

Coffee Talk Sheet

Coffee Talk #02 Empathy

TAKE 3:

What's your favorite television show of all time? Could you quote any memorable lines from that show? If so, let's hear it.

You can only choose one as your best friend: Bart Simpson (The Simpsons), Michael Scott (The Office), Jerry Seinfeld (Seinfeld), Patrick (Spongebob Squarepants). Who would you pick?

THE SETUP:

How does happiness shape your outlook on life?

6 MINUTES WITH...

What is the connection between happiness and "doing unto others?"

Empathy is one of those hard to define words. The dictionary defines it as "the ability to understand and share in the feelings of another person." To put it in simpler terms, empathy is 'walking in another man's shoes.'

How is empathy connected to our happiness and joy?

How does empathy help us understand others as well as ourselves?

Reflect on James 1:19. How can listening be an empathetic act?

Why is it important to take the focus off of ourselves and place it on someone else?

Why is it necessary to understand 'we are not alone' in the struggles we face?

How is being present a key to empathy? How could you practically be present with others during the uncertainty of a pandemic?

How might being present and truly listening help us better serve others?

What role does grace play in happiness for your life, others?

Let's recap - what are some items everyone needs in their "joy toolbox" that can help them get out of the ruts, when the path gets rocky?

"I am committed to a long walk in the same direction."

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LET'S TALK ABOUT FAITH

Seeking the well-being of others is part of the responsibility that comes with the happiness, contentment and blessings that God has given us. Jesus modeled this in John 13.

Read **John 13:3-5**

How is humble service to others connected to contentment?

We were designed to find happiness with our creator through a relationship with Jesus Christ. What does it look like to follow Jesus's example of service in 2021? How does modeling Jesus bring happiness to self and to others?

ZOOM TALK

What is the difference between sympathy and empathy?

How can books, television shows and movies help us better understand empathy?

Further study:

Read Romans 12:15

Read Galatians 6:2.

Read Hebrews 13:3

TWO CHALLENGES

Watch the short YouTube video Brené Brown on Empathy. It will help you better understand the difference between Empathy and Sympathy.

Do a Random Act of Kindness. Pay it forward at the drive-thru, make a dessert and deliver it to a friend or neighbor. Anonymously send a hand-written note of encouragement or post something hope-filled on your social media account.

Remember, kindness matters because kindness makes people feel less alone. We all need the connection that comes with it, especially during difficult times. Why? Because the more connected we are with each other, the happier we become.