

November Newsletter

Do Not Fear - Be Thankful

Fear is a strong emotion that can control many aspects of our lives. It can cause us to make bad decisions (which brings pain) or prevent us from doing the things we need to do (which is taking responsibility). Fear can be paralyzing. Many of us have experienced fear throughout our lives, and we have created patterns, both good and bad, as a result of those fears. The questions come to mind are these: Do these patterns line up with God's Word? Are they creating healthy environments for you and your family, or are you finding yourself in the midst of drama and chaos?



With Love from Kevin Phillips
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Founder of Encouragement Now
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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.

For many of us we do not want to be the source of our own problems, but we find ourselves in a constant state of fear by avoiding responsibility. We are afraid of accountability, what others will think of us, and for the pain that is waiting for us when we start to examine our wounds. This usually means that we will need to put in the work of healing, forgiving, changing our behavior, and creating healthy boundaries. What does God think of this?

God knows our pain and fear, and He is there to help redeem what was broken and use it for good. The Bible is full of scriptures that address fear. Lamentations refers to the destruction of Jerusalem and the Temple when God's people were sent into exile. Their disobedience and unfaithfulness lead to their punishment. Yet in it God shows us His love and encouragement.

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In chapter 3, starting at verse 19, we are reminded that in our affliction and bitterness there is HOPE because of God's great love and compassion. Later in the chapter when enemies oppress or the pit consumes God says, "Do Not Fear".

In this season of Thanksgiving, we need to remember the promises of God. We need to remember that our mistakes can be redeemed. There may be pain or fear, but God will always draw near to us. Pain is not always bad. Pain can be used as an agent for change. Pain can help us grow and understand. The pain the Northern and Southern Kingdoms of Israel had to go through, because of their disobedience and unfaithfulness, was used to draw them closer to Him. Are you going through pain? Is there something in your life God is trying to bring to your attention? Are you afraid? Let us remember what God's Word says, *"I remember my affliction and my wondering, the bitterness and the gall. I well remember them, and my soul is downcast within me. Yet this I call to mind and therefore I have hope: "Because of the Lord's great love we are not consumed, for His compassions never fail. The are new every morning; great is Your faithfulness. I say to myself, "The Lord is my portion; therefore I will wait for Him.""* Lamentations 3:19-24



ENCOURAGEMENT NOW PODCAST



Kevin, Laura, And Joseph

Psalms 69:29-30

29. But as for me, afflicted and
in pain—
may your salvation, God,
protect me.
30. I will praise God's name in
song
and glorify him with
thanksgiving.

Resource Page

Visit our Resource Page! 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.

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.

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