

# Compassion For The Suffering

“Compassion costs. It is easy enough to argue, criticize and condemn, but redemption is costly, and comfort draws from the deep. Brains can argue, but it takes heart to comfort.”

Samuel Chadwick

## Opening Comments

### Introduction

- A. Our bodies are complex
  - 1. physical
  - 2a. emotional
  - 2b. mental/intellectual
  - 3. spiritual

### I. Physical Needs

- A. Sleep / Food / Exercise
  
- B. Respect your body

### II. Emotional

- A. Don't tolerate abuse
  
- B. People need affirmation
  
- C. Try to accommodate their mental health needs

### III. Intellectual Needs

- A. Someone who will speak truth to them
  
- B. Someone who will remind them of God's promises

### IV. Spiritual Needs      6

- A. Reminder of our Salvation
  
- B. Reminder of the brotherhood of Jesus

## Conclusion