

Concluding Thoughts on Empathy (April 23, 2026)

Jesus understands us. Hebrews 2:17-18 says it this way: “Therefore, in all things He had to be made like His brethren, that He might be a merciful and faithful High Priest in things pertaining to God, to make propitiation for the sins of the people. For in that He Himself has suffered, being tempted, He is able to aid those who are tempted.” Jesus is the only one who will ever fully understand us.

Here are a few final thoughts about empathy:

1. The goal of empathy is to restate another person’s content and feelings as well as, if not better than, they were initially stated. Only after the restatement has been confirmed by the original speaker is empathy established.
2. Empathy is a practice...we are all going to get it wrong. The beauty of restating the other person’s content and feelings is that they can correct any nuanced misunderstanding before it becomes a relationship trap. Follow up dialog will further empathy and connection.
3. To grow in empathy, we must continue to grow in the other EQ skills as well. Personal awareness, emotional regulation, and sincere motivation all aid genuine empathy and meaningful connection. They are interconnected practices.
4. Empathy is a significant element in all the relationship skills. Building and maintaining trust, managing healthy conflict toward win-win resolutions, and negotiating agreements and accountability systems all require empathy.

Our relationships will not be perfect. We are too human for that.
But they can grow to be deep and meaningful through intentional effort in a few key areas.
Empathetic connection is a key building block to all good relationships.