



# COMPASSION TAKES PRACTICE

## 5 Tips on Loving Others Well

*Here are five practical ways to grow in empathy, care and concern for people who are suffering, and find ways to meet the needs of those around you.*

**TIP #1: Be willing to let God change your perspective.**

Choose to look at your circumstances differently. Choose to see the positive side of things and watch what God does to your perspective. Set your mind on things above and you will begin to see the fruit of this transformation.

**TIP #2: Focus on the positives.**

Be willing to replace an “I have to” mentality with an “I get to” attitude. This simple mindset shift can change everything. Think of the opportunity to practice compassion instead of an obligation.

**TIP #3: Make the goal about helping others.**

Set a goal to help people and let go of any determination to not be taken advantage of. If your goal is to not be taken advantage of, you will miss an opportunity to help a lot of people. If your goal is to help people, you will most likely have a few who take advantage of you. It’s ok. Choose to help people, regardless.

**TIP #4: Use what you have to help.**

You don’t have to wait to have it all together or wait to have more resources. You can look for needs around you, right now, and ask God, “What do I have right now that can help meet a need?” God will show you.

**TIP #5: Practice.**

Growing in compassion takes practice. Keep at it. Be patient with yourself. Recognize that practice does not mean perfect. Practice means progress.

*If you would like an opportunity to practice compassion, to take what you’ve learned and do something with it, consider one of the following:*

**Serve with The Hope Center**

The Hope Center meets practical needs in the community.  
Learn more at [crosstimberschurch.org/hopecenter](http://crosstimberschurch.org/hopecenter)

**Attend a Friday Family Food and Fun.**

This is a great opportunity to grow in compassion and help eliminate the stigma or the qualifications around who “should” or “shouldn’t” receive free food. Recent research shows 65% of people visiting food pantries in the past few weeks have visited for the first time ever. We aren’t qualified to judge who shows up in a food line. Family Food and Fun takes place on Friday nights from 5pm to 6:30pm at the Hope Center: 312 W. McKinney St., Denton, TX 76226