

## August 2026 Newsletter

### Healthy Boundaries: Protecting Your Peace

Healthy boundaries are not walls that keep people out—they are guidelines that help us love others without losing ourselves. They allow us to care for our relationships while also protecting our emotional, physical, and spiritual well-being. Here are a few simple reminders:



- **Learn to say "no" without guilt.** Every "yes" to one commitment is a "no" to something else. It's okay to decline requests that exceed your time, energy, or ability.
- **Recognize your limits.** God did not create us to do everything. Rest is a gift, and knowing your limits helps prevent burnout and resentment.
- **Communicate clearly and kindly.** Honest conversations build trust. Express your needs respectfully rather than expecting others to guess them.
- **Protect your time with God.** Set aside regular time for prayer, Bible reading, and quiet reflection. A healthy spiritual life strengthens every other boundary.
- **Choose relationships that encourage growth.** Spend time with people who challenge you to become more like Christ and who respect your values and boundaries.
- **Don't take responsibility for everyone else's choices.** You can offer love, support, and wisdom, but each person is responsible for their own decisions.
- **Give yourself permission to rest.** Jesus often withdrew to quiet places to pray and recharge. Following His example reminds us that rest is part of faithful living.
- **Practice forgiveness while maintaining wisdom.** Forgiveness frees your heart, but healthy boundaries may still be necessary when trust has been broken.



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**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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### **A Biblical Perspective**

Jesus demonstrated healthy boundaries throughout His ministry.

He loved people deeply, yet He also took time to pray alone, declined certain requests, and stayed focused on the mission His Father had given Him. Healthy boundaries help us serve others from a place of strength rather than exhaustion.

**"Above all else, guard your heart, for everything you do flows from it." — Proverbs 4:23 (NIV)**

Healthy boundaries are not about keeping people at a distance—they are about creating space to love God, love others, and care for yourself in a healthy, Christ-centered way. When we establish wise boundaries, we are better equipped to serve with joy, compassion, and endurance.

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### **John 14:23-27**

23. Jesus replied, "Anyone who loves me will obey my teaching. My Father will love them, and we will come to them and make our home with them. 24. Anyone who does not love me will not obey my teaching. These words you hear are not my own; they belong to the Father who sent me.

25. "All this I have spoken while still with you. 26. But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. 27. Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.



## **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.