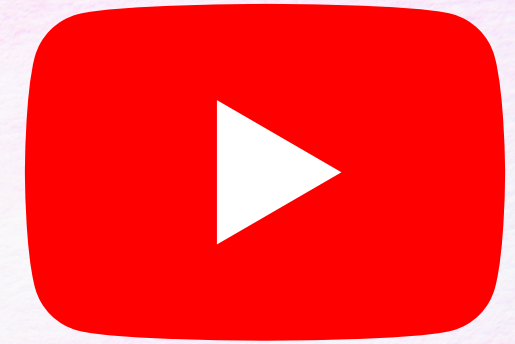


Sesame Street

Mark Ruffalo: Empathy



God Loves When We Show Empathy

Jesus approached every person he encountered with empathy. We see that very clearly in the healing stories—the stories where Jesus heals someone. Jesus healed a man born blind, a child who was unconscious, a woman who was bleeding, a man with a hurt hand, and countless others. Jesus put himself in their places and did whatever he could to understand and care for them. Sometimes that looked like asking the people he empathized with what they really wanted from him instead of assuming he knew best. When we approach others with empathy, we build trust and love.

Empathy is:

- when you're able to understand and care about how someone else is feeling

Wonder together:

- I wonder when you have felt empathy today.
- Why do you think Jesus showed understanding and care to the people he met?
- How can you be empathetic to your family this week?

To show empathy we must first understand feelings. As a family, write down all the feeling words you know. Then, take turn modeling what that feeling looks like when it's felt.

created by Brittany Sky McKay for the