



## *Summer on the Mount | Pt. 17: Empathy*

Sept 1, 2024 | Matt Anderson

### **WARM UP**

1. Who is the most compassionate person you've met?
2. What stood out to you in this week's message?

### **DIG IN**

1. Read Matt 7:9-12. Why does Jesus call us "evil"? Why does he assume that our sinful nature doesn't need to prevent us from giving good gifts and loving people?
2. How are Matthew 7:12 and Matt 12:31 alike? Why does he reference self-love while trying to explain how to love others? Why does he use us as a reference point?
3. How can we harness our selfishness to love others?
4. Talk about Mirror Neurons in our brains, along with phantom pain and unilateral physical training. What do these things teach us about how God wired our brains to feel and address more than just our own pain?

### **DIGGING DEEPER (EXTRA CREDIT!)**

1. How empathetic are you? Do you lean into or shy away from the pain of others? Why?
2. What are the steps needed for showing empathy? Which one do you need to take next?
3. What is your biggest obstacle to accepting and sharing empathy?
4. Who are you inviting to Bring-A-Friend Sunday and potluck? Try practicing empathy when you imagine who could really appreciate an invitation!



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Use this space for note-taking: