

**BAD
BLOOD**
SERMON SERIES • APRIL 3 - 17

Sermon Notes
April 3, 2016
“The Empathy Lens”
Romans 12:18-19

I. Tension

- A. The quality of our lives is only as good as the quality of our _____.
- B. You can have _____ about the relationship even without peace in the relationship.

II. The apostle Paul’s advice

- A. Paul had _____ with relationships characterized by bad blood.
- B. The pursuit of peace without the promise of peace is not a _____ pursuit.
- C. We need to do _____ we can to pursue peace in a relationship.

III. Empathy

- A. Dr. Brené Brown gives us four qualities of _____:
 - 1) To be able to see the world as others see it.
 - 2) To be non-judgmental.
 - 3) To understand another person’s feelings.
 - 4) To communicate our understanding of that person’s feelings.
- B. Empathy is first _____ for bad blood.

Things I would like to remember about today’s message

Asbury Daily Study Guide

Monday: Galatians 1:18-19, Acts 9:26-27

Paul had bad blood on both sides. He had people that he had persecuted, and tormented, and caused trouble with, and now he's trying to have a relationship with them. And then he had people on the other side that he used to be friends with, used to be co-workers with, used to be on the same team. And now all of a sudden, he was an enemy. When has one of your relationships gone from good to bad in the blink of an eye? How did you respond?

Tuesday: Romans 12:17-19

Paul is saying that we need to do all that we can to pursue peace in a relationship. He says that there may be times that living at peace with others may be impossible but the pursuit of peace is not pointless. One step that can help us pursue peace in a relationship is the step of empathy. Empathy is first aid for bad blood. What are some obstacles we face to being empathetic toward others? Why do we resist that level of connection?

Wednesday: John 1:14-18

You know that God took a long walk of empathy Himself? You know that God crammed all of His divinity into a body and took the long walk to planet earth because He wanted to feel what you feel. He had communicated in clouds, and on tablets, and through other men, and He said, "You know what? Enough is enough. I'm going to come and I'm going to walk in your shoes." Is it difficult for you to believe that when it comes to bad blood your life will be better if you follow Jesus by taking the long walk of empathy? Why or why not?

Thursday: I Samuel 18:1-4

David and Jonathan had a tremendous friendship and love for one another that was tested throughout their lives. Jonathan defends David to King Saul (Jonathan's father), he protects David from Saul, and he even conspires with David against Saul. And throughout it all, in the biblical account, Jonathan effectively abdicates his natural right to the throne in favor of David. Do you have a relationship that makes your life better? What are some things about that relationship that you value and appreciate?

Friday: Genesis 50:15-21

After being sold into slavery by his brothers, Joseph gives up his right to revenge. Joseph saw what had happened from a different perspective. Think about a difficult relationship in your life. What can you do this week to view the problem from the other person's perspective and take a step toward him or her?

MOVING FORWARD

Empathy is first aid for bad blood. In difficult relationships, empathy can be the key to beginning a conversation that leads to health and peace. When you empathize with someone, you see things you wouldn't have seen. Your anger turns to compassion. Your hurt begins to heal. You live out the kind of radical love to which Jesus called us.

Answers to the sermon notes:

- IA) relationships, B) peace.
- IIA) experience, B) pointless, IIC) everything.
- IIIA) empathy, B) aid.