

Being busy and resting

Hello,

What a morning I have had, so many things have gone wrong and I am wearing plasters and creams to soothe all my bumps!

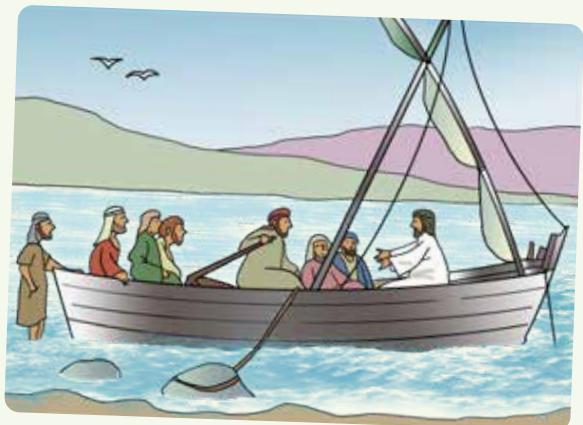
You may have guessed, those sentences are made up, I didn't actually get hurt this morning. However, I wonder how you felt reading my opening sentence? Did you care that I was hurt? Did it make you feel sad? If any of those things came to mind, you were showing something called compassion. Compassion involves feeling sorry for someone, it means you care and have concern for them.

Do you know who gave us the greatest demonstration of compassion? That's right: Jesus! Jesus devoted his whole life to showing concern and care for those around him. We see him performing amazing miracles that helped other people. He made sick people better, provided food for those who were hungry, healed people who couldn't see or walk, and even brought dead people back to life! The Bible tells us that Jesus looked at crowds and had compassion. He saw needy people as "sheep without a shepherd", as though they were lost and needed a leader to help and to guide them. Jesus served people because he loved them.

The apostles returned from their journeys around the villages and gathered round Jesus to tell him all that they had done and taught. He said to them, 'Come away with me to a quiet place so that you can rest for a while.' There were so many people coming and going around them that he and the apostles didn't even have time to eat! So they went away in a boat to a deserted place all by themselves. *

But many people saw them set off in the boat and they hurried from all the nearby towns to meet them when they landed. When Jesus went ashore, he saw a great crowd and he had compassion for them, because they were like sheep without a shepherd. * So he began to teach them many things.

Later Jesus and the apostles crossed over the lake in the boat and came to land at Gennesaret. * Immediately as they got out of the boat and tied it up, people recognised Jesus, and rushed from all over the region, bringing sick people on mats to



wherever he was. And no matter where Jesus went, into farms or villages or cities, people laid out the sick in the marketplaces, and begged him that they might just touch the fringe of his cloak. And everyone who touched it was healed.

Mark 6:30-34,53-56

* See Share the Word.

Jesus is still wants to show compassion to us even when we can't see him. He wants to help, all we have to do is ask and trust. We might still face trouble and disappointments, but he will be there with us. The 'something to make' is a dice to cut out, decorate and glue together. It will remind you to show compassion and rest.