



STUDY GUIDE – January 19, 2020

Message Title: Empathy
Teaching Pastor: Jerimy Ford

This study guide has been designed for Small Groups in mind, and can be used by individuals as well.

Check-in:

Would you consider yourself a better listener than talker or vice versa?

Would your friends/family agree?

Pray:

Pray for our time together, that the Holy Spirit would help us to consider who we are becoming. That He would guide us as we ask the questions, "Who do I think I am?" More importantly, "Who does God want me to be?"

Get Started:

"What's your mood like right now, and why?"

Depending on the size of your group, you may want to have them jot down their responses and then break up into groups of 2-3 to share.

This exercise is effective because it not only helps your group get in touch with their empathetic self, it also provides them with the opportunity to share their thoughts, giving the rest of the group the chance to experience and express empathy firsthand.

Pastor Jerimy shared a quote by Steven Covey which said, "Empathy listens with the eyes. It seeks first to understand, then to be understood."

Briefly share an experience when you, or someone else, lived this out.

Watch & Discuss the Video:

Read Luke 24:17-20

Why do you think the disciples didn't recognize Jesus and what does this have to do with the topic of empathy?

Jesus listens to the two people on the road. He digs deeper by asking questions. 'What are you talking about?'

"What things?"

Read John 11:33 – 35. Pastor Jerimy shared this on Sunday and it's worth revisiting.

These verses contain the shortest verse in the bible but one of the most impactful. Figure out that verse?

What is Jesus trying to teach us in this situation?

Dive-in:

What are some Empathy Busters?

- Solving the Problem - "I'll fix it." or "I'll talk to her."
- Giving Unsolicited Advice - "Well, if I were you. . . ." "I think you should" .
- Dismissing Feelings – "You shouldn't feel that way." or "Get over it."
- Using Sarcasm - "Oh, it's just the end of the world..." or "Boo hoo, what a shame."

Pastor Jerimy shared some Empathy Boosters, strategies for improving empathy:

- Active Listening - "I see" or "I understand."
- Giving Undivided Attention – includes non-verbal cues, nodding, eye contact, body language.
- Being Non-Judgemental.- be objective and accepting

We all can improve in one of these categories. Which one needs your focus?

It's hard to have empathy with someone we don't agree with. How can we be more like Jesus & show empathy to them?

Commit: What can we do this week to humble ourselves and to elevate others?

Patrick Lencioni, organizational health writer and speaker, says, "Humility is the single greatest and most indispensable attribute of being a team player." He suggests practicing the following actions of humility until they become natural:

- Compliment someone
- Admit mistakes
- Apologize
- Ask someone questions instead of talking about yourself

Which of those will you commit to practicing this week?

Reflect:

Read James 1:19. Relate this scripture to empathy.

Pray: Pray for the group members and the commitments made above.