



Ministering to Emotionally Struggling Family Members During the Holidays

Offering spiritual care and emotional support to loved ones during the holiday season

Foundational Frameworks



CCC (Capacity · Condition · Encourage)

Spirit-sensitive lens to approach people with care: Meet them where they truly are, consider their inner/outer situation, and encourage gently based on discernment.



RISE (Recognize · Intervene · Steward · Empower)

Framework to guide how we respond to emotional/spiritual needs: Notice what's happening, offer gentle disruption, handle with care, and leave people with agency and hope.

These foundational tools keep us Spirit-aligned, emotionally aware, and relationally wise as we minister to our struggling loved ones during the holidays.

The CCC Method: Capacity · Condition · Encourage

Capacity

What can someone emotionally, mentally, or spiritually handle right now?
Meet people where they truly are, not where we hope they'd be.

Condition

What's shaping their inner world or external situation?
Consider grief, loss, exhaustion, anxiety, or spiritual dryness.

Encourage

How can we affirm God's quiet work without overwhelming them?
Encourage gently, rooted in discernment—not urgency or pressure.

RISE: Recognize · Intervene · Steward · Empower

- ▲ **RISE**

Recognize · Intervene · Steward · Empower

- **1. Recognize**

Notice what's really happening. Be attentive to emotions, patterns, and silence.

- **2. Intervene**

With wisdom, compassion, and timing, offer a gentle disruption—prayer, presence, or truth.

- **3. Steward**

Handle what's been revealed with care. Don't minimize, exaggerate, or ignore.

- **4. Empower**

Leave people with agency and hope. Invite them into healing, not dependency.

Discernment Says

- **What Do We Know?**

Honoring reality - The holidays often surface emotional distress, family gatherings can be unpredictable or emotionally taxing, and ministry in this season is about presence, not performance. Scriptures: Romans 12:15, Galatians 6:2, Psalm 34:18.

- **What Don't We Know?**

Inviting wonder and humility - What's hidden beneath the surface for our loved ones? What might they be grieving or battling in silence? What emotional landmines might the holidays trigger? Scriptures: James 1:19, Proverbs 20:5. (Discernment Protocol-Tala Price)

- **What Should We Know?**

Equipping for faithful response - Mental health awareness: Know signs of distress, withdrawal, and burnout. Spiritual grounding: Pray first. Move from peace, not panic. Simple rituals: A quiet prayer, shared moments, writing cards to grieving relatives. Scriptures: 2 Corinthians 1:3-4, Matthew 11:28, Lamentations 3:22-23.

- **What Does Everyone Else Know?**

Confronting cultural narratives - Culture says, "Be happy and perfect." Ministry says, "Be present and real." Social media amplifies pressure to "have it all together." Faith invites a deeper rhythm: rest, lament, peace, joy. Scriptures: Ecclesiastes 3:4, Isaiah 61:1, John 16:33.

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Thoughts

Reveal inner beliefs or assumptions

Feelings

Signal what's been held in or overlooked

Words

Often carry more than we intend—listen with grace

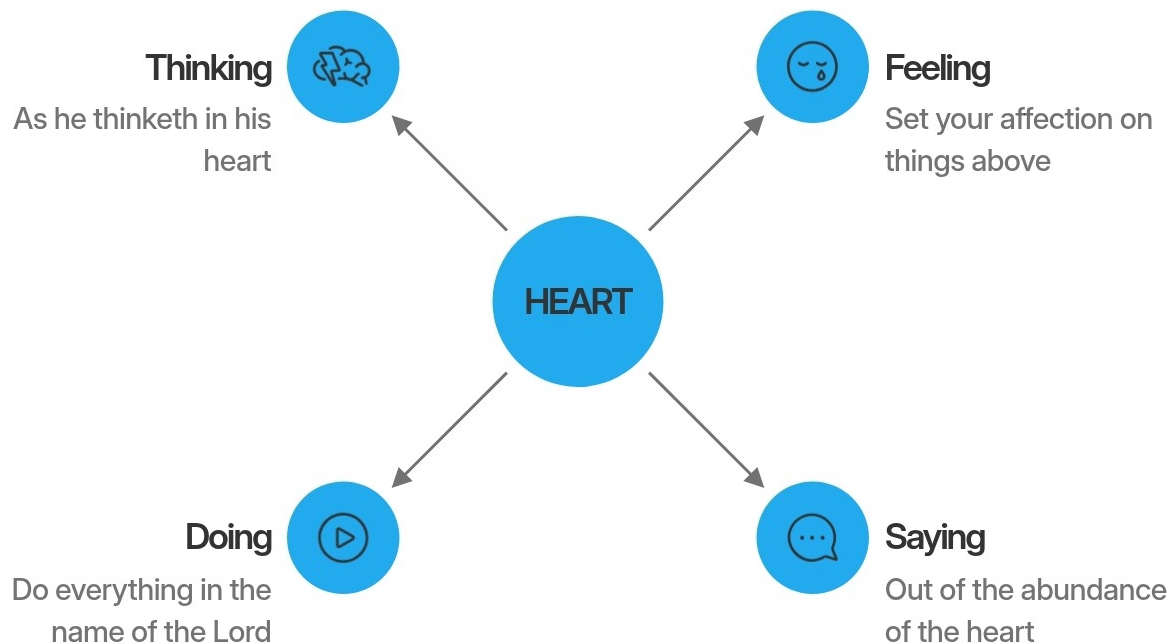
Actions

May be coping, reaching out, or shutting down

Discernment

This awareness is not for judgment—it's for discernment. Let the Holy Spirit guide how you respond—with patience, gentleness, and wisdom.

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- **Was I asked to do what I am doing?**

Reflecting on whether you were specifically asked to take on the task or if you took it upon yourself.

- **Do I want to do it?**

Considering if you genuinely want to do what you're doing or if you're feeling obligated or pressured.

- **Am I doing more than my share?**

Assessing whether you're taking on more responsibilities than others or more than what is reasonable for you.

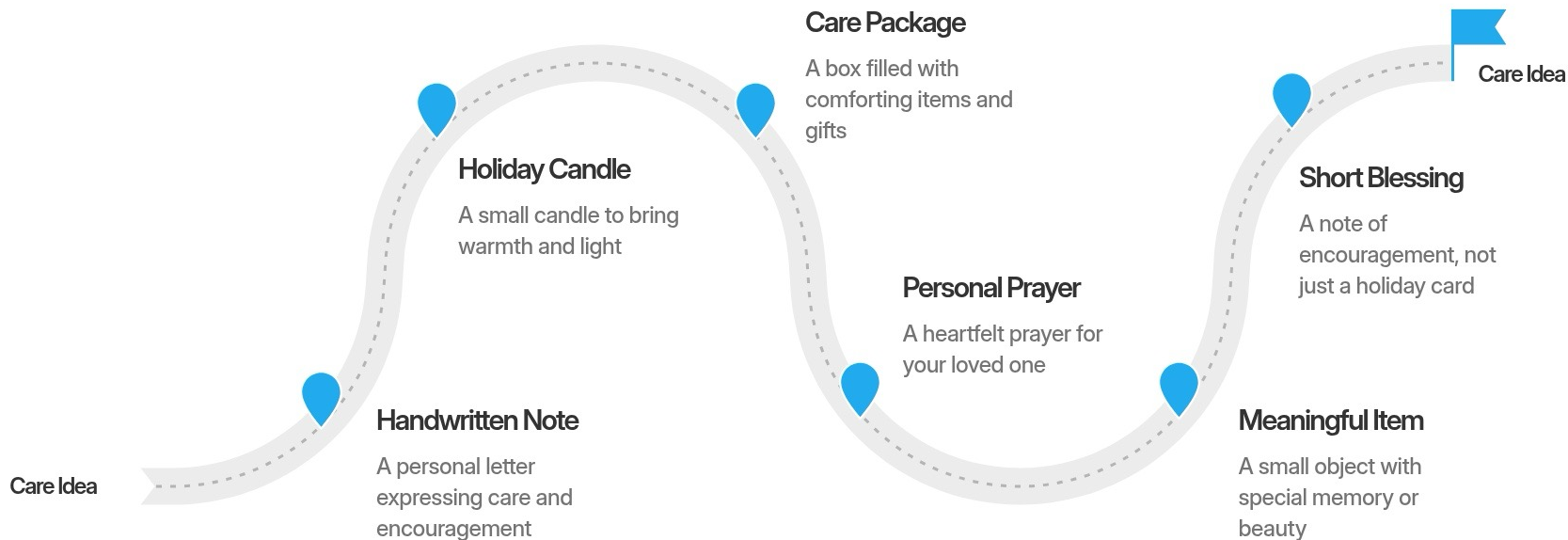
- **Do others appreciate me for what I am doing?**

Recognizing that rescuers often go unappreciated, and considering whether your efforts are being acknowledged.

- **Am I doing something for someone that they can do for themselves?**

Evaluating if you're enabling dependency or taking away someone's opportunity to grow and learn.

Care Idea: Send a Care Package or Handwritten Note to a Loved One



Closing Reflection & Invitation

Closing Reflection: 'Who might need my spiritual attention this season—and what is the Holy Spirit asking me to recognize, steward, or encourage in them?'



Where am I emotionally this season?

Reflect on your own emotional state and inner landscape as you enter the holiday season. Are there any unprocessed emotions or personal struggles you need to tend to?



Who in my family might need gentle presence, not advice?

Consider which family members may be silently struggling with grief, loss, anxiety, or other emotional battles. Discern how you can offer them a compassionate, non-judgmental presence rather than unsolicited advice.



How can I use CCC and RISE to discern when to speak, when to pause, and when to act?

Apply the CCC (Capacity, Condition, Encourage) and RISE (Recognize, Intervene, Steward, Empower) frameworks to thoughtfully determine the appropriate response for your emotionally struggling loved ones.

Lets close this time with a prayer and blessing, inviting the Holy Spirit to guide us as you minister to your emotionally struggling family members during the holidays.