nd January

Compassion



Scripture: Psalm 40: 9-12

In the roll of the book it is written concerning me: *

'I love to do your will, O my God; your law is deep in my heart.'

I proclaimed righteousness in the great congregation; *

behold, I did not restrain my lips; and that, O Lord, you know.

Your righteousness have I not hidden in my heart;

I have spoken of your faithfulness and your deliverance; *

I have not concealed your love and faithfulness from the great congregation.

You are the Lord; do not withhold your compassion from me; *

let your love and your faithfulness keep me safe for ever.

Reflection

Compassion can be defined as 'sympathetic pity and concern for the sufferings or misfortunes of others.' In Psalm 40 we hear the Psalmist speak of how God's love, faithfulness and compassion have not been withheld from them. Jesus is named as having compassion for individuals in the Gospels, particularly when healing, such as the bent-over woman in Luke 13. What might God be asking you to not withhold your compassion from in the world?

To Listen

Mighty to Save by Hillsong (contains the line 'everyone needs compassion') and Break Our Hearts by Vicky Beeching