

August Newsletter

What To Say Or Do When We Feel Helpless

There are many times in our lives when we feel helpless. They can be directly or indirectly connected to us personally. Our nature is to try to fix a problem so that we can move past it. What happens when that problem is out of our control, not ours or it is connected to someone close to us? Situations can be so great they are on a national or global scale, or we can have a child who is going through a personal crisis. Every crisis can be great in their own situation. The Bible offers us a perspective that can be counter to our natural inclinations to take control or fix the problems ourselves.

In the Book of Job we are given the example of Job's friends. Job lost almost everything. Satan accused Job of loving God because of God's favor and protection on his life. God allowed tragedy to touch Job's life relationally and physically. When Job's friends heard of the tragedies that Job endured they came together and mourned with him in silence. *Job 2:12-13 says "When they saw him from a distance, they could hardly recognize him; they began to weep aloud, and they tore their robes and sprinkled dust on their heads. They sat on the ground with him for seven days and seven nights. No one said a word to him, because they saw how great his suffering was."*

Jesus also gave us an example of what to do when we have no control in a situation. He was about to be betrayed, arrested, tortured, and executed, and He asked three of His disciples to stay with Him and keep watch while He prayed. The disciples kept falling asleep.

Matthew 26:40-41 says "Then (Jesus) returned to His disciples and found them asleep. 'Couldn't you men keep watch with me for one hour?' He asked Peter. 'Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.'" Prayer is a powerful tool that God has given us during our trials and troubles. Jesus had the power to take away His own trials and sorrows, but He chose to endure them to the very end because of His great love for us. He knew that the sacrifice He was about to endure was great. Sin and death was defeated forever, and because of that we are reconciled with God.

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With Love from Kevin Phillips
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Kevin Phillips' love for people's hearts and minds has moved him to launch Encouragement Now Ministries and Encouragement Now Counseling University.

Encouragement Now Ministries has served clients in over 60 countries including Egypt, China, Iraq, Ukraine, Ethiopia, Bahrain, Saudi Arabia, South Africa, Canada, Turkey, Jordan, Spain, Morocco, Brazil, Pakistan, India & UAE.

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Are you or someone you know going through a crisis? Do you feel helpless? Do you feel like you do not know what to say or do? You are not alone. Trials and troubles will always be with us. How we handle them when we feel helpless is crucial, and it can be hard too. Being present with others is so simple yet it is a great blessing. Not having words to say is ok, and sometimes the best thing we can do! And, praying is the one thing we can and should always do in every situation.

Psalms 23:1-6

1 The Lord is my shepherd, I lack nothing.

2 He makes me lie down in green pastures,
he leads me besides quiet waters,

3 he refreshes my soul.
He guides me along the right paths
for his name's sake.

4 Even though I walk through the darkest valley,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.

5 You prepare a table before me
in the presence of my enemies.
You anoint my head with oil;
my cup overflows.

6 Surely your goodness and love will follow me
all the days of my life,
and I will dwell in the house of the Lord forever.

How Can We Help You? How Can You Help Us?

Are you a pastor or member of a church? Do you see the need for biblically based mental health? Our ask is this: Would you consider partnering with us financially to help us reach more people? We would love to talk to you and be a resource to you and your congregation. To set up an appointment please click on the link to our Partner Page. Fill out the form, and we will contact you. Or, you can donate directly by going to the "Donate Here" button on the page and give a one time gift or set up a monthly reoccurring gift. Your generosity can help change lives.



ENCOURAGEMENT NOW PODCAST

We have a Podcast that can help you understand life through the lens of the Bible. Here is a list of episodes that we have for you to explore:

Episode 001: Happiness

Episode 002: Renewing Your Mind

Episode 003: Grace – Part 1

Episode 004: Grace – Part 2

Episode 005: Worry & Anxiety – Part 1

Episode 006: Worry & Anxiety – Part 2

Episode 007: Grief & Loss

Episode 008: Complaining

Episode 009: Introducing Boundaries

Episode 010: Distractions – Part 1

Episode 011: Distractions – Part 2