

DAY 4 – Compassion Over Comparison

SCRIPTURE TO READ:

Romans 12:15

(Optional Additional Reading: Colossians 3:12–14; Galatians 6:2)

THINK IT THROUGH:

Emotion under God's control becomes compassion. Emotion without surrender becomes comparison. When we're ruled by insecurity, we envy others' blessings and avoid others' pain. But when our hearts are surrendered, we can celebrate without jealousy and grieve without fear. That's the emotional maturity Jesus modeled—fully present, deeply moved, always grounded in love.

PUT IT INTO PRACTICE:

Ask God to make your heart available today. When someone shares good news, rejoice with them sincerely. When someone's hurting, sit with them instead of fixing them. That's what emotional health looks like in action.

PRAYER FOR TODAY:

"Father, give me a heart that feels what You feel—joy for others' blessings, compassion for their pain. Help me to love without comparison or self-focus." Amen.

GO FURTHER

At the end of the day, thank God for one person you were able to connect with emotionally today.



East Auburn Baptist Church

