

# YOUR FATHER IS COMPASSIONATE

FASTING 2025

The Lord is compassionate and merciful, slow to get angry and  
filled with unfailing love  
Psalms 103:8 NLT

Scripture describes God as a being of 'compassion and mercy.' This compassion, translated from the Hebrew word *rakham*, is comparable to a mother's love for her child in her womb — a love full of tenderness, care, protection, and provision. As children of God, we are called to reflect that same compassion so that the whole world can know it.

## **Compassion is Love in Action**

Compassion is more than a feeling; it is the act of caring for the needy and vulnerable. It's not about feeling sorry, but about taking action to change the situation at hand. The Bible shows us various ways to manifest this compassion in our daily lives:

1. Help orphans and widows: James 1:27 tells us that true religion involves caring for those in need. Acting compassionately toward these individuals is a direct reflection of God's heart.
2. Comfort the afflicted: 2 Corinthians 1:4 teaches us to comfort others with the same comfort we have received from our Heavenly Father.
3. Value the humble and children: In Mark 10:14-15, Jesus shows us that the Kingdom of God belongs to those with a humble and trusting heart, like that of children. For this reason, we are called to treat them with respect and consideration.
4. Provide for those in need: In Matthew 25:35-36, Jesus calls us to feed the hungry, clothe the naked, and care for the sick. This is the true expression of His love.
5. Reconcile people: First with God, but also with themselves and then with their neighbour. 2 Corinthians 5:18 calls us to be agents of reconciliation.
6. Healing and deliverance: Isaiah 61:1 instructs us to bring good news, heal the brokenhearted, set captives free, offering hope, and deliverance to the oppressed.
7. Lead to repentance: Acts 2:38 calls us to lead others to repentance, bringing them closer to God.

8. Make disciples: Matthew 28:19-20 gives us the mission to teach others what Jesus has taught us, making disciples of all nations.

9. Caring for the incarcerated: Hebrews 13:3 reminds us that we must care for those who are imprisoned and mistreated.

10. Testify of the love of Jesus: As mentioned in Acts 1:8, testifying to the love of Jesus is a mission that we must carry out everywhere.

The Bible reminds us that being compassionate is vital to receiving God's mercy; it is an essential part of reflecting God's image in us. By practicing compassion, we not only obey biblical commands but we also draw closer to the very essence of who God is.

God blesses those who are merciful, for they will be shown mercy.  
Matthew 5:7 NLT

There will be no mercy for those who have not shown mercy to others. But if you have been merciful, God will be merciful when he judges you.  
James 2:13 NLT

In a world full of pain and need, compassion allows us to do something for others and, in doing so, be the light that shines with the love of Christ, transforming lives and impacting hearts—all for the glory of God.

In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father.  
Matthew 5:16 NLT

Every day, we must ask the Father to help us identify opportunities to act with compassion, remembering that, in the end, these actions are what truly reflect God in us. By doing so, we not only obey His call but, with each of these actions bring 'a piece of heaven to earth.' In doing so, we establish His Kingdom on earth.

### **Application**

Identify areas where you can show more compassion. Perhaps you could volunteer at a soup kitchen, visit a lonely neighbour, or mentor someone who needs guidance.

Practice putting yourself in others' shoes. Ask yourself how you would feel in their situation, and how you would like others to show compassion towards you.

### **Reflection**

How can I more faithfully reflect God's compassion in my daily actions? What concrete steps can I take to become an agent of positive change in the lives of those around me?