

## REFLECTION

### COMPASSIONATE HEART

Is there a difference between "sympathy" and "compassion?" If so, what is the difference? And which is more desirable? Sympathy simply means that we feel bad for another. It means, in a sense, that we pity them. But compassion goes much further. It means that we enter into their sufferings and carry their burden with them. It means we suffer with them just as our Lord suffered with and for us. We must only seek to offer true compassion for others and to invite them to offer compassion to us. How well do you offer true compassion? Do you see the hurt of others and seek to be there for them, encouraging them in Christ? And when you suffer, do you allow the Mercy of God to reach out to you through them? Or do you seek only pity from others allowing yourself to fall into the trap of self-pity? Reflect upon the difference in these two qualities and ask our Lord to make your heart one of authentic compassion for all.