

## March 2009 - Overcome "Compassion Fatigue"

Engage with "Action '09" - get involved, read more about it here.

Turn on the news most any day and you'll hear of some area teen tragically killed in an auto accident or of children abused or even murdered by their parents or of thousands of job layoffs or of violent conflict in various parts of the world, and so on and so on. It's enough to foster "compassion fatigue", where we just don't have enough emotional energy to feel for all the pain and suffering we hear about.\*

Jesus himself overcame any tendency toward compassion fatigue. When he looked out upon the hoards of harassed and helpless people, we are told he "felt compassion" for them. He stayed fully engaged with his world and allowed himself to be emotionally moved by all the pain and suffering he saw. Not only so but, knowing that he alone could not touch all those who needed it, he wisely strategized so as to make a difference in their plight, "Ask (pray to) the Lord of the harvest, therefore, to send out workers into his harvest field." (Matthew 9:36-38)

To follow Jesus' example in reacting to our world of pain we must first resist compassion fatigue and allow our hearts to grieve and empathize like he did. Secondly we must pray that workers are raised up to touch those who are hurting and lost. Thirdly, we ourselves must be willing, like Jesus, to roll up our sleeves and engage the desperate people in our culture.

There are many ways to make a difference. This spring and summer you'll be offered a variety of opportunities as NCCC engages in "Action '09", an initiative that will serve the needs in our community and world through a variety of ministry projects. You'll be hearing more about "Action '09" in the coming weeks with an exciting Project Fair taking place at the April 19 services. In the mean time pray for those in need, for workers to make a difference, and for your own heart that you may not be hardened by "compassion fatigue".

Bob

\* (see our "compassion fatigue" video at www.northccc.com under "Latest News")