

# Deeply Rooted Week 7: In My Gut

Scripture: [Matthew 20:29-34](#)

## Video Lesson:

<https://vimeo.com/624978151>

## Our Prayer:

Gracious God, just as Jesus was moved by compassion to ease the suffering of those he encountered, we pray that we may do the same when given opportunities for compassion.

## Memorable Quotes:

“Compassion is always, at its most authentic, about a shift from the cramped world of self-preoccupation into a more expansive place of fellowship, of true kinship.” — Gregory Boyle, *Tattoos on the Heart*

“A religious man is a person...whose greatest passion is compassion, whose greatest strength is love and defiance of despair.”  
— Abraham Joshua Heschel, *Moral Grandeur and Spiritual Audacity*

## Questions for Reflection:

- What breaks your heart when you see it or hear about it? (Recall our discussion from Week 4)
- What might prevent someone from showing compassion to others? What could spur someone to show compassion to others?
- Reflect on and share a time when you were moved by compassion to act.
- Where in our lives, in our neighborhoods, our workplaces, is healing needed? How might you bring compassion to those places?

## Practices to Adopt:

- Read some of the following passages: [Mark 6:30-44](#) / [Mark 10:13-16](#) / [John 8:2-11](#). What stands out to you about these descriptions?
- Pray this week's prayer (above)
- Look for opportunities for service in our community
- Consider becoming a long-term volunteer for an organization whose mission you deeply care about
- In a conversation this week, especially if someone hints that they are having a bad day, say “Tell me more”

## Resources to Go Deeper:

Bible Project ([Rakhum “Compassion”](#) video or “[The Womb of God](#)” podcast)

TED Talk, Karen Armstrong, “[My wish: The Charter for Compassion](#)”

*Tattoos on the Heart* or “[Pepperdine University Commencement Speech](#)”, 2018, by Gregory Boyle

*Compassion: Listening to the Cries of the World*, by Christina Feldman

*Tell Me More about That*, by Rob Volpe