

Compassion

Ar-Rahman

Dearly Beloved, you are good to all, and your compassion flows over and through all that you have made. Everything that comes from you embodies mercy and compassion.

Psalm 145:9-10

Help me to share mercy
and compassion freely with others.

O Beloved...

May I show compassion to me.

May I show compassion to all those I love.

May I show compassion to those in my
community.

May I show compassion to those
I struggle with or fear.

May I show compassion to all beings.

How might you offer compassion today
to someone in your life?

Mercy

Ar-Rahim

You, my Beloved, are gracious and merciful, slow to anger and abounding in unconditional love.

Psalm 145:8

Help me to recognize your absolute mercy, and to offer this same mercy to others.

O Beloved...

May I bestow mercy upon me.
May I bestow mercy upon all those I love.
May I bestow mercy upon those
in my community.
May I bestow mercy upon those
I struggle with or fear.
May I bestow mercy upon all beings.

What does mercy feel
like to you?