

September Newsletter

Healing is Not Always Linear

Healing is not always linear, and no path to healing is the same. I can guarantee you will have great days where you feel like you are making progress, and days when you feel like you are going backward. That's okay and perfectly normal. It doesn't mean that you not doing all the steps "correctly". Whatever rate and steps your healing journey takes is ok as long as you're moving forward. Don't get stuck in "rules"! Allow room for mistakes and setbacks. Acknowledge them and see what you can learn from these low moments. Give yourself space to feel, vent, and re-conceptualize. If you find yourself saying "I should have" or "I wish I would have" often, or beating yourself up for having bad days, maybe it's time to re-evaluate how you view your journey and give yourself some grace. And remember, the same grace needs to be extended to others in your life as they travel down their own path to healing!



You're going to be ok!
We'll help you if you're willing to work a little.
Our core approach is to give you simple, practical, applicable, scalable, and mental rework solutions mixed in with a little encouragement and a

can-do spirit to help you take back control of your mental health, to improve your relationships, to help you love life again and to help you get some pep in your step. We live life too struggling and grinding things out as well alongside you. We know it takes a lot of work, self-sacrifice, cooperation, swallowing pride in some cases and leaping out in faith. We know it feels daunting at times and frightening but you can do it, you deserve to do it, you deserve to feel better. Let's work together to learn to manage our day-to-day stressors of life as well as those acute stressors that blindside us. Our ongoing goal is to help you address your most pressing mental health concerns, help you find answers, and equip you with the knowledge and resources you need to make the change from a life of barely surviving to one where you are thriving and living again. Here's to deep peace and happiness; let's go for it!



With Love from Kevin Phillips
- MA, LPC, BA Theology

Founder of Encouragement Now Ministries

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.

Follow Us:

[Encouragementnowministries.com](https://www.encouragementnowministries.com)



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Psalm 103

1 Praise the Lord, my soul;
all my inmost being, praise his holy name.

2 Praise the Lord, my soul,
and forget not all his benefits—

3 who forgives all your sins
and heals all your diseases,

4 who redeems your life from the pit
and crowns you with love and compassion,

5 who satisfies your desires with good
things
so that your youth is renewed like the eagle's.

6 The Lord works righteousness
and justice for all the oppressed.

7 He made known his ways to Moses,
his deeds to the people of Israel:

8 The Lord is compassionate and gracious,
slow to anger, abounding in love.

9 He will not always accuse,
nor will he harbor his anger forever;

10 he does not treat us as our sins deserve
or repay us according to our iniquities.

11 For as high as the heavens are above the
earth,
so great is his love for those who fear him;

12 as far as the east is from the west,
so far has he removed our transgressions
from us.

13 As a father has compassion on his
children,

so the Lord has compassion on those
who fear him;

14 for he knows how we are formed,
he remembers that we are dust.

15 The life of mortals is like grass,
they flourish like a flower of the field;

16 the wind blows over it and it is gone,
and its place remembers it no more.

17 But from everlasting to everlasting
the Lord's love is with those who fear
him,

and his righteousness with their children's children—

18 with those who keep his covenant
and remember to obey his precepts.

19 The Lord has established his throne in
heaven,
and his kingdom rules over all.

20 Praise the Lord, you his angels,
you mighty ones who do his bidding,
who obey his word.

21 Praise the Lord, all his heavenly hosts,
you his servants who do his will.

22 Praise the Lord, all his works
everywhere in his dominion.
Praise the Lord, my soul.



ENCOURAGEMENT NOW PODCAST



Kevin, Laura, And Joseph

We Need Your Help!

We are looking for corporate, church, and individual partnerships for our ministry. Mental health is one of the most sought after and talked about subject our society is focused on, but they are missing the Biblical truths that God's Word has to offer. Churches are finding themselves unable to handle some of the challenges they are presented with, and they need a safe place to send their members. We are that place, but we need your help. Encouragement Now Ministries (ENM) is donation funded. Monthly partnerships are the backbone of our ministry. This allows us to train up counselors, minister to the needs of churches and individuals, and grow our ministry. We are a 501(c)(3) organization that can be that place. Talk to your company about donating to ENM, and consider a monthly partnership. Every dollar is connected to a soul.

Resource Page

We've just updated our Resource Page with some exciting new additions! You can now find all of our podcast episodes conveniently listed, offering insightful conversations on mental health, relationships, and personal growth.

We've also added a variety of new tools and resources curated by our therapists to support you in finding effective solutions and guidance for your unique journey.

EMERGENCY RESOURCES

[Click Here](#)

REBOOT RECOVERY
OVERCOMING TRAUMA TOGETHER

 [Podcast - Listen Here](#)

Mental Health

**Dealing With
Grief**

**Pornography
Addiction
Resources**

**Coping Skills
For Anxiety**

Relationships

**Narcissist
Awareness**

Financial Help