



# HEART OF COMPASSION

## OVERVIEW & PREP GUIDE

This small-group unit focuses on developing a heart of compassion modeled after Jesus. These four lessons include discussion questions and journal reflection that can be used and adapted to any age group, with activities intended for 3rd-5th grade girls. In each lesson, girls will engage with fun activities, study a portion of Scripture, and take time for personal reflection, all the while experiencing relational discipleship. Girls will memorize Psalm 145:8, “The LORD is merciful and compassionate, slow to get angry and filled with unfailing love.”

### Regular Lesson Materials

*(Needed for every lesson)*



Mentoring Guide, Bible Story (1 per girl), Key Truth/Scripture Poster (1 per girl), Journaling Page (1 per girl), 2–3 prepped center activities, TV/projector, Guatemala Lesson Videos, crayons, pencils, pens, highlighters / colored pencils

#### Lesson One

I am loved by God and He provides for me.

You will need:

- Chairs
- **Sorting Cards**, 1 set per group
- Small bags/envelopes, 1 per group
- Regular lesson materials
- **Coloring Activity Sheet**, 1 per girl

#### Lesson Two

I will seek to discover the needs of those around me.

You will need:

- **Spot the Difference Activity Sheets**, 1 set per girl
- Regular lesson materials
- **Word Search Activity Sheet**, 1 per girl

#### Lesson Three

I will show compassion by serving people around me.

You will need:

- Index cards, 10 per girl
- Hole punch
- Key ring/string, 1 per girl
- Regular lesson materials
- **Maze Challenge Activity Sheet**, 1 per girl

#### Lesson Four

I celebrate how God used me to show compassion.

You will need:

- Decorations
- Snacks
- **Reflection Page**, 1 per girl
- Paper strips, 2x12 inches, 2 or 3 per girl
- Tape/stapler
- Regular lesson materials
- **Coloring Activity Sheet**, 1 per girl

### Project Idea!



The “Compassion Coupon Book” activity in Lesson 3 would be a great unit project! You may choose to do the activity as specified in Lesson 3, or you could break it up, having girls complete two or three cards each time the group meets as a pre- or postlesson activity.