

## CURRENT SERIES

# HOW NOT TO BE A JERKFACE

Double parking, phone calls in the elevator, dirty mugs in the office sink, using Facebook as a verb. We can easily see the awfulness around us, but are often blind to it in ourselves. Join us as we learn to be a little less jerkface and a little more human.

## MESSAGE NOTES

### Empathy is Essential

Colossians 3:12-15 | Pastor Matthew Starner

We are losing the ability to think about, serve, and actually be about people other than \_\_\_\_\_.

The solution: \_\_\_\_\_.

Empathy is \_\_\_\_\_ to and \_\_\_\_\_ with people.

Empathy is a choice:

1. Choose to \_\_\_\_\_.

Love is ascribing \_\_\_\_\_ to another person at \_\_\_\_\_ to yourself.

2. Choose to \_\_\_\_\_.

Pity: I'm glad it's not \_\_\_\_\_!

Sympathy: To feel \_\_\_\_\_ a person.

Empathy: To feel \_\_\_\_\_ a person.

Feeling \_\_\_\_\_ takes \_\_\_\_\_.

Rarely can a response make someone feel better. What makes someone feel better is \_\_\_\_\_.

The most empathetic person who ever lived was \_\_\_\_\_.

**Hebrews 4:15 NIV:** For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin.

**Mark 1:40-42 NLT:** A man with leprosy came and knelt in front of Jesus, begging to be healed. "If you are willing, you can heal me and make me clean," he said.

<sup>41</sup> Moved with compassion, Jesus reached out and touched him. "I am willing," he said. "Be healed!" <sup>42</sup> Instantly the leprosy disappeared, and the man was healed.

When you choose \_\_\_\_\_, you get the gift of \_\_\_\_\_.

# TALK IT OVER

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These questions can help you take today's sermon and help you apply it to your life or find your next steps. Use them with your family, with friends, or in your own personal devotion time. **NEW: Find an expanded version of these questions at [JourneyWired.org/discussion-questions](http://JourneyWired.org/discussion-questions).**

1. Read Hebrews 4:15. What does it mean to us that Jesus is able to empathize with us? Why does that matter?
2. Read Colossians 3:12-15. What practical difference does this "clothing" make between our different relationships (e.g. with your spouse? Your friends? Your children/parents? Your coworkers? Etc.)
3. If possible, watch this video together: [youtu.be/1Evwgu369Jw](https://youtu.be/1Evwgu369Jw). How does Brene Brown's explanation change how you've thought about empathy and sympathy in the past? How much self-sacrifice does it take to really feel "with" someone?
4. How would you rate yourself as a listener?
5. Do you agree that our culture is losing the ability to truly empathize with one another? What small, practical steps can you do right now to combat that in your life?

# THIS WEEK IN THE BIBLE

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Take today's message beyond Sunday and into the rest of your week. Read and reflect on these verses alone, with your family, or with a friend. Talk about how they apply to your life today or what God might be teaching you through His Word.

<b>Sunday</b>	Colossians 3:12-15
<b>Monday</b>	Colossians 3:1-11
<b>Tuesday</b>	Hebrews 4:15
<b>Wednesday</b>	Mark 1:40-42
<b>Thursday</b>	Romans 12:15
<b>Friday</b>	John 15:12
<b>Saturday</b>	1 Corinthians 12:26

# ONLINE NOTES

You can also take notes and engage with the message using the **YouVersion Bible** app. With **YouVersion Events** you can follow along with the message, take notes, read related Bible verses, ask questions, and more.