Compassion is part of a fundamental human drive to care. It is the desire to alleviate suffering. Being compassionate is replicating what God shows us every day.

Some examples:
In Mark 5: 1-13, God drives out the demons from a man.
In Mark 1: 40-41, God heals a man with leprosy.
In Matthew 9:18-26, Jesus raises a girl from the dead and heals a woman.

While these are amazing acts of healing and compassion, we can show compassion in other ways such as volunteering, saying a kind word, helping a friend, loved one, or a stranger. The ability to show compassion first starts with the ability to recognize someone’s suffering and then taking action to help – no matter how big or small.

Look for ways to show compassion today.

“If you want others to be happy, practice compassion. If you want to be happy, practice compassion.”
—Dalai Lama