

Navigate Life With Compassion and Prayer

*“Use your voice for kindness, your ears for compassion,
your hands for charity, your mind for truth, and your heart for love.”* – Anonymous

*“Pray for one another, so that you may be healed.
The prayer of the righteous is powerful and effective.”* James 5:16

It is when our compassionate nature leads to assisting someone who needs a helping hand, a hearing ear, or a kind word that we display divine love. We normally and naturally care about the situations of people near us. “Be kind” is the mantra for people who desire to make a difference in the lives of others. When we see sadness, we can offer words of peace and encouragement. When we sense stress, we can offer kind words and smiles.

Remaining compassionate and seeking God’s direction through our personal prayers keeps us centered and aware of how we can help. Paul’s letter to the people in Rome sums up the way to demonstrate compassion. “Love one another with mutual affection; outdo one another in showing honor.” Romans 12:10.

Support for being compassionate is asking God to participate in and provide guidance as we seek ways to care for and support our friends and family. Prayer keeps us focused on God and through that focus we remain aware of how we can help people in need. Peering through the lens of unconditional love helps us to see possibilities and potential rather than challenging obstacles. We become aware of wholeness and wisdom, peace and harmony, love and protection from people.

Taking the time to observe the action of others allows us to witness Christ in them. Observation helps us see their true character that is no longer hidden by the shadow of darkness or doubt. Witnessing Christ in our own lives helps us be aware of how our love and care influences others. We should all remember that we are truly an expression of purest light and love which in turn adds to the growth of compassion for whoever comes into our presence.

Going forward, it seems important to affirm the highest and best, trusting that each person for whom you pray is walking a path of higher good. Each of us is blessed with divine attributes and we are never separate from God. Our pleasure comes from being aware enough to remain kindhearted to human beings affected by poor health, famine, disease and war.

Realizing that needs are infinite can be discouraging, but you and I praying in unison for people in need leads me to believe our prayers will result in a spread of empathy throughout the world.

Peace always,
Ted