

THANK YOU

We're Grateful for the Way You Care

As this year comes to a close, we've been reflecting on the people who show up in meaningful, steady ways. Ministry leaders like you are at the top of that list.

You sit with people in their grief, their questions, their celebrations, and their uncertainty. You carry stories that few others ever see. And you do it with compassion, integrity, and faithfulness.

At Vibrantly Live, we want you to hear this clearly: **We're grateful for you.**

Not for the work you produce.
Not for the endless responsibilities you shoulder.
But for the person you are and the heart with which you serve.

Thank You for Caring in Ways No One Else Often Knows About

Ministry requires a depth of presence that often goes unseen. The late-night conversations. The hospital visits. The prayers whispered between meetings. The emotional weight you hold with such gentleness.

These moments matter.
They are holy.
And we are grateful.

Thank You for Allowing Us to Walk Beside You

When we are trusted with someone's story or invited into the circle of care, we considered it an honor. Partnering with those in ministry is always a privilege.

A Note of Blessing as You Finish the Year

As you enter the fullness of this season, may you experience moments of rest, reminders of hope, and the quiet assurance that the work you're doing matters...deeply.

And may you sense God's gentle care for you, even as you continue to care for others.

We're cheering for you.
And we are deeply grateful for you.



Digital Newsletter



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How to Recognize Compassion Fatigue (Before It Sneaks Up on You)

If you're in ministry during the holiday season, your emotional load naturally increases. You walk with people through grief, family tension, financial strain, loneliness, and spiritual longing, often all in the same week. While this work is meaningful and sacred, it can also be quietly draining.

What many ministry leaders don't realize is that feeling unusually tired, emotionally thin, or less patient than usual may not be "holiday stress." It may be compassion fatigue, something that develops when you consistently hold space for other people's pain.

Compassion fatigue doesn't mean you're doing something wrong. It means you care deeply. And because you care deeply, it's worth knowing how to recognize it before it settles in.

1. Your emotions feel closer to the surface than normal

You may find yourself tearing up more easily, feeling irritated quicker, or reacting more strongly to situations that normally wouldn't rattle you. It's not weakness. It's emotional overload.

2. Your capacity for empathy feels lower, not higher

You want to show up fully for people, but you notice yourself feeling numb, detached, or "flat." This doesn't mean you don't care, or are depressed. It simply means your emotional reserves are running low.

3. You're carrying other people's stories long after the conversation ends

You replay conversations at night. You think about people's stories long after meetings end. Your mind feels full, even when you're off the clock. This is a sign your internal boundaries need space to reset.

4. You're more tired despite getting the same amount of sleep

Compassion fatigue often shows up physically before you notice it emotionally: heaviness, exhaustion, difficulty concentrating, or feeling "off" without being able to name why.

5. You struggle to feel joy during a season when you're expected to

Holiday expectations add pressure. If your joy feels muted, it may simply mean you've been holding a lot of emotional weight for others.

So what can you do about it?

Here are a few simple places to start:

- Name it. Giving language to what you're experiencing brings clarity and compassion.
- Pause briefly between conversations. Even 2-3 minutes of quiet can help you reset.
- Share honestly with someone safe. Not for advice. Just to be known.
- Allow yourself to be human. You are not a bottomless well.

This season is full, meaningful, and often heavy. Taking time to recognize and respond to what you're carrying is part of wise, thoughtful ministry. As you step into this season, give yourself permission to care for your own heart with the same gentleness you offer others. Your soul matters too.



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