

## Source of Compassion

### Description

[RG AUDIO 012515](#)

Colossians 3:6-15

How may we “clothe” ourselves with compassion, kindness, humility, gentleness, patience? By believing, understanding, and embracing our identity in Christ. Paul told the Colossians that they were chosen by God, and that they were holy and dearly loved for their relationship with God. We are reminded that we are loved, freed, and transformed for service to God and Him alone.

Author Roger Gottlieb writes: “Our lives will be far happier, in an enduring and deep way, and we will be a lot more fun to be around, if we seek to live by certain virtues. To the extent that we choose to be mindful, accepting, grateful, compassionate, and loving, our own contentment will grow and our interpersonal behavior will be increasingly caring, respectful, and just.”\*

Compassion, kindness, humility, gentleness and patience are components of Christian holiness. John Wesley wrote: “Always, remember the essence of Christian holiness is simplicity and purity; one design, one desire, entire devotion to God.”\*\*

\* Roger S. Gottlieb, *Spirituality: What It Is and Why It Matters*, London: Oxford University Press, 2012.

\*\* W. Stephen Gunter, *The Quotable Mr. Wesley*, Atlanta: Candler School of Theology, Emory University, 2003, 19.

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