



Discovering the Heart of God: How to Embrace His Compassion in Your Life

By: Terri Walker

Sometimes we forget that God is FOR us. We can carry so much in our hearts and on our minds from life's challenges that we become accustomed to it, as if struggling emotionally, physically, or financially is par for the course—typical for just existing. I know this firsthand as I have carried anxiety and fear to the point that it almost developed a life of its own, becoming such a heavy burden for me. Being at rock bottom in any area of our lives is no fun at all. Are you carrying anything that you haven't taken to God? Maybe you've been trying to deal with it on your own or simply act like it's not there.

Every living person has needs and weaknesses. Yet none are beyond God's knowledge or concern. Thankfully, we serve a compassionate Father whose heart is tender towards us and our needs. He's a God who has the power to meet our needs AND change our circumstances. He cares about our spiritual, emotional, and physical well-being. It's through His compassion that we can truly be transformed from the inside out as He's the One who fully knows us.

God's compassion is such a powerful part of who He is that He takes time to declare this about Himself. In a close and personal encounter with Moses on Mount Sinai, God speaks. And He shares with Moses (and with us through our reading of His Word) the nature of who He is, His core attributes:

5 Then the Lord descended in the cloud and stood there with Moses as he proclaimed the Name of the Lord. 6 Then the Lord passed by in front of him, and proclaimed, "The Lord, the Lord God, compassionate and gracious, slow to anger, and abounding in lovingkindness and truth (faithfulness)... Exodus 34:5-6 AMP

Let there be no doubt that our God is a God of compassion, and He wants us to know and experience it in our own lives.

God's compassion was fully displayed in His Son while he was on Earth and there are many instances presented in the Gospels. The book of Matthew in particular frequently mentions

Christ's compassion and I want to share three verses that really opened my eyes to His loving compassionate heart, which reminds me to freely go to Him with all my needs:

But when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd. Matthew 9:36, NKJV

And when Jesus went out He saw a great multitude; and He was moved with compassion for them, and healed their sick. Matthew 14:14, NKJV

Now Jesus called His disciples to Himself and said, "I have compassion on the multitude, because they have now continued with Me three days and have nothing to eat. And I do not want to send them away hungry, lest they faint on the way." Mathew 15:32, NKJV

These are powerful verses that illustrate how His compassion is present for healing, guidance, and provision. That He is so observant of the flock and in tune with their present need gives me comfort that He does the same with us today, no matter the need. Maybe you need comfort during grief, clarity where there is confusion, peace in exchange for anxiety or divine healing from sickness/disease. His Word shows that He knows, cares, and has the power to change it all for your good! So how do we come to experience God's compassion in our own lives? Here are three important steps:

1. **Believe.** Trust in God is mandatory. You must believe that God is and that He is Who He says He is. When you have faith, you can expect that He will meet your need. God declares throughout His Word that He is a God of compassion. Do you believe Him? Psalm 103:3; Lamentations 3:22-23; Isaiah 54:10; Hebrews 11:6
2. **Ask.** This requires you to be real with yourself and with God about your needs. There's no room for facades with Him. The people who encountered Christ's compassion face-to-face while He was on earth believed that He was for them and asked boldly for what they needed (with an expectation to receive). Never hesitate to ask! Mark 10:46-52; John 14:14; John 16:23-24
3. **Thank.** Thank and praise Him for your blessing and be sure to give to others what you have received from Him. Be a compassionate being, share the heart of God with others. Luke 6:36; Luke 10:30-37; Colossians 3:12

Search the Scriptures for yourself. You may be surprised by how many verses there are about the compassion of God. God's love for us—shown through His Son the Messiah—is eternal. This means at all times and in all circumstances. There is no need that is too petty or too big. And there is no wrong time to ask. As a matter of fact, RIGHT NOW is always the right time to take your need to God. The Lord God has compassion on you!

