

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 followers of Jesus 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? Those feelings, passions, and emotions are all God given. You might not be able change the entire world, but you can bring change to your world. God wants to use you to help make the world a better place. You were created on purpose for a purpose.

The process of discovering your cause 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 cause. You will probably not discover your cause 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 cause 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 cause.

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 cause. To listen to the message, [click here](#).

PART 1

What You Can't Stand

People will volunteer and give their time and money to a cause that sparks a frustration in their soul. What frustrates our hearts also frustrates the heart of God. A cause can be fueled with frustration and anger, but a God-given cause has a desire to restore and make things right.

You Can Make a Difference

Throughout history we see people who discovered their God-given cause. People like Mother Teresa and Martin Luther King, Jr. Individuals who gave their entire lives for justice and dignity. But a God-given cause is not just reserved for the elite or chosen few. God has a purpose and cause for each and every one of us. Some platforms are large and some are small. But, God gives everyone a platform on which to invoke change for the better.

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 hits at your heart; after all, feeding that frustration can be a lot of work. The best thing you can do is move toward your area of frustration until God gives you a clear direction as to what action to take. The closer you get to your cause, 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. When we step out to battle for our cause, 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. When it seems too big or too risky, lean into your cause even more; then see where God leads you.

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

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

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

PART 3

Radiate Enthusiasm and Persistence

All around us we see people living almost entirely self-absorbed and maintaining the status quo; accepting the world exactly how it is. But then there are those people who care so much about getting results that they live and breathe in a different realm. They 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 enthusiasm draws other people in and they want to get involved because your passion is contagious.

Self-Leadership

Your attitude toward your cause is your choice. It's easy to get discouraged or even depressed. That's why it's important to have faith and hope. Faith that God will provide. That He will never leave you or forsake you. Hope that you can overcome and accomplish your goal. If you feel your belief waning, get alone and spend time with God. Let God refresh and renew your strength and belief.

Are you living a self-absorbed life or are you risking for the sake of others?

How can you fight against the status-quo and focus on your cause?

What will you do to grow and learn in the area of your cause?

My Cause

Now that you've completed this assessment take a moment to review what you wrote. Then write a 2 or 3 sentence description or start with just a few words that describe those things that you are passionate about. This doesn't have to be set in stone. Just think of it as a starting point to discovering your cause.

Some of the material featured here originally appeared in the Orange Leaders Blog.

Additional Resources

[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.