

## *How To Do Compassion*

Jonah 4

God's Recipe for doing compassion as found in the Book of Jonah.

### Step 1. Go

*"Go to the great city of Nineveh and proclaim to it the message I give you." Jonah obeyed the word of the LORD and went to Nineveh.* —Jonah 3:2-3a

*Go* is the word of:

- Obedience
- Movement
- Mission

### Step 2. Risk

*"Go to the great city of Nineveh and preach against it, because its wickedness has come up before me." But Jonah ran away from the LORD.* —Jonah 1:2-3a

*We connect deeply with each other when we dare greatly together.* —Hank Fortener

**Risk**—it never seems to be the right time.

Always some reason to wait, to hold back, to reconsider.

Step 3. **See**

*Jonah obeyed the word of the LORD and went to Nineveh. Now Nineveh was a very important city—a visit required three days.* —Jonah 3:3

*Jonah went out and sat down at a place east of the city. There he made himself a shelter, sat in its shade and waited to see what would happen to the city.* —Jonah 4:5

*Sometimes I guess there just aren't enough rocks.* —Forest Gump, 1974

**Required Ingredients of True Compassion:**

- **Sitting** with someone.
- **Long-Term** commitments.
- **Servants** -not heroes.

Step 4. **Share**

*On the first day, Jonah started into the city. He proclaimed: "Forty more days and Nineveh will be overturned."* —Jonah 3:4

**God's Word:**

- Brings saving **faith**. (Romans 10:7)
- **Cuts** to the heart. (Hebrews 4:12)
- Achieves **results**. (Isaiah 55:11)

Compassion is not just **sharing** God's word, but **being** God's Word.

*"Witness for God everyday, use words if necessary."* —St. Francis

*"You yourselves are our letter, written on our hearts, known and read by everybody."*  
—2 Corinthians 3:2

Memory Verse:

*I knew that you are a gracious and compassionate God, slow to anger and abounding in love, a God who relents from sending calamity.* —Jonah 4:2b