

Session 2: Empathetic Presence Builds Oneness

What is the first human crisis ever recorded in the Bible?

There are two reasons why it was “not good” for man to be alone in the garden.

1. _____
2. _____

How do we establish a “oneness” connection?

Rejoice with those who rejoice; mourn with those who mourn. Romans 12:15, NIV

There is no oneness unless we connect on an emotional level.

- 1) We share our joys and receive rejoicing.
- 2) We share our hurts and discouragements with one another and receive God’s comfort from one another.

Romans 12:15 personifies how God feels towards us!

- *The LORD your God is in your midst, A victorious warrior. He will exult over you with joy, He will be quiet in His love, He will rejoice over you with shouts of joy.* Zephaniah 3:17, NASB
- *So the LORD was sorry he had ever made them and put them on the earth. It broke his heart.* Genesis 6:6, NLT
- *Oh, how can I give you up, Israel? How can I let you go? How can I destroy you like Admah or demolish you like Zeboiim? My heart is torn within me, and my compassion overflows.* Hosea 11:8, NLT
- *When he saw the crowds, he had compassion on them because they were confused and helpless, like sheep without a shepherd.* Matthew 9:36, NLT
- *Then Jesus wept.* John 11:35, NLT

One key way that God expresses himself to people is _____.

Great truth about God is communicated to others when we feel what God is feeling—and express it.

Jesus was compassionate.

- *When he saw the crowds, he had compassion on them because they were confused and helpless, like sheep without a shepherd.* Matthew 9:36, NLT
- *Jesus saw the huge crowd as he stepped from the boat, and he had compassion on them and healed their sick.* Matthew 14:14, NLT
- *Then Jesus called his disciples and told them, “I feel sorry for these people. They have been here with me for three days, and they have nothing left to eat. I don’t want to send them away hungry, or they will faint along the way.”* Matthew 15:32, NLT

We are called to “feel it.”

- *If someone has enough money to live well and sees a brother or sister in need but shows no compassion—how can God’s love be in that person? 1 John 3:17, NLT*
- *Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Colossians 3:12, NIV*
- *Is there any encouragement from belonging to Christ? Any comfort from his love? Any fellowship together in the Spirit? Are your hearts tender and compassionate?”
Philippians 2:1, NLT*
- *Finally, all of you should be of one mind. Sympathize with each other. Love each other as brothers and sisters. Be tenderhearted, and keep a humble attitude. 1 Peter 3:8, NLT*

What is the difference between empathy and sympathy?

How can we grow in empathy?

- 1) See God as He truly is _____ you.
- 2) Be _____ in the moment.
- 3) Take the _____ of the other person.
- 4) Don’t judge or _____.
- 5) Recognize _____ in the other person.
- 6) _____ that emotion.

Couple's Project

"ONENESS RESPONDING"

PUTTING ROMANS 12:15 INTO PRACTICE.

Step One: "Rejoice with those who rejoice!"

Take turns sharing with your mate:

"As I reflect upon my growing up years, I remember a time when _____"

Share with your spouse about this exciting or pleasant experience!!

Then rejoice together!

Productive Responses.

Productive responses always include understanding, gentleness, empathy, and reassurance.

- "I am so glad that you had that experience."
- "I am very happy that you were able to hear those things."
- "I am so happy you shared that wonderful story with me."
- "I am so excited that you were honored in that way."
- "I am so proud of you and I hope you feel proud too."

Step 2: "Mourn with those who mourn."

Take turns sharing with your mate:

"As I reflect upon my growing up years, I really missed _____, and it left me feeling _____."

Share with your mate this difficult, painful, or sorrowful moment.

Then weep together!

Productive Responses

Productive responses include understanding, gentleness, empathy, and reassurance.

- "I'm sorry that happened...."
- "It hurts me that you were hurt like that....because I care...I love you."
- "I can really see that you are hurting."
- "It saddens me to see you so fearful."
- "I care about you and don't like to see you so discouraged."
- "I'm committed to go through this with you."
- "I genuinely regret my part in hurting you."
- "I now see that I hurt you by my _____. Will you forgive me?"

Ideas to Prompt Your Thinking

Examples of past experiences to share.

THINGS TO CELEBRATE

An award or honor you received.

A time you felt secure.

Someone speaking highly of you.

A success you achieved.

A good grade you weren't expecting.

A time you felt warm & safe.

A time you felt important to others.

Being publicly honored by a coach or mentor.

A special gift you received.

A special Christmas or birthday memory.

An adventure you had with someone.

A special surprise event or decision.

The fun of meeting someone famous.

A favorite vacation you took.

Celebrating together.

THINGS TO MOURN

A time you were misunderstood.

A time you were bullied.

A time when someone embarrassed you.

A time when you were betrayed.

Someone gossiped about you.

Suffered injustice from a person in authority.

The death of a family member or friend.

The death or disappearance of a pet.

The loss of an important possession.

A time someone cheated you.

Suffered loss in an important event or contest.

A sickness or injury that was particularly painful.

The loss of a special relationship.

Getting cut from a team.

Grieving together.