

## Compassion

God is the Most Compassionate, the All-Merciful. In times of difficulty, we turn our hearts to Him and ask Him to comfort and strengthen us – to show us compassion. We can show compassion to others: when we know someone has a problem or is sad, we should do our best to be understanding and to help them. We must be compassionate and kind with everyone. Baha'u'llah showed forth compassion at all times, to all people though his life was filled with suffering.

***“The Kingdom of God is founded upon equity and justice, and also upon mercy, compassion and kindness to every living soul.” (Baha’u’Allah)***

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### **Checklist – do you?**

- Notice when someone is hurting or needs a friend?
- When you notice someone is hurting, you stop what you're doing and let them know that you care?
- Listen to people and try hard to understand their feelings?
- Forgive people when they hurt you and give them another chance to be a friend instead of hurting them back?
- Help people and animals in need?

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