

**How's Your  
Gut?**

Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering; Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye. And above all these things put on charity, which is the bond of perfectness.

Colossians 3:12-14 (KJV)

**The word Bowel is the  
singular word for Gut**

# **BOWEL FACTS:**

- 1. The physical bowels carry what we ingest and what we ingest, must be released.**
- 2. If the bowel doesn't release what it is carrying there will be pain.**
- 3. What we carry will show up on our tongue.**

Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.

Psalm 55:22 (NIV)

Cast all your anxiety on him because he cares  
for you.

1 Peter 5:7 (NIV)

# **Cast – Greek Definition**

To violently throw, to hurl or fling with great force.

# **Compassion – Greek Definition**

To be moved so deeply in the pit of your gut.



# **Greek - Splagchnizomai**

Pronounced “Splag nitz zo mai”

- To Yearn
- To be moved with Compassion

But whosoever hath the world's goods, and seeth his brother have need, and shutteth up his bowels of compassion from him, how dwelleth the love of God in him?

1 John 3:17 (KJV)

# Compassion:

- Used 46 times in the King James Version
- 21 of those verses are speaking about Christ having compassion

Filled with love and compassion...

Luke 15:20 (NLT)

**COMPASSION ISN'T FAIR**  
**GOD'S LOVE IS NOT FAIR**

**Compassion means to spare a  
life that isn't deemed worthy**

“And Jesus moved with compassion put forth His hand and touched the man with leprosy”

Mark 1:41

**COMPASSION IS HANDS ON  
IT CANNOT BE DELEGATED**



The servant's master took pity on him, canceled the debt and let him go. "But when that servant went out, he found one of his fellow servants who owed him a hundred silver coins. He grabbed him and began to choke him. 'Pay back what you owe me!' he demanded.

Matthew 18:27-28 (NIV)

I desire mercy, and not sacrifice...

Hosea 6:6 (KJV)

“To be a Christian means to forgive the inexcusable because God has forgiven the inexcusable in you.”

*C.S. Lewis*

Bless the Lord, O my soul, And forget not all His benefits: who forgives all your iniquities, who heals all your diseases, who redeems your life from destruction, who crowns you with lovingkindness and tender mercies.

Psalms 103:2-4 (NKJV)

“Go and do likewise.”

Luke 10:37 (NIV)