



SESSION 5

YOUR STORY

Empathy

ART SUPPLIES FOR SESSION 5

- 2 sheets of mixed-media art paper
- Index card or loose sheet of paper
- Colored pencils
- Pencil sharpener
- Black permanent marker
- Pencil



ENVISION

LOOKING AHEAD

In this workshop, we will explore the topic of empathy by creating a storyboard of emotions. We'll learn the difference between empathetic and nonempathetic responses and share personal stories. It is especially important to listen patiently and respond to one another with compassion so that we can communicate deeply and openly.

EXAMINE

LOOKING INSIDE

The ground is level at the foot of the cross.

—CHUCK COLSON, FOUNDER OF PRISON FELLOWSHIP

Because this workshop sometimes goes very deep and may remind participants of painful experiences, we want to remind everyone that our goal is to provide a safe space in which everyone can be vulnerable and feel comfortable creating and sharing. To create this environment, we all must be willing to keep what is shared confidential and not repeat it after leaving here.

Please be encouraging and positive with your comments and show your love for one another with your respectful, careful handling of sensitive stories. In this session, we are giving positive feedback only.

Have you ever shared your feelings about an experience and had someone respond in a way that made you feel understood? There's just something about this that makes us feel like we're not alone. On the other hand, have you ever had someone share words that didn't help but actually made you feel worse—even if they meant well?

The Bible encourages us in Ephesians:

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

—EPHESIANS 4:29

It makes such a difference what words people speak into our lives, but it's not always easy to offer only uplifting words to others. We've all stumbled with our words at times—or perhaps had way too many of the wrong ones come out of our mouths!

Although we may never achieve perfect control over our tongues, just imagine the radical change that could happen in our relationships if acquaintances and friends, parents and children, husbands and wives would try to apply this verse.

LET'S PRAY TOGETHER.

Lord God, Your Word says that “out of the abundance of the heart the mouth speaks.” Fill our hearts with kindness and compassion so that when we overflow, it is with love and encouragement and not negativity. Help us all to be quick to listen and slow to speak, and teach us how to offer uplifting words when we speak to one another. Let all that we do glorify You. In Jesus' name, amen.
