

# GARMENT 1: COMPASSION

UNIFORM OF A GODLY MAN SERIES

*Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with **compassion**, kindness, humility, gentleness and patience. – Colossians 3:12*

## REAL MEN FEEL — AND ACT

Some guys think compassion is weakness. Too soft. Too emotional. But biblical compassion isn't passive pity. It's *gut-level empathy that moves you to action*.

The Greek word here is *splagchnon*, which literally refers to your guts — your inner parts. It's not just "feeling bad" for someone. It's feeling it so deeply that you can't just stand there. You have to do something. That's the kind of compassion Jesus showed over and over — healing the sick, feeding the hungry, welcoming the outsider. Moved... and mobilized.

Compassion doesn't ignore pain. It enters it. It slows down enough to see people — and step into their mess, even when it costs something.

If you're too busy to be moved, you're too busy to be like Jesus.

## WHY MEN AVOID COMPASSION

Let's be real. A lot of men avoid compassion because it feels inconvenient. We don't want to slow down for someone else's pain when we're running on empty ourselves. We're wired to fix things, not feel things. And when we can't fix it, we tend to pull away — not because we don't care, but because we don't know what to do with someone else's hurt.

But compassion isn't emotional weakness — it's spiritual alertness. It's what happens when you see people the way Jesus does and refuse to look away. It's the holy discomfort that keeps you from walking past pain. Compassion doesn't just feel — it moves. It shows up. It makes space. It interrupts your plans for the sake of someone else's need.

You can't influence people you don't care about. And you won't care if you've numbed out.

## COMPASSION AT WORK

Compassion at work doesn't mean lowering the bar — it means lifting the person. It's not about excusing poor performance or turning a blind eye when things go sideways. It's about remembering that people are more than what they produce. Leaders with compassion don't ignore the standard — they just refuse to sacrifice souls on the altar of results.

This kind of man pays attention. He notices when someone's off their game — not to scold, but to lean in. He sees the exhaustion behind the smile, the silence that's louder than words, the stress that others miss or avoid.

We're in a fight, whether we realize it or not. The Bible reminds us that we're up against a real enemy—one who deceives, accuses, isolates, and steals joy from people's lives. Life isn't just hard because of stress or broken systems; there's a battle happening under the surface of every day (Ephesians 6:10–12).

That's why compassion matters. Not because we can fix everything, but because we can choose not to let others suffer alone. Sometimes the most Christlike thing you can do is jump in the foxhole with someone and say, "I'm not going anywhere." You might not have the answers. You might not be able to get them out of the mess. But you can be there—a steady presence, a brother in the fight. That's compassion. And it's powerful.

## THE CEO WHO KNEW THEIR NAMES

Herb Kelleher, co-founder of Southwest Airlines, built one of the most successful airlines in U.S. history — not by cutting corners, but by caring for people. He was known for remembering employees' names, writing personal notes, and defending his team fiercely.

He once said, "A company is stronger if it is bound by love rather than by fear."

Kelleher believed that if he treated employees with compassion, they'd treat customers the same way. And he was right — Southwest became legendary for both company culture and customer service.

What if your leadership was fueled by that kind of compassion — the kind that doesn't compromise excellence, but strengthens it?

## CHALLENGE QUESTIONS

- Q.** Where have you become numb to other people's pain?
- Q.** Is your leadership marked more by pressure or compassion?
- Q.** What's one way you can lead with empathy this week — not as a strategy, but as a reflection of Christ?

## SCRIPTURAL CROSS-REFERENCES

- Luke 7:13 – “When the Lord saw her, His heart went out to her...”
- Matthew 9:36 – “He had compassion on them, because they were harassed and helpless...”
- 1 John 3:17–18 – “If anyone sees his brother in need... let us not love with words but with actions.”

## PRAYER

Jesus, give me Your eyes to see the people around me — not just their performance, but their pain. Break through the walls I've built around my heart. Teach me to lead with compassion that reflects Your heart — strong, steady, and sacrificial. Make me the kind of man who doesn't just notice — but moves.

## ACTION STEP

Real compassion doesn't flinch at pain — it leans in. Keep your eyes open for someone who's quietly struggling: not just those close to you, but anyone God places in your path. You might not be the one to fix their situation — and that's okay. But you can offer a word of hope, speak life into their day, or pray a short prayer right then and there. Be the kind of man who doesn't walk past the wounded. That's where compassion gets real.

# COMPASSION

Seeing people through the eyes of Christ. Choosing to care — even when it's costly. Feeling what others feel, and letting that empathy move you to action.