



Although I am the very least of all the saints, this grace was given to me to bring to the Gentiles the news of the boundless riches of Christ, and to make everyone see what is the plan of the mystery hidden for ages in God who created all things; so that through the church the wisdom of God in its rich variety might now be made known to the rulers and authorities in the heavenly places. Ephesians 3:10

Week Nine - "Compassion" - Fourth Week in Lent

This is required week for all grade paths.

Note: The content for this week may bring up past trauma. Please be gentle with yourself as you move through the readings and videos. Some of this content will be familiar from Aundi Kolber's book, *Try Softer*. Check-in with your window of tolerance. Please reach out to me or another trusted person if you need to process.

1. **Read** Zephaniah 3:14-20.
2. **Watch** the 4 videos on the science of epigenetics, trauma's effect on children, effects of stress on the brain, and how to practice empathy.
 - The first video by Dr. Emma Meaburn will give you an overview of Epigenetics and the possibilities of intergenerational and transgenerational effects:
 - The second video talks about the effects of trauma on children as they reach adulthood, and ways to build resilience:
 - The third video talks about the effects of stress and some potential epigenetic effects:
 - The fourth video offers a practice of vulnerability in order to empathize with a person under stress:
3. **Read** chapters 1, 6 and 9 of Patricia Jennings, *The Trauma-Sensitive Classroom*, posted below. "Classroom" can, in many cases, be replaced with "church."
4. **Listen** to "You Say" by Lauren Daigle. We've heard this song before, but it is a good reminder this week:
5. **Reflect:** *How might you practice compassion and empathy towards yourself, those in your close circle, and in your ministry context? How might you create spaces for compassionate practice that keeps in mind the trauma that people have experienced and varying levels of stress we are all experiencing in daily life and with global events?*
6. **Share in your small group** one concrete way you can practice compassion and empathy **toward one person** in your life, and one way you can practice compassion and empathy **toward yourself** this week.

Facilitators for this week:

6. **Required Journal #7:** Write your journal reflecting on your own life in conversation with the science of epigenetics, trauma-sensitive practices, and the practice of empathy this week. Upload to the drop box by March 18.