

## **SPIRITUAL TASK—COMPASSION FOR OTHERS** (Matthew 5)

*by the Rev. David Roth at the New Church of Boulder Valley*

**Story** The Sermon on the Mount begins by the Lord outlining what the true blessings of our life are. Today we discussed the fifth one: “Blessed are the merciful for they shall obtain mercy.”

**Meaning** The fifth key to happiness is to recognize your need for the Lord’s mercy in your life by examining your own life and seeing your own shortcomings. When we do this then the Lord’s mercy and compassion is welcomed in and felt for the first time and it can spread from our lives to the lives of others.

**Task** There are four things to try this week. 1. Recognize your own need for the Lord’s mercy and the mercy of others. 2. Open your eyes to the needs of others - try seeing things from their perspective. 3. Feel compassion for the needs of others (if you do the first two things this will follow). 4. Respond externally with a practical effort to do something to help relieve the distress.