

DAY 35 | Compassion — The Emotion That Connects And Heals

“Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering.” — Colossians 3:12 (KJV)

“But when he saw the multitudes, he was moved with compassion on them, because they fainted, and were scattered abroad, as sheep having no shepherd.” — Matthew 9:36 (KJV)

Compassion is the emotion that most closely mirrors the emotional life of Jesus in the Gospels. On eight separate occasions in the Synoptic Gospels, it is recorded that Jesus was 'moved with compassion' — and in every case, the compassion was not merely a feeling. It was the motivating force behind a healing, a miracle, a teaching, or a direct act of care. Compassion in the New Testament is not sentiment; it is the internal mechanism through which love becomes action.

The neuroscience of compassion reveals why it is so significant as an emotional agent of healing. Tania Singer's research at the Max Planck Institute demonstrated that genuine compassion distinguishable from the neural exhaustion of empathic distress activates the brain's affiliative reward system and produces oxytocin, the bonding hormone. Compassion-based practices were found to increase grey matter density in the medial prefrontal cortex and the anterior insula, improving emotional regulation, social cognition, and the capacity to remain present with another person's suffering without being overwhelmed by it.

Dr. Curt Thompson identifies a critical insight about compassion's healing function: being on the receiving end of genuine compassion being with someone who allows your pain to matter to them without trying to fix it, minimise it, or redirect it is one of the most powerful neurological healing experiences available to the human brain. The right hemisphere, which carries the emotional self, is designed to heal in the presence of compassionate attunement. This is why Jesus's compassion always preceded His miracles. The healing environment was the compassion itself.

Colossians 3:12 instructs believers to put on compassion the Greek is *splagchnon*, literally the bowels or visceral organs, indicating the deep, gut-level quality of the compassion Paul has in mind. This is not the compassion of mild concern. It is visceral compassion felt in the body, moved in the interior, expressed in action. The invitation of today is both to receive the



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compassion of God toward your own emotional pain, and to begin extending it toward those around you whose pain has gone unwitnessed.

WHAT THE EXPERTS SAY

“Compassion is not a passive emotion, it is an active healing agent. Being in the presence of someone whose compassion allows your pain to fully matter to them, without being redirected or minimised, produces neurological healing in the brain's right hemisphere that cannot be replicated by any other means.” — Dr. Curt Thompson, *Anatomy of the Soul*

“Compassion genuinely received and genuinely extended activates the brain's affiliative reward system, produces oxytocin, and builds the neural capacity for sustained emotional presence. It is both a healing practice and a healing environment. Brain science agrees with what Jesus modelled.” — Dr. Caroline Leaf, *Switch On Your Brain*

PRAYER POINTS

1. Father, I receive Your compassion toward me today not as a doctrine but as a felt reality. You are moved by what moves me. Your compassion is visceral, not theoretical. Let me feel it.
2. Jesus, You were moved with compassion before every miracle. I ask You to be moved with compassion toward my specific situation right now toward the wound, the weariness, the need. Move toward me.
3. Holy Spirit, produce in me the capacity for genuine compassion toward others. Let the emotional healing I am receiving make me a healing environment for those in my life who are carrying pain.
4. I declare that compassion flows both ways in my life received from God and extended toward others. This is the environment in which the healing of the whole community begins, in Jesus Christ's name.

In the mighty name of Jesus Christ. Amen!

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— From the Desk of Chief Seer, Dr. Andre Thomas —



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