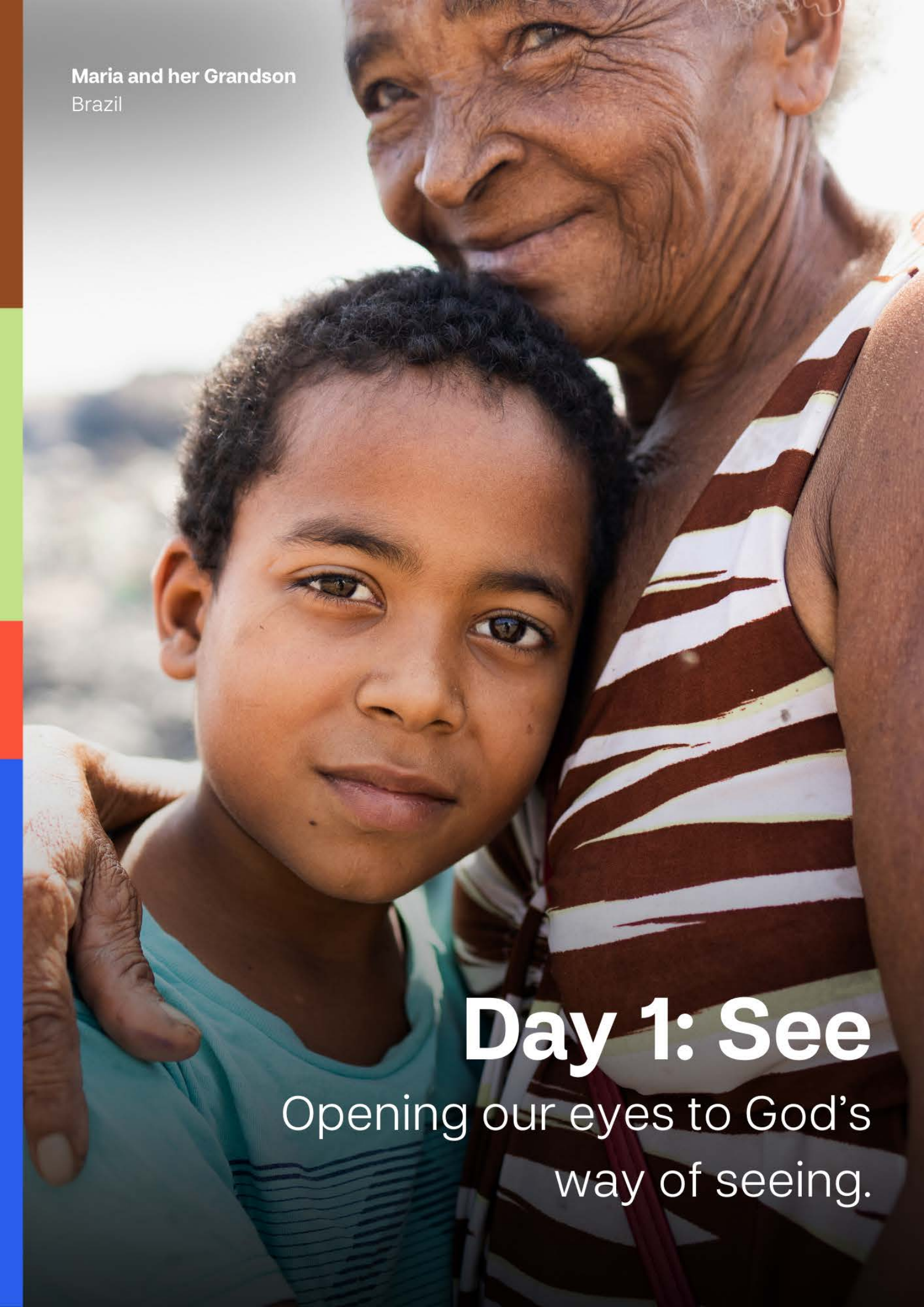


Pessi (right) and friends
Kenya

Releasing children from poverty
Compassion
in Jesus' name

See, feel, move
Questions and reflections



Maria and her Grandson
Brazil

Day 1: See

Opening our eyes to God's
way of seeing.

“

**But a Samaritan,
as he travelled,
came where the
man was;**

**and when he saw him, he
took pity on him.”**

LUKE 10:33



Reflect

Seeing, not witnessing

We all know that the greatest commandment, alongside loving God, is to love our neighbours. This is the heart of what it means to be a Christian. But how can we begin to live this out in our daily lives?

We begin by opening our eyes, by making the choice to truly see them.

Every act of compassion begins with a moment of seeing. Before the Samaritan bandaged any wounds or paid for shelter, he saw the man by the roadside. It sounds simple, but in Jesus' parable, the people who should have noticed – the priest and the Levite – walked by, unmoved. They witnessed, but they didn't see with eyes of compassion.

Seeing, in God's kingdom, is more than noticing a problem. Plenty of people know what's going on in the world, but find a reason to turn the other way. Seeing with compassion means opening our eyes to how God sees every human being: fully loved; fearfully and wonderfully made.

The God who sees

Throughout Scripture, God is shown to be a God who sees. He sees Hagar abandoned in the wilderness (Genesis 16:13). He sees the affliction of his people in Egypt (Exodus 3:7). He sees the sparrow that falls to the ground (Matthew 10:29) and the hidden needs of every human heart (Psalm 44:21). God sees with understanding, tenderness and truth.

This same seeing heart is revealed in Jesus. He sees the widow at Nain, and his heart goes out to her (Luke 7:11–15). He sees Zacchaeus hiding in a sycamore tree and calls him by name (Luke 19:1–10). He sees the crowds "harassed and helpless, like sheep without a shepherd," and his compassion for them deepens (Matthew 9:36).

Time and time again, God notices people whom others ignore: the grieving, the lonely, the suffering, the excluded.

Reflect cont...

Love in action

The call to be a good neighbour is an invitation to see with God's eyes – to look at the world with an open heart. When we ask God to help us see, he shifts our focus outward: away from self-improvement alone and towards love in action. He helps us notice the child struggling at school, the neighbour who feels isolated, the global realities of poverty, conflict and injustice. This is the beating heart of our work at Compassion UK: Jesus leads us so that when a child is in poverty, we move; when girls are vulnerable, we move; when mothers and babies are at risk, we move.

Learning to see the world through God's eyes is the doorway into becoming a compassionate global neighbour. But it requires willingness. It requires us to pause long enough in our busy lives to hear God speak.

Compassionate seeing

Isaiah paints a picture of a servant (a prophetic vision of Christ) bringing justice with gentleness, who does not break the bruised reed but sees its vulnerability and protects it (Isaiah 42:3). This is God's way of seeing: not dismissing weakness, but honouring it; not avoiding suffering, but entering it. When we learn to see as Jesus sees, we begin to notice the image of God in every person, especially those overlooked or undervalued.

As you reflect today, ask yourself: where might God be opening my eyes? Perhaps he is drawing your attention to a particular injustice, to children facing hunger or to mothers carrying heavy burdens without support.

Let this be a year marked by compassionate seeing; a year when you allow God to interrupt your normal patterns so you can join his work in the world.

Students pray together
in classroom
Rwanda

Pray

Lord, open my eyes to see what you see.
Help me notice the needs around me –
near and far – and respond with your love.

Act

Pause today and look intentionally at your
neighbourhood, workplace, church or the
wider world. Ask: Where do I see brokenness?
Where do I sense God nudging me? Write down
one area he is highlighting.

Challenge

Share what you've noticed with someone,
and invite them to pray with you.

Connect

If you sponsor a child, write to them today.
Tell them they're seen, loved and prayed for.

Go deeper

A prompt for your journal or study group: What stops me from seeing as God sees? Ask God for clarity in one area where you long for his perspective. Ask for the Holy Spirit to reshape your vision to more deeply reflect God's own heart.





Meher
Indonesia

Day 2: Feel

Let your heart be moved

“
...he took pity
on him.”

LUKE 10:33



Reflect

Moved to move

Seeing is the beginning of becoming a loving neighbour, but it's not the whole journey. In Jesus' parable, the Samaritan not only sees the wounded man... he feels something.

The NIV translation says he "took pity," but the original Greek word, σπλαγχνίζομαι (splanchnizomai), goes deeper than casual sympathy. It describes a heart and gut-deep compassion that can stir us to act: moved to move.

Healing and hope

This same word is used to describe Jesus' compassion. When he sees the hungry crowd, he feels a powerful concern (Mark 8:2). When he meets the man with leprosy, he is moved in his innermost being and reaches out to him (Mark 1:40-41). Jesus doesn't harden his heart to survive the weight of suffering he sees; he lets himself be moved so that healing and hope can flow from him.

The Samaritan mirrors this Jesus-shaped compassion. He allows the suffering of another person to reach him. He lets himself be interrupted and emotionally involved. He risks becoming invested – an act of loving, daring vulnerability. And that willingness to feel becomes a catalyst. Seeing without feeling is incomplete; but an open heart empowers us to respond.



Reflect cont...

The strength of vulnerability

Compassion fatigue is real. With a 24-hour news cycle beamed directly to us through our phones, the needs of the world seem overwhelming. Sometimes it can feel easier to shut down emotionally: to scroll past, to numb ourselves, to avoid caring too much. Yet God's Spirit can renew us (Isaiah 40:31).

Our faith in Jesus can give us the courage to keep our hearts tender, even in the face of ongoing suffering.

Emotion is not a sign of weakness, but of strength. When we feel, when we care, we align ourselves with the divine. Hosea describes God's heart as "stirred" with tenderness for his people (Hosea 11:8).

Isaiah reveals God as the One who carries us close to his heart (Isaiah 40:11). And Jesus shows us God's compassion in flesh and blood: he weeps at Lazarus' tomb, and moves towards those whom others shun – unashamedly extending his hands to the marginalised. This is the compassion we're invited to feel ourselves.

An invitation

So, today, allow yourself to feel. Invite God to show you what moves him. Ask God: what breaks my heart because it breaks yours? This is not a burden meant to crush you, but an invitation to lift you into partnership with the movement of God – the movement of compassion.

Pray

Father, soften my heart. Guard me from indifference. Renew in me the compassion of Jesus. Let me feel your love for the hurting, and respond with love in action.

Act

Take five minutes to pray intentionally for someone in crisis or a community facing poverty or instability. Let yourself linger with the emotion.

Challenge

If it's safe for you to do so, consider fasting for one meal this week. Use that time to intercede (pray for) for those who hunger daily. Let the physical experience help shape empathy.

Connect

If you sponsor a child, tell one person about them. Invite them to join you in prayer; imagine the difference we could make together if everyone found one more sponsor for a child!

Go deeper

A prompt for your journal or study group: Where have I grown indifferent to suffering? Ask God to ignite compassion in a specific area of your life, so you can open your heart in a way that leads to life-giving action.



Eldimar running at the beach

Colombia



Day 3: Move

Stepping into action together

“
Then he went
to him and
bandaged his
wounds...

LUKE 10:34



Reflect

Love incarnate

Compassion is not complete until it moves. A loving neighbour is someone who takes action. The Samaritan doesn't stop at seeing or feeling. He steps towards the wounded man. He crosses the road, closes the distance, and becomes personally involved. Jesus uses this moment to show us that love is not merely an emotion or good intention. Love becomes real when it becomes action (James 2:17).

This is the love of God: not intangible or distant, but incarnate.

Love that crosses barriers

Jesus models this again and again. His compassion is always active. When he sees the paralysed man lowered through the roof, he doesn't simply acknowledge him, he speaks forgiveness and healing into his life (Mark 2:1–12). When he encounters blind Bartimaeus crying out on the roadside, Jesus stops and calls him forward, restoring his sight (Mark 10:46–52). Jesus' love always moves towards people, especially those others avoid or overlook.

This is the kind of love we're invited to show as well as experience. A love that steps out of comfort. A love that crosses barriers. A love that chooses involvement instead of distance.

This movement isn't necessarily dramatic: a phone call; a prayer; a letter to the child you sponsor; a donation given quietly; a decision to be present when someone needs you. These small steps create ripples that reach far beyond what we can see.



Reflect cont...

Radical generosity

The Samaritan isn't trying to change the world with a sweeping gesture, yet his movement is one of radical generosity. It costs him time, resources, reputation and comfort.

Compassion that reflects God's heart is willing to sacrifice for the sake of another. In this way, the Samaritan echoes Jesus himself. Jesus made the most radical, generous and compassionate movement of all: moving from heaven to earth, from glory to a manger, from life to the cross, so that humanity could be restored.

Holy interruptions

Imagine what your life might look like if your steps were guided by this kind of compassion. What if your calendar, energy, and priorities became shaped by responsive love? What if you made room for holy interruptions, the kind that invite you into God's story?

This is not about doing everything. It's about doing the next right thing that God places in front of you. One step. One act of generosity. One moment of courage. Movement is powerful when it aligns with the heart of God and flows from the compassion he has already planted within you.

Pray

Lord, give me courage to act. Show me practical ways to bring your hope and healing into the lives of others. Help me move when you move.

Act

Do one intentional act of compassion today or this week. Send an encouraging message, buy a meal for someone, or offer practical support to a neighbour or colleague.

Challenge

Consider committing to a regular act of generosity. You could set up a monthly donation, become a Compassion Church Champion, or offer your time to volunteer for a cause.

Connect

Your sponsorship is compassion in motion. Could you invite your small group or church community to pray for Compassion's partners and the children they serve?

Go deeper

A prompt for your journal or study group: What is one bold step God is calling me to take this year? Write a short plan and pray over it daily for a week. Ask a trusted Christian for their advice on your plans, and for God to steady your steps.



Pessi and friends
Kenya



What's your next step?

You've seen, felt, and moved, but this is just the beginning. If you want to go further, explore more devotional material, or tell us what would help you deepen your faith, we'd love to hear from you.

What's your next step? Perhaps Jesus is inviting you to go deeper in prayer, take a specific action, or share with others how they can get involved. However the Holy Spirit prompts you, let's keep aligning our hearts with God's and follow Jesus' lead as we move with compassion.'

“
Whoever
welcomes one
such child
in my name welcomes me”

MATTHEW 18:5



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