

January 2026 Newsletter

All Things New: How To Look At Pain

Happy New Year from us at Encouragement Now Ministries! It is the beginning of a new year, and it is the time when everyone thinks about making changes to their lives. This is also the time when we can fail. How do we follow through on our plans and not fail? I think about these things (like many others) and have to conclude that failure is sometimes unavoidable and painful. We look at failure as being the problem instead of it being a teacher and motivator. How we look at things can make a big difference in our lives. When a child is learning to walk it will fall. We do not kick the child out of the house and say come back when you can walk. In sports we can trip and fall during a game. The coach does not kick us off the team in the middle of the game, but instead they will encourage us to get back up and keep going, even in pain. We need to do the same for ourselves.



How does mental health fit in with making changes? Lately the field of mental health has started to see the inadequacies of the current path that they are on. We have had clients who are tired of just talking about their problems, and they are coming to us looking for goal oriented solutions. The world does not want goal orientated solutions because it may need to acknowledge that there is truth. The cascading effects would lead back to God's Word. Talking about our problems and not working on them is like going to the automotive mechanic, sitting in his office, and talking about all the lights, noises, and times your car has left you stranded on the side of the road. You do not just walk out hoping things fix themselves. It requires goal oriented plan/pain. In the case of your car it is financial pain.



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.

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For our mental health it can require mental and emotional goals (pain). We want someone else to take the pain from us. We are pain avoiders. We want someone else to be responsible for our feelings and emotions, but the problem lies within ourselves. It is our responsibility to make changes in our lives and work them out.

If you fail to plan then you plan to fail. Do you have a plan for the changes you want to make in your life? Are you avoiding the plans because it is painful? If you want to become healthy, you need to embrace the pain and make a plan. It is a good pain that can lead to growth and maturity. If you go to the gym and do not experience pain, you are doing it wrong. Without pain there is no growth or endurance. What is the saying? "No pain, no gain"? Encouragement Now Ministries can be a part of your plan. We are goal oriented in our approach, and we want to see you get better and become stronger. Our Biblical foundation and passion to see people heal and grow is what motivates us to keep going in our mission. You can also help us in that mission too. We need financial support to keep us going. Your support can have cascading effects on the lives of our clients and their families. We are all connected in relationships, and the work goes beyond just the client. It affects their circle of influence too. To join us in helping our mission go to our website and partner with us. Your decision can help change lives.

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.

Visit Our Website



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.

EMERGENCY RESOURCES



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.