

The Bulwark

FEBRUARY 22, 2026

EMPATHY

While going through some papers in a file cabinet, I ran across an article confirming that we do indeed live in amazing times, as evidenced by the R70i suit seen below. It was developed by Genworth in a partnership with Applied Minds in 2016. The purpose behind the creation is to help foster awareness of the aging process in order to promote discussions and in so doing provide better long-term care. The person who wears the suit experiences vision and hearing simulations; joint and muscle restrictions; in short many of the real issues of growing older. Kind of makes one think of a reverse "Iron Man" of comic book fame. Welcome to my world!



Is it within the grasp of really "knowing" what a person goes through as they age? Probably not, for while the physical issues can be replicated to a degree, there is the psychological aspect to consider, which may be elusive. Each person handles "wearing out" differently, but what the R70i "Age Suit" was designed to do was to help caregivers develop a sense of empathy for their patients/clients.

Empathy is defined as having the power to understand and share the feelings of another. Compassion and sympathy are a couple of relat-

ed words. Now consider this in light of what Jesus did when He emptied Himself into the form of man. *"For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as we are, yet without sin."* (Hebrews 4:15) Relatability.

Looking back to the second chapter of Hebrews there is additional information presented for our reflection. *"Therefore, in all things He had to be made like His brothers so that He might become a merciful and faithful high priest in things pertaining to God, to make propitiation for the sins of the people. For since He Himself was tempted in that which He has suffered, He is able to come to the aid of those who are tempted."* (17-18) He was willingly *"made like His brothers..."* in order to come to our aid.

It is not within our power to even fathom having the impact that Christ has on the life of man, nevertheless there is a strong take away we can see. We can embrace His mind set as Paul pointed out in Philippians 2:5-7 and doing what is addressed in verses three and four. Regarding one another as more important than self. *"And be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven*

you." (Ephesians 4:32)

Paul in the 12th chapter of Romans appeals for each child of God to adopt a new mind; one that is willing to be of service and empathic to one another. In the sixth chapter of Galatians Paul encourages us to *"bear one another's burdens"* (v 2) and to *"not lose heart in doing good, for in due time we shall reap if we do not grow weary."* (v 9) Peter on his part wrote, *"To sum up, let all be harmonious sympathetic, brotherly, kind-hearted, and humble in spirit..."* (1Peter 3:8)

We can relate to one another. Do we not know what it is like to face challenges and obstacles in life? Surely we do, we can empathize. See Romans 12:15 and 1Thessalonians 5:11 (wbe)

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