



TRINITAS Classical School Virtue of the Quarter: **COMPASSION**

*caring for and encouraging someone
from Latin “pati”=to suffer, and “com”=with*

Read Together

Set aside a regular time to read stories and Scripture together.

Read and talk about stories of compassion from *The Book of Virtues* or *The Children’s Book of Virtues*, ed. by William Bennett, or any other stories that encourage us to love others.

Read and talk about examples of compassion in Scripture:

- The Good Samaritan, Luke 10:25-37
- Jesus feeds the five thousand, Mark 6:30-44
- Jesus raises Lazarus from the dead, John 11:17-44
- Jesus heals and teaches at a Pharisee’s house, Luke 14:1-14
- Jesus gives His life for us, Luke 23
- What does love look like? I Corinthians 13

Talk Together

- When did someone show you compassion?
- When did you show someone compassion?
- What does it mean to “walk in someone else’s shoes”? Come up with a list of people (they can be people you know or don’t know personally)--what would it be like to walk in their shoes? Is this related to the Golden Rule?
- How can we show compassion (or not) with our speech?

Watch Together*

Beauty and the Beast

Wonder

A Christmas Carol

Frozen

A Beautiful Day in the Neighborhood

Little Women

*We highly recommend *Plugged In* as a resource for determining the appropriateness of films.

LEARN.LIVE.LOVE.

Do This Together (Building Habits of the Heart)*

- Keep a list of compassionate things that are said or done (in books, in the news, in your own life, etc.). Hang it on your fridge or write it on a dry erase board for encouragement and inspiration.
- Show compassion when you talk. Pray for the Holy Spirit to help you not say anything unkind to or about anyone. Say encouraging words instead. And, make eye contact whenever you talk to someone; it shows you are attentive and care about what they are saying.
- Memorize John 13:34-35, "A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are My disciples, if you love one another." (Remember: Loving each other isn't optional. It's a commandment.)
- Pray (or sing) the Prayer of St. Francis of Assisi together regularly:

"Lord, make me an instrument of Your peace.
Where there is hatred, let me sow love.
Where there is injury, pardon.
Where there is doubt, faith; Where there is despair, hope.
Where there is darkness, light, and where there is sadness, joy.
O divine Master, grant that I may not so much
Seek to be consoled as to console;
To be understood, as to understand;
To be loved, as to love.
For it is in giving that we receive, it is in pardoning that we are pardoned.
And it is in dying that we are born to eternal life."
- Mother Teresa taught that "We must make our homes centers of compassion and forgive endlessly." Pick a new job to do for the family this quarter. Do it faithfully and cheerfully. And, practice being quick to forgive others.
- Make a prayer list of others to pray for. Pray for them each day.
- Go through your belongings (clothes, toys, books, etc.) and donate some of these things to those in need.
- Make a "Cup of Kindness". Write something kind you are willing to do (e.g., a chore, baking cookies, babysitting, playing a game with a younger sibling, sending a card or a gift) for someone else on little slips of paper. Put them in a jar or mug and choose them regularly throughout the quarter.

*Talk together as a family about which of these ideas you would like to try, or come up with your own ways to practice compassion and develop habits of love.