



Healing Reflection

MOVING FROM HURT, ANGER AND RESENTMENT TO COMPASSION

The ability to forgive can be very difficult, and in some cases, seem impossible. However, I believe it is in the development of compassion for someone, we have the key to moving along this road to forgiveness more quickly and with love in our hearts.

To illustrate this point, think of a time it was easier to forgive someone for snapping at you, being insensitive or hurtful, because you knew what they were going through at the time, had been there yourself, and knew how it affected your own ability to be kind, sensitive and loving.

Forgiveness can be much harder to come by, however, when we do not understand another person's suffering or aren't aware of it. So how do we begin to find it easier to forgive that hurts, insults, and insensitivity of others when we aren't privy to this information?

Fortunately, we are blessed, for we know who does know each and every heart that we come in contact with. This is Jesus. He knows us better than we know ourselves. And, He has the power to transform our hearts, so we exude compassion even when we are not aware of another's woundedness and their suffering when they hurt us.



EXPERIENCING GOD'S COMPASSION

Let us begin this time of reflection by experiencing true compassion for ourselves – for it is only through experiencing it, that we can truly be compassionate to others.

Have you ever, through word or deed, been hurtful, insensitive, rude, manipulative, or treated others as an object that got in the way of your happiness?

When you look back on those times, what was going on in your life? Were you under stress? Had you experienced a loss of some sort? Were you facing a challenging situation at home, work or in another area of your life? Had you just been hurt by someone or something?

Take a moment to write any thoughts or feelings you may be experiencing below:

Are there things you wish you could have taken back, done or said differently?

How do you think all of these things affected your ability to be kind, sensitive to others' needs, patient, and compassionate?

Take a moment to write any thoughts or feelings you may be experiencing below:



While this time of reflection so far may have been sobering, do not dwell here long, as there is forgiveness and compassion awaiting you! Turn to Jesus now and ask Him to help you rest in His Heart of love, mercy, and compassion!

As You rest in His Heart, feel His love and compassion.

During this time of reflection, be assured Jesus has been with you. He loves you in this moment now, as He has loved you each moment of your life, even in the moments when you may have been hurtful, insensitive, unkind, impatient, and selfish in one way or another. The love Jesus has for you far surpasses the greatest depths of the ocean, His Heart overflows with Love for you!

He knows what you were going through at the time. He sees the pain, hurt, stress, and challenges you were facing. He knows your heart and who you were created to be. He loves you deeply even in your sinfulness and woundedness. He has great compassion for you – for He knows your heart and its true desire – to love Him alone.

"Jesus, show my heart how You see me in my moments of woundedness and pain."



Speak from your heart to Jesus:

“Jesus, show my heart how You see me in my moments of woundedness and pain.”

“Jesus, show my heart how You see me now.”

“Jesus, fill my heart with the compassion You have for me, and help me to feel compassion for myself.”

“Jesus, help me to experience Your mercy, help me to feel the healing rays of Your light and love coming down upon me now.”

Feel Jesus looking on you with love, feel Him showering you with His mercy, feel His healing graces come upon your soul. Stay with this deep experience of His love as long as you need.

Take a moment to write any thoughts or feelings you may be experiencing below:



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Now that you have experienced God's compassion for you, even in your sinfulness and woundedness, you have a greater understanding of what true compassion is and feels like. This will allow you to develop true compassion for others, even in their sinfulness and woundedness, even when they hurt you.

When you become ready, ask Jesus to show you how to have this same compassion for those that have hurt you.

IMPORTANT TO NOTE: *It may be difficult at first to do this with those who have hurt you deeply, so it may be a good idea to start with someone that has caused a minor irritation for you some small way. Maybe it is a coworker that slightly agitates you or rubs you the wrong way. Maybe it was the cashier in the checkout line that was rude. Maybe it was that person who cut you off in traffic!*

Bring to mind this person and situation. You may indeed begin to feel the agitation, anger, and frustration you felt when the situation occurred with this person. Ask Jesus to come be with you as you reflect on this situation. Ask Him to fill you with the same compassion He has for you when you are not at your best.





Speak from your heart to Jesus:

“Jesus, show me the heart of [person or name, if you know it] _____ who upset/hurt me.”

“Jesus, help me to feel the compassion You have for _____, even in their sinfulness and woundedness, just as You have for me in mine.”

“Jesus, transform my anger, hurt or frustration into love, mercy, and compassion for _____.”

(If you start to go back to your feelings of hurt, irritation, anger, or frustration, just continue to ask Jesus to fill you with His compassion, mercy, and love. He will not deny a request of this nature!)

Allow His love and mercy to fill your heart. Allow His compassion to consume you.

As you continue to allow His love, compassion, and mercy to fill you, what are you experiencing now?

If you are continuing to feel the same feelings as before, have the intensity of these feelings changed? If your feelings have changed, what are you experiencing now? Do you see this person any differently?

Take a moment to write any thoughts or feelings you may be experiencing below:

Continue to ask Jesus to allow His mercy and compassion to fill your heart and for His love to consume you.



GIVE THANKS

Close this time of reflection thanking Jesus for allowing you to experience His compassion for you and for any insights you've gained or any change you've felt in your heart during this time of reflection – even if it was only for a moment or only a small change.

Speak from your heart to Jesus:

“Jesus, fill me with the compassion You have for me and for others always.”

CONCLUSION

The more you take time to reflect on God's compassion for you and allow Him to transform your heart to have compassion for others, the more this will start to happen naturally and “in the moment.” You may even be surprised when it happens at first, but when it does, thank God immediately for transforming your heart in this way!

Deep wounds. While in this reflection I suggested you start with a situation that was not related to a deep wound, this reflection can also be used for precisely that. The time it takes to begin to heal and experience compassion may happen slower.

Be kind and patient with yourself, and let Jesus take over. He is the one who heals us, and He will heal our hearts gently, with love and always in the way we need it. We only need to be open to His healing and allow Him full control over our hearts.



Trust in Jesus always. Rest in His Heart.

*You will find there the source of all
healing, mercy, peace and love.*

CLOSING PRAYER

Dear Jesus,

Thank You for Your great compassion and mercy.

I know You know my heart and its true desires. I desire to be a child of God who loves, forgives, and has compassion for myself and others.

Heal my wounded heart and help me to see the hearts of others – so I see them and love them as You do.

Thank you for the experience of Your compassion for me today. Fill me with it always, so I am who I was created to be – a compassionate, merciful, loving child of God.

I trust in You, Jesus. I desire to rest in Your Heart, where you will transform me, heal my wounds, renew my spirit, and free my soul to love as You love always.

Amen, my Jesus, Amen.

**For more prayers and reflections visit HealingHeartofJesus.com
Questions, comments, prayer requests? Contact LauraMarieDurant@outlook.com**