

CORE C.A.U.S.E. COMPASSION ASSESSMENT

The word compassion comes from two Latin words meaning “to come together and suffer with someone.” As Christ-followers we are called to take the hope of Jesus into the pain and suffering in this world. When you look at our world, what condition, situation, or injustice is it that you just can’t stand? What wrong needs to be made right? What keeps you up at night? What frustrates and upsets you? What is it that brews such a fire inside of you that you are determined to set things right? This is what pastor and author Bill Hybels would call your *holy discontent*. Your *holy discontent* is a discontentment that has been placed in you by God. Discovering your *holy discontent* is based on the book of the same name by Bill Hybels. So what is a *holy discontent*?

The process of discovering your holy discontent can be frustrating at first. As you work through the assessment you will probably become overwhelmed, frustrated, and even want to quit. We want to encourage you to view this assessment as a first step in discovering your holy discontent. You will probably not discover your holy discontent in just these few pages. This assessment is meant to simply begin the process of discovery. Think of this assessment as a starting point rather than an ending point. Discovering your holy discontent can often take years of self-discovery. So give yourself permission to be OK with not being OK. Be OK with vague answers, incomplete answers, and even more questions. Take a moment to pray and trust that God will help you begin the process of discovering your holy discontent.

Before beginning this assessment we think it is best to listen to a message by Pastor Brad that will give you a good introduction to discovering your holy discontent. To listen to the message, [click here](#).

PART 1

What You Can't Stand

People will volunteer—give their time and money—to a cause that sparks a frustration in their soul. This “discontentment” becomes holy because what wrecks the hearts of us also wrecks the heart of God. Hybels uses the example of Popeye the Sailor Man, who was a pretty calm dude until someone messed with his precious girlfriend, Olive Oil. With a can of spinach in hand, he would become emblazed with strength and fight for the woman he loved. Holy discontent can be fueled with frustration and anger, but it's also energized by a desire to restore and make things right.

Hybels challenges readers to consider what their point of holy discontent is. He gives examples as noble as Mother Teresa and Martin Luther King, Jr.; individuals who gave their entire lives for justice and dignity. But he also highlights those we may not look to quite as quickly—such as the volunteers who serve in children's ministry each week. What is their holy discontent? Maybe that they don't want kids to experience church like they did, or they're broken by the neglect and abuse among children and know that their one hour of service can make a difference in a child's life. In this first part of the book, Hybels helps us examine what we just can't stand—what our point of holy discontent is—so we can begin to fight for it.

Part 1: Think On This

What experiences have left you frustrated over a situation, condition, or injustice?

What condition, situation, or injustice is it that you just can't stand?

Have you asked your family and friends this same question about you?

PART 2

Feeding the Frustration

It sometimes can be easy to turn the other way when something pings at your heart; after all, feeding that frustration—that holy discontent—can be a lot of work. Hybels says that the best thing you can do to feed your holy discontent is to move toward your area of frustration until God gives you a clear direction as to what action to take for resolution. The closer we get to the holy discontent, the more God will birth new visions in you to become part of the solution.

A Worthy Fight

Fighting for what you strongly believe in often comes with risks—isn't that what we're often told? "It's a risk worth fighting for . . ." When we step out to battle for our holy discontent, the enemy would like nothing more than to squander our efforts with the notion that it's too risky, not worth it, or that it's an unattainable goal. To quote an age-old cliché, "When the going gets tough, the tough get going!" is absolutely correct when we fight for our holy discontent. When it seems too big or too risky, lean into your holy discontent even more; then see where God leads you.

Wherever and Whenever

Sometimes our holy discontent morphs into something different—Hybels advises us to follow it. Hybels uses the example of Nehemiah, a man who thought he had his purpose in life figured out, only to have God show up and call Nehemiah to participate in a new thing; something that he was ultimately prepared for and skilled to do. When you feel that God is shifting your holy discontent, go with it and trust in His leading.

Part 2: Think On This

What are some tangible ways you can “feed” those things that frustrate or anger you?

What are the risks in your fight to “feed” those things that anger or frustrate you?

How can you keep from giving up when things get risky or tough?

Why is it difficult to follow your holy discontent when it morphs or changes?

How can you fuel your frustration or anger into something positive?

PART 3

Live in a Fundamental State

Hybels gleans a concept from University of Michigan business professor, Robert Quinn, on the fundamental state theory. Quinn says that people live in the normal state, they're almost entirely self-absorbed and maintain the status quo, accepting the world exactly how it is. But Quinn presents another state—the fundamental state, where people care so much about getting results that they live and breathe in a different realm. People in the fundamental state radiate enthusiasm and persistence. These people focus intensely on their goal and take risks because so much is at stake. This is the kind of state where your enthusiasm draws other people in—people want to hang out with you or get involved because your passion is contagious. The fundamental state can change your holy discontent—it can change your church, your ministry, and your families.

Self-Leadership

Your attitude toward your holy discontent is your choice; Hybels says, “you simply cannot allow what ‘wrecks’ you to wreck you. You can’t let the ‘discontent’ part of your holy discontent discourage or depress you,” (p. 133). It’s up to you to keep your hope meter high. When you feel discouraged, Hybels has two suggestions to re-inspire you:

Assess: Take a look at your level of belief in your holy discontent. If you feel your belief waning, get alone and spend time with God. Ask him to pump you up with a refuse-to-be-shaken belief in your holy discontent. Re-establish your belief each and every day.

Check: Look into your life to see if there are energy leaks—are there things that you’re doing that are sucking all of your energy and vigor? When you begin to let things get you down, others will get down, too! Everyone takes their cues from you so take care to provide yourself some self-leadership so your passion and optimism remain contagious.

Let God Lead

We live in a broken world and there’s so much at stake. Take time to speak with God regularly about your holy discontent, let Him lead the way in your endeavors. Don’t go it alone, after all, your holy discontent is also God’s.

Part 3: Think On This

Are you living in a “normal state” or a “fundamental state”?

Why is a fundamental state more contagious?

What are you doing to grow and learn in the area of your holy discontent?

How can you assure that you will fight for your holy discontent for the long haul?

My Holy Discontent

Now that you've completed this assessment take a moment to review what you wrote. Then write a 2 or 3 sentence description of your holy discontent. This doesn't have to be set in stone. Just think of it as a starting point to discovering your holy discontent.

The material featured here originally appeared in the Orange Leaders Blog.

Additional Resources

[Holy Discontent](#)

This video by Bill Hybels will help you better understand your holy discontent.

[Living and Leading from Your Holy Discontent](#)

This book by Bill Hybels will lead you on a self-discovery of your holy discontent.

[The Purpose Driven Life](#)

This book by Rick Warren will help you learn how your CAUSE fits into God's purpose.

[The Cause Within You](#)

This book by Matthew Barnett will help you discover your personal CAUSE in life.