

THE INCARNATION & HOW IT REFLECTS EMPATHY

A Counselor's Look at Christmas

In this study, we will explore a dynamic and experiential interpretation of the Incarnation. Because of sin, we are separated from our real self, from one another, and God-Himself. This separation increases our longing to be seen, known, and valued. What we most desperately need is empathy.

"Empathy is the art of stepping imaginatively into the shoes of another person, understanding their feelings and perspectives, and using that understanding to guide your actions." — Roman Krznaric In the finite person of baby Jesus, the Infinite entered our broken world and put on flesh. He didn't just imagine our life; he experienced it, firsthand.

Christmas can become even more meaningful for each one of us as we are willing to receive the gift of empathy through the birth of Jesus.

"I am paying attention. I see you. I hear you. You are important to me. You matter."

Highland Colony Men's Roundtable

A Counselor's Look at Christmas - Session #1

www.MensTable.com December 05, 2024

Scripture: John 1:14; Hebrews 4:15; Isaiah 53:1-3

Music: Chris Tomlin - Emmanuel God With Us - https://www.youtube.com/watch?v=mt xfOutfSQ

Video: It's Not About The Nail - https://www.youtube.com/watch?v=-4EDhdAHrOg

Resources - Why I Believe by Henry Cloud

INCARNATION & EMPATHY: What's the Connecti
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1.	: A CORE CHRISTIAN ATTRIBUTE –EMPATHY EXPRESSED WITHIN THE TRINITY & INCARNATION OF CHRIST
	 To live incarnationally is to display empathy to those around us -to live and love like Jesus.
2.	: TO SHARE IN ANOTHER'S EXPERIENCE, TO "WALK A MILE IN ANOTHER'S SHOES."
	The very thing Jesus did for us through the Incarnation.
	• God chose to identify with us, put himself "in our shoes" by becoming a human. (John 1:14; Hebrews 4:15).
3.	MPATHY IS NOT
	 Sympathy is feeling sadness for someone without personally connecting with them"sad at a distance"
4.	MPATHY IS
	•to enter the person's experience and <i>express</i> our understanding of their feelings back to them.
	•our opinions, our perspective, and value system.
	 the other a safe place to open up without fear of condemnation, blame, or rejection.

INCARNATION & EMPATHY: "That Ain't Empathy!"

- 1. DON'T OFFER ADVICE.
- 2. DON'T RUSH IN TO FIX IT.
- 3. DON'T OFFER RELIGIOUS PLATITUDES.

"I know just how you feel."
"He lived a good long life."
"God won't give you more than you can bear."
"Maybe God needed to get your attention."
"You really have a lot to be thankful for."
"It could have been worse."
"Look on the bright side."
"Look on the bright side."
"Everything happens for a reason" (quoting Rom 8:28).[6]

INCARNATION & EMPATHY: What Empathy Looks Like.

1. HOW SHOULD WE RESPOND?

- 1. "I'm so sorry this has happened to you."
- 2. "Wow, that sucks. How has this impacted you?"
- 3. "That sounds really hard. Tell me more about..."
- 4. "Tell me what you're feeling right now. I'm here to listen."
- 5. "That stinks."
- 6. "That must feel incredibly lonely. What has it been like for you?"
- "You seem really upset about that. I'd like to know what you're thinking."
- 8. "It sounds like you're really hurting. Tell me more."

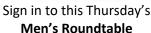
2. LIKE JESUS, YOU CAN WEEP WITH THOSE WHO WEEP.

Responding like this acknowledges the hurt and invites the person to share. As they do, you can continue to convey compassion and do your best to resonate with their experience.

ACTION: Journal This!

- 1. Look up Isaiah 53:2-3 and consider how Jesus empathizes with you.
- 2. Tell a time when you received empathy, and how it was healing.
- 3. Name a time where you missed an opportunity to give someone empathy who really needed it.







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SCRIPTURE – The Message

<u>John 1:14 -</u> 14 The Word became flesh and blood, and moved into the neighborhood. We saw the glory with our own eyes, the one-of-a-kind glory, like Father, like Son, Generous inside and out, true from start to finish.

<u>Hebrews 4:15 –</u> **15** We don't have a priest who is out of touch with our reality. He's been through weakness and testing, experienced it all - all but the sin.

<u>Isaiah 53:1-3 - 1</u> Who believes what we've heard and seen? Who would have thought God's saving power would look like this? **2** The servant grew up before God - a scrawny seedling, a scrubby plant in a parched field. There was nothing attractive about him, nothing to cause us to take a second look. **3** He was looked down on and passed over, a man who suffered, who knew pain firsthand. One look at him and people turned away. We looked down on him, thought he was scum.

"Emmanuel God With Us" By Chris Tomlin

Go tell it on the mountain
The one that we've been waiting for
The king of our salvation
Born on this day our savior Christ the Lord
Go tell it on the mountain
Over the hills and everywhere
That we can be forgiven
The weight of all our sin He came to bear
Emmanuel, God with us
Emmanuel, King Jesus
The Savior of the world is born
Emmanuel, God with us

Emmanuel, King Jesus
The Savior of the world is born
Go tell it on the mountain
Humbly in a manger lay
Mercy sent from heaven
Angels fill the sky with highest praise
Emmanuel, God with us
Emmanuel, King Jesus
The Savior of the world is born
Emmanuel, God with us
Emmanuel, King Jesus
The Savior of the world is born

Go tell it on the mountain
This baby born of virgin birth
The ruler of all nations
The glory of our God has come to earth
Emmanuel, God with us
Emmanuel, King Jesus
The Savior of the world is born
Emmanuel, God with us
Emmanuel, King Jesus
The Savior of the world is born
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