

spiritual adult

DISCIPLE ME

TRACK 4: MISSIONAL LIVING

COMPASSION

ICEBREAKER: WHAT WOULD YOU DO?

Today we're going to play a quick game called "What Would You Do?" Here's how it works: I'll read a series of everyday scenarios, and for each one, you'll make a quick decision - no overthinking. If you would step in and **HELP**, give a thumbs up 👍. If you would avoid it, ignore it, or **PASS** on the situation, give a thumbs down 👎. There's no right or wrong answer - the goal is simply to notice your instinct. So, respond honestly and authentically. Afterward, we'll talk about what influenced your choices and what it reveals about how we respond to people.

- **Someone drops all their groceries in a parking lot**
- **A stranger asks for directions when you're already late**
- **A friend texts you at midnight needing to talk**
- **Someone's car is broken down on the side of the road in the rain**
- **A neighbor asks for help moving furniture on your day off**
- **Someone ahead of you in line realizes they forgot their wallet**
- **A coworker asks you to cover their shift last minute**
- **You see someone getting picked on, but you don't know them**
- **A friend keeps venting about the same problem over and over**
- **Someone drops their phone and doesn't notice**
- **A new person shows up and doesn't know anyone**
- **A stranger asks you for money outside a store**
- **Your sibling wants help with something when you're busy**
- **Someone asks for prayer right as you're about to leave**



As you think about the choices you just made, notice how quickly you decided to move toward someone or move on. Those instincts reveal what you value and how you see people—and that's where spiritual growth begins. As we mature in our faith, following Jesus becomes less about what we're getting and more about who we're becoming.

STUDY: THE GOOD SAMARITAN

As a Spiritual Adult, one of the clearest ways that growth shows up is through compassion - not just feeling for people, but actually moving toward them. Today, we're going to explore one of Jesus' most well-known stories that brings this to life - the parable of the Good Samaritan.

In response to a question asked by a Jewish expert in the law, Jesus tells a story that would have been shocking to His audience, especially because Samaritans were deeply disliked and avoided by Jews. By making the Samaritan the hero, Jesus flips expectations and expands the definition of neighbor from someone like you to anyone in need. Let's take a few minutes to read and discover what compassion really looks like.

Read Luke 10:25-37

- Why do you think the expert in the law wanted to define or limit who his “neighbor” was?
- What keeps you from moving toward people in need (time, comfort, fear, inconvenience)?
- Who are the “invisible” or overlooked people in your everyday life?
- What did compassion cost the Samaritan in the story?
- What could it look like for you to have more compassion for your neighbors?

ACTIVITY: THE NATURE OF A SERVANT

Read **Philippians 2:1–11** together. As you listen, notice the contrast between a self-focused life and one shaped by humility. Pay attention to how Paul calls us to put others first and adopt the mindset of Jesus. Highlight or underline the key phrases that stand out. Then work through the three questions below:

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| <p>1. What stands out to you in verses 3–4 about how we are called to treat others?</p> | <p>2. Circle where in your life you are most tempted to put yourself first.</p> <ul style="list-style-type: none"> • Friends • Family • Work / School • Team / Leadership • Conflict / Tension | <p>3. Summarize what verses 5-8 share about how handled:</p> <ul style="list-style-type: none"> • Status • Power • Position |
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CHALLENGE: “THAT” NEIGHBOR

This week, you will be challenged to have the same mindset that Christ had by having compassion for a neighbor who is difficult to love. Think of that one person in your everyday life that you tend to avoid, get frustrated with, overlook, or quietly judge. That person is your “neighbor.” This week, instead of passing by, take one intentional step toward them. Start a conversation, ask a genuine question, offer a small act of help, or simply choose patience and kindness where you normally wouldn't. The goal isn't to change or fix them, but to practice a kind of compassion that moves toward people rather than away. Come back ready to share who you chose, what you did, and what you noticed in yourself along the way.