



WORLD
DAY OF
THE SICK
11 FEBRUARY 2026

THE COMPASSION OF THE SAMARITAN: LOVING BY BEARING ANOTHER'S PAIN



GUIDE FOR THE MEETING WITH ADULTS

OBJECTIVE:

To offer adults a space that helps them observe and evaluate the quality of gestures of solidarity and fraternity towards our many brothers and sisters who suffer from illness, always maintaining, as its foundation, that experience of faith that has as its point of reference the person of Jesus of Nazareth and his particular way of being and acting at all times.

SETTING:

In order to prepare for the meeting, first place a lit candle and a Bible open to chapter 10 of the Gospel of Luke in a central point on a table. Display the theme of the 34th World Day of the Sick prominently, Place posters listing the different realities of illness on the walls and floor.

RESOURCES REQUIRED:

- Table
- Flip chart
- Candle
- Bible
- Posters with images of sick people or with writings about different aspects of illnesses.
- Small cards or blank sheets of paper
- Pencil or pen
- Music player.

The compassion of the Samaritan: *Loving by bearing another's pain*

A. Presentation dynamics

Welcome to this space for meeting and prayer. This is an opportunity to reflect on compassion, inspired by the actions of the Good Samaritan. To begin, we invite you to write on a card or a piece of white paper a word that calls to your mind **compassion**. Then share it with a partner. Then, gather all the words to form a mosaic of compassion.

(Time is given to write, share, and place the cards on the wall/table.)

B. Opening Moment:

The leader lights the candle as a sign of Christ's presence, the light that illuminates our path. He or she opens the Bible to the Gospel of Luke, chapter 10, where Jesus gives us the parable of the Good Samaritan and then gives instructions for living it:

We proceed to read and listen to the passage from **Luke 10:25-37**.

We observe a few minutes of silence to allow this Word to touch our hearts. We share a phrase or action that particularly strikes us aloud (without interpretation).

Afterward, participants are invited to walk in silence and observe the various posters displayed on the floor and walls that help raise awareness of the theme in the context of the World Day of the Sick. This moment may be accompanied by background music.

The following prayer is repeated: Lord, open our eyes so that we can see the pain of our brothers and sisters. Open our hearts so that we can welcome every sick person with your love.

The compassion of the Samaritan: Loving by bearing another's pain

C. Development:

Jesus invites us to pause before the pain of others. The Samaritan in the Gospel did not pass by; he approached, was moved with compassion, and acted. Let us ask ourselves:

What prevents me from pausing before the pain of others?

What attitudes of the Samaritan challenge me today?

How can I be a sign of compassion in my community?

Now, we invite small groups to discuss these questions and, after the discussion, develop a concrete gesture of compassion to share with the entire group.

D. Plenary session:

Listen carefully to each group's presentation. Try to imagine the entire group taking on this shared gesture, so as to be able to outline possible commitments. It can be said that every shared gesture is a reflection of God's love that draws near, because compassion is not theory, but action.

E. Commitment Activities:

To ensure this experience isn't merely theoretical, participants are encouraged to create a *Compassion Calendar*. Each week, one or two of them will perform a concrete gesture of compassion and share it at the next meeting. In this way, the light of Christ continues to burn brightly in each heart, and the practice and mutual encouragement are kept alive.

The compassion of the Samaritan: Loving by bearing another's pain

A good guide could be the following table:

Places we can go	Situations where we can be neighbors	Concrete gestures of compassion.
<ul style="list-style-type: none"> •Hospitals and health centers (to visit patients, accompany family members). •Homes for the elderly or assisted living facilities. •Nursing homes for people with disabilities. •Communities with people who are alone or suffer from chronic illnesses. •Parishes or health pastoral groups that already make home visits. 	<ul style="list-style-type: none"> •With people undergoing long-term treatments (dialysis, chemotherapy). •Neighbors who live alone and need companionship. •Families caring for a sick person and need emotional or practical support. •People with subtle conditions (depression, anxiety, chronic pain). 	<ul style="list-style-type: none"> •Visit and dedicate time to listening. •Bring a small gift: a prayer, a letter, flowers, music. •Accompany someone on errands or medical visits. •Organize support shifts to give caregivers some respite. •Pray together for the sick and their families. Create a group for calls or text messages to offer encouragement and support.

The compassion of the Samaritan: Loving by bearing another's pain

F. Concluding Moment.

A simple assessment is performed, followed by the final prayer:
Now, reflecting on everything experienced, participants are encouraged to share aloud what they felt during the meeting.

Afterward, each person present names a sick person they feel needs compassion.

Let's pray together with the Our Father.

Each person is invited to take the card they wrote at the beginning of the meeting and place it around the candle, forming a circle of light. This will help remind us that compassion unites us in the love of Christ. It is He who will make it possible for every commitment undertaken to transform into COMPASSION, radiating from every situation of illness and desperation to give glory to God.

Song: The Lord is my light and my salvation (Sister Glenda)

The meeting concludes with thanksgiving to God the Father, while we bless each other with an embrace of peace.