

Compassionate Prayers for Others Connect Us

Don't look out only for your own interests, but take an interest in others, too.

Philippians 2:4 (NLT)

Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere.

Ephesians 6:18 (NLT)

Prayer Warriors are persons with a prayer and praying routine. Many of their words to God are for friends, family, and Church members who are struggling with confining illnesses and pain. It is a perfect prayer idea to focus on those we know and love, but today I'm suggesting we all expand our circle of prayer to include every person on the planet. When we pray for others, we must remember that all people are one with God, and I encourage each of us to awaken to that truth.

Let your prayer traditions include an element of holding a vision of joy that spreads from the hearts of every person in your home, then in your neighborhoods, your towns, your country, and ultimately your entire world. Try to imagine the entire planet radiating with love. Every time I pray for others in an affirming loving way, I consciously remember that I am united with them through God and by the Holy Spirit.

If you share my sentiments, you will carry this awareness into interactions with people in all walks of life. Before I connect "prayer" to compassion in this Talk, I suggest that we all make it a point to unite to pray for joy, love, and peace for every person on the planet. By seeking to grow in compassion, we must look to the example of Jesus. The Gospel stories give many examples of Jesus showing compassion. He shows love and care by demonstrating a keen awareness of the needs of friends and strangers alike.

Remember that Jesus did not turn away from social outcasts. He healed them and shared meals with them. His compassion fed a multitude and restored wine at a wedding reception. Upon learning that his dear friend had died, Jesus wept. Even when his disciples deserted him as he was crucified, Jesus ask God to forgive them. His forgiveness extended to others gathered who "know not what they are doing."

Desiring to grow in compassion, I know that kind words and a loving presence provide comfort. I listen deeply with my heart as well as with my ears. In Paul's words to the new followers of the Christ in Philippi, *Don't look out only for your own interests, but take an interest in others, too.*

O God, so let it be!

Peace always,
Ted