



COMPASSION MEANS HAVING AND SHOWING HEARTFELT CONCERN FOR THE NEEDS AND WELL-BEING OF OTHERS.

Write down three ways you showed compassion by showing your interest and concern for a new person; first, at the studio, then, at school or work, and at home:

At the studio: _____

At school or work: _____

At home: _____

What is the difference between sympathy and empathy?

How does selfishness affect your ability to show compassion?



List five people you will show compassion toward this month:

1. _____
2. _____
3. _____
4. _____
5. _____

"If someone has enough money to live well and sees a brother or sister in need but shows no compassion - how can God's love be in that person."
- 1 John 3:17 NLT

Shepherd-Warrior Martial Arts
1212 Grand Ave, Ste. 11
Billings, MT 59102
(406) 591-2864
www.shepherdwarriormartialarts.com

1

BLUE BELT
WORKSHEET