



# FOUR SUGGESTIONS FOR DEVELOPING *compassion*

JULY 2018 ENSIGN

## PRAY FOR IT

As you appeal to Heavenly Father, He will open your heart, and “you will come to feel a sincere concern for the eternal welfare and happiness of other people” (Preach My Gospel: A Guide to Missionary Service [2004], 118).

## PRACTICE IT

You can show compassion by listening to others and being understanding. Put yourself in their circumstances and consider how they might feel. If appropriate to the situation and timing, you could offer to help alleviate their pain.

## FOLLOW PROMPTINGS

- The Lord can reveal to us ways to show compassion that we might not have noticed on our own.
- When you feel a nudge from the Spirit to help others, don't hesitate to act on it.

## BE A PERSONAL FRIEND

Showing compassion can be as simple as showing genuine interest in peoples' lives. Learn to listen well. Your love for them will increase, and it will be easier to recognize ways to show that love.