



Kingsland CE Primary School

Let your light shine

“Let your light shine before others that they may see your good deeds and glorify your Father in heaven.”
(Matthew 5:16)



This half term's Christian value is:

COMPASSION

Educating for Hope and Aspiration

A prayer of COMPASSION

Jesus help my eyes to see, all the good you send for me. Jesus help my ears to hear, calls for help from far and near. Jesus help my feet to go, in the way that you will show. Jesus help my hands to do, all things loving, kind and true. Amen



Christian Value Family Reflection

Welcome to our Christian Value Family Reflection which offers some suggestions, thoughts and ways into exploring and reflecting on the value of this half term: **COMPASSION**

A reflection on COMPASSION by Clare Traynor, Foundation Governor

What is compassion? The concept of compassion is sometimes used interchangeably with sympathy - a feeling of distress or pity for the suffering or misfortune of someone else. However, compassion goes further than sympathy; it embodies the desire to help. So, compassion is more than a feeling; it is a desire to care, to listen, to help and to act.

Compassion in action ... What are your instincts if you see a friend fall and cut their knee? When we see someone hurting, we want to offer them our hand. We help them up, and if we can, we try to fix the problem. This is compassion in action. It is the instinct to reach out when someone is hurting, even if we don't have the perfect words.

Compassion in the Bible - There are many stories in the Bible that illustrate compassion in action. One of these is **The Good Samaritan (Luke 10:25-37)**: Perhaps the Bible story we know best which demonstrates compassion is the parable of the Good Samaritan, or in your Storyteller Bible, The Kind Stranger (page 104). The Samaritan crossed not just the road but also cultural boundaries to care for someone in need. The Samaritan didn't hesitate; he saw suffering and responded with mercy, even when others passed by. As Christians, this is a story we look at frequently, and when I think of what I would do, I feel confident I would follow the Samaritan's example, but what would you do?

Zacchaeus the Tax Collector (Luke 19:1-10): In this story, Jesus shows compassion to a tax collector called Zacchaeus. Tax collectors had a reputation for being liars and thieves, yet Jesus chose to dine at Zacchaeus' house and show him compassion.

This act transformed Zacchaeus' life, prompting him to give half his wealth to the poor and repay those he had wronged. This story teaches us that compassion can ignite positive change in even the most hardened hearts, but more than that, it also teaches us we should also be compassionate to people who we may not think deserve it. For me, this is the most challenging example of compassion in action.

Closing thoughts - In our busy world, compassion asks us to slow down. Whether it's your parents' weary eyes after a hard day or a friend's silence that speaks volumes, I hope your compassion tunes in to these signals of suffering and helps you to connect with each other.

Finally, compassion begins with ourselves. There is an often-used phrase that rings true - **you cannot pour from an empty cup**. To be compassionate toward others, we must learn to extend that same grace toward ourselves. We must forgive our own missteps and speak to ourselves with kind words.