

Seven Spiritual Gifts of Waiting

By Holly W. Whitcomb

Chapter 4: Compassion **Spiritual Practice: Heart to Heart**

Step One: Picture God's heart.

Step Two: Ask yourself: What am I holding in my heart these days? How does this feel?

Step Three. Think of others who may be experiencing what you are experiencing. Connect your heart with their hearts.

Step Four. Bring all of this into God's heart. Allow yourself to feel compassion.

Questions to Ponder

1. *Compassion reminds us that we are not alone.*

- How would you define the word *compassion*?
- Think of a recent time when someone came along beside you while you waited. What did they do to let you know they were "with you"? How did you feel?

2. *Compassion teaches us to receive.*

- Do you struggle over receiving help? What are some things that are especially hard for you to receive?
- Think of a time when you were able to receive help gracefully. How did that affect the giver? How did it affect you? What did you learn from that experience?
- How might waiting help you to be able to receive?

3. *Compassion allows us to be seen for who we really are.*

- Who in your life really sees you? What difference does this make?
- How might waiting lead you to see, or be seen, more honestly?

4. *Compassion helps us gather strength from others.*

- With whom have you experienced a particular bond as a result of waiting together? How do you benefit from this relationship?
- What are you waiting for at this time in your life? Can you imagine how this period of waiting might create a link of compassion with someone else?

5. *Compassion offers us hope.*

- When has hope been a gift in your life?
- What are your sources of hope?
- How might you offer hope to another person this week?

SCRIPTURE READINGS:

Romans 1:8-12

Psalms 139:7-12

Matthew 20:29-34