

Empathy

I Peter 3: 8

- I. Empathy decline
- II. Steps to empathy- Brene Brown *I thought it was just me (but it isn't)*
 - a. See the world through their eyes
 - i. Hebrews 13:3
 - ii. 1 Corinthians 12:26
 - iii. 1 Peter 3:8
 - 1. empathy- suffering with
 - 2. tender heart= strong bowels
 - 3. humility
 - b. Don't judge
 - i. John 8:3-7
 - ii. Danish parenting
 - c. Understand what they are feeling
 - i. John 11
 - 1. Embriamaomai- snorting of a horse
 - 2. Tarasso- agitate or stir the waters
 - 3. Two types of crying
 - d. Identify with what they are feeling and offer support
 - i. Ephesians 4:29
 - 1. Without hijacking their story
 - 2. Finding a way to connect with their emotion if not their situation