

# Chasing Happy



## Week 3

We're going to write some thoughts down today so either grab your Bible app so you can make notes, open your bible to write notes in the margins OR I have a few Bibles here and some notecards you can write on - AND if you want or need a bible to use at home let me know I can help you find one!

Leader make sure you grab a few Bibles before Group time tonight for new students especially, and talk to your campus staff if a student wants/needs a Bible of their own!

Have you ever had someone in your life support you when you needed it? Tell us about it.

Of the three responses we talked about today, which would you say you do when faced with other people's feelings:

- a. Avoid?
- b. Try to fix it?
- c. Offer an unhealthy escape?

Read Romans 12:15-16. What do Paul's words tell you about showing up for others?

In your own words, how would you define "compassion"?

What about "empathy"?

What can you learn from Jesus' example about both?

Next Step: This week, what's one step you can take to show up for someone else in what they're feeling?