



The Joi Breakforth Connection

AUGUST 2026

Hope: Taking Your Next Faithful Step

A monthly newsletter for women moving toward healing, hope, and wholeness.

With Sanita Mitchell, Founder, Joi Breakforth®



What "The Strong One" May Be Costing You

01

It can rob you of the opportunity to be known.

There is a difference between people knowing *what you do* and knowing *how you really are*. When we perform strength, we may be seen—but we may not be truly known.

02

It can rob others of the opportunity to love you well.

When we constantly say "I've got it," we may unintentionally close the door on someone's opportunity to demonstrate genuine care—to pray for us, listen, help, or simply be present. Your willingness to receive is also a gift to them.

03

It can rob you of the opportunity to have your inner cup refilled.

Continually pouring into others without allowing anyone to pour back into you can leave you emotionally depleted. You cannot pour from empty indefinitely.

❏ **Receiving care does not make you weak.** It makes you human—and it makes space for genuine connection.

You're So Strong.

You've heard it. Maybe you've even worn it like a badge of honor. And maybe—if you're honest—it's started to feel more like a cage than a compliment.



"I didn't call because I knew you'd be okay."

She was okay. But she also needed someone to call.

Being strong is not the problem. But when always being "the strong one" becomes part of your identity, you may unintentionally prevent yourself from receiving the very things you freely give to others—genuine care, support, encouragement, prayer, rest, and love.

What might always being "the strong one" be costing you?

||

**Strength isn't only demonstrated by
how much you can carry.**

**Sometimes strength is
demonstrated by your willingness
to let someone help you carry it.**

You can still be strong without always being the one who gives. Part of healing is learning how to receive.

Galatians 6:2

"Carry each other's burdens, and in this way you will fulfill the law of Christ."

For someone to help carry my burden, I have to be willing to let them know I'm carrying one.

Even Jesus received. He accepted hospitality, friendship, care, and support. He intentionally withdrew for rest and prayer. He did not carry everything alone, and He did not perform strength at the expense of His own renewal.

Allowing yourself to be cared for is not a contradiction of faith. It may be one of the most faithful things you do.

The Receiving Challenge

A 7-Day Practice

For seven days, notice what happens when someone offers you help, encouragement, prayer, support, or care.

Before automatically saying...

- "No, I'm good."
- "Don't worry about me."
- "I've got it."

Pause and ask yourself: "Am I declining because I truly don't need this—or because I've become uncomfortable receiving?"

Practice Responding:

**"Thank you. I
would
appreciate that."**

No apology. No immediate promise to return the favor. Simply receive.

Reflection question: What did it feel like to allow someone else to pour into me?

Your August Next Faithful Step

Maybe your next faithful step isn't doing more. Maybe it's learning to receive.



Ask for help

With something you've been handling alone.



Accept support

When it's offered—without deflecting.



Tell the truth

Tell a trusted person how you're really doing.



Receive prayer

Instead of always being the one who prays for others.



Rest without guilt

And seek support for something you've been carrying privately.

One step. That's all. What is yours this month?

What's Happening at Joi Breakforth®

WEEKLY

Hope & Healing Live

Friday's at 7:00 PM ET

August Theme: Hope: Taking Your Next Faithful Step

NOW ENROLLING

Grief Recovery Method® Group Cohort

- 8 sessions | Virtual Small-group experience
- Begins September 26th
Saturdays @ 9am
- Investment: \$597 | Flexible payment options available
- First step schedule a Complimentary Breakthrough Consultation

If you've realized you've been carrying grief or loss privately, your next faithful step may be allowing yourself to receive support.

COMING SOON

Grief Without a Funeral™

Some losses receive flowers and condolences. Others receive silence. Both deserve acknowledgment. More details coming soon.

→ Schedule Your Complimentary Breakthrough Consultation

The Joi Breakforth Podcast

Deeper conversations about faith, healing, relationships, grief, life transitions, hope, and purpose.

Join us wherever you listen to podcasts.

[Listen Now](#)

Join the Conversation

Follow on Instagram

Follow **Joi Breakforth® with Sanita Mitchell** for practical tools, short teachings, Reels, encouragement, and conversations throughout the week.

[Follow on Instagram](#)

Every week, there's something waiting for you—a word of encouragement, a practical tool, a reminder that you don't have to walk this journey alone.



UNTIL NEXT MONTH

With Hope,

This month, give someone the opportunity to love you well—and give yourself permission to receive it.

Sanita Mitchell

Founder, Joi Breakforth®

Helping women move toward healing, hope, and wholeness.

You don't have to walk this journey alone.