

YOUR NEXT FAITHFUL STEP

Four questions for moving forward
when life changes

The life you planned may have
changed.

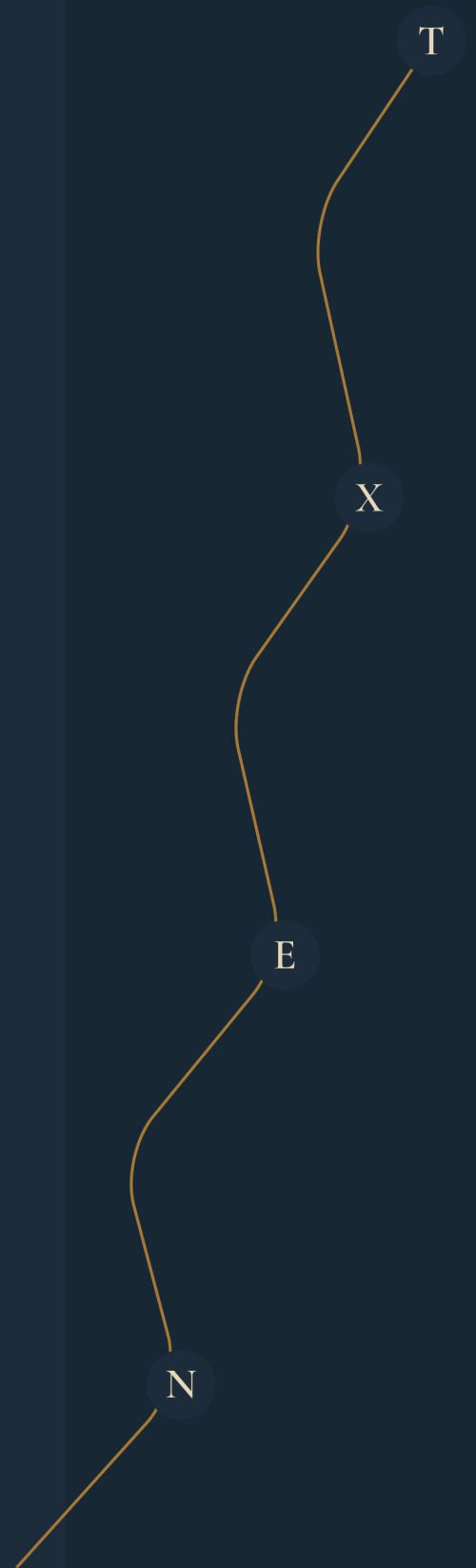
Your purpose is not over.

*"But seek ye first the kingdom of God, and his righteousness; and all these
things shall be added unto you."*

MATTHEW 6:33 KJV

ANGELA CONNER FOLAND

Kingdom Growth



When Life Changes Without Your Permission

A WELCOME FROM ANGELA

Sometimes life changes gradually. Other times, one diagnosis, job loss, family crisis, caregiving responsibility, or unexpected ending changes everything.

The future you prepared for may no longer feel possible. The role you once held may no longer fit. You may be carrying responsibilities you never expected while grieving a life that no longer looks the way you imagined it would. In seasons like these, the pressure to immediately create a new plan can feel overwhelming.

This guide will not ask you to pretend the change is easy. It will not rush you into reinvention or offer a formula that promises to fix everything. Instead, it will help you pause, seek God, tell the truth about your present season, and identify one faithful step you can take with the capacity and information you have today.

You do not have to know the whole plan.

Begin with your **NEXT faithful step.**

THIS GUIDE IS FOR YOU IF...

- life changed without your permission;
- you feel unsure what comes next;
- your capacity is limited;
- you want to move forward with faith, not pressure.

I created this resource from a place of lived disruption. I know what it is to watch the future you worked for become impossible. I also know that God can meet us in the middle of what changed. He may not reveal the entire path at once. But He can give us enough light for the next step.

*With faith,
Angela Conner Folland*

You Are Not Required to Solve Your Whole Future Today

HOW TO USE THE NEXT FRAMEWORK

The NEXT framework offers four questions to help you move from confusion toward clarity. Work through the guide all at once or one section at a time. Write honestly. There are no perfect answers.

N NAME WHAT CHANGED

Tell the truth about what happened, what was lost, and what is different now.

E EXAMINE WHAT REMAINS

Identify the faith, relationships, experience, abilities, resources, and responsibilities still present.

X eXplore What Is Possible

Consider new possibilities without pressuring yourself to make a permanent decision.

T TAKE THE NEXT FAITHFUL STEP

Choose one manageable action that honors God and fits your present capacity.

BEFORE YOU BEGIN

Find a quiet place and take a few slow breaths. Then pray:

"Lord, help me see this season clearly. Show me what I need to acknowledge, what You have preserved, and the next faithful step You are inviting me to take. Amen."

KEEP THIS QUESTION IN FRONT OF YOU

What is the next faithful step I can take with the capacity and information I have today?

Give yourself permission to pause. Rest is not failure. Clarity does not have to come immediately. You are not being graded, and you do not have to force an answer before you are ready.



Name What Changed

TELL THE TRUTH ABOUT YOUR PRESENT SEASON

"The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit."

PSALM 34:18 KJV

Faith does not require you to deny that something painful happened. Naming what changed is not complaining, losing hope, or agreeing that your story is over. It is making room for truth. Before deciding where to go next, acknowledge where you are.

What changed?

What did I believe this season of my life would look like?

What loss, disappointment, or unexpected responsibility am I carrying?

What part of this situation is outside my control?

COMPLETE THESE SENTENCES

The change I most need to acknowledge is:

The part I am grieving is:

Today, I need God's help with:

A TRUTH TO CARRY FORWARD

Naming your pain does not weaken your faith. It allows you to bring your real circumstances into God's presence.



Examine What Remains

NOTICE WHAT GOD HAS PRESERVED

"Jesus Christ the same yesterday, and to day, and for ever."

HEBREWS 13:8 KJV

Unexpected change can become so consuming that it obscures everything that remains. Your circumstances may be different, but not everything has disappeared. This is not about minimizing what you lost. It is about recognizing what has been preserved.

Which truths about God remain true, regardless of my circumstances?

What knowledge, experience, gifts, or abilities do I still carry?

Which people or sources of support remain available to me?

What responsibilities are still mine to faithfully steward?

What emotional, physical, financial, and practical capacity do I honestly have right now?

FIVE THINGS THAT REMAIN

1.

2.

3.

4.

5.

A TRUTH TO CARRY FORWARD

What remains may not recreate the life you had, but it may become part of what God uses next.



eXplore What Is Possible

MAKE ROOM FOR POSSIBILITY WITHOUT PRESSURE

"Behold, I will do a new thing; now it shall spring forth; shall ye not know it? I will even make a way in the wilderness, and rivers in the desert."

ISAIAH 43:19 KJV

To eXplore is not the same as committing. You do not have to choose a permanent direction before you are ready. You are simply giving yourself permission to consider what may still be possible. Different does not automatically mean less meaningful.

What might still be possible, even if it looks different from my original plan?

What idea, interest, need, or opportunity keeps returning to my attention?

What could I eXplore without committing to it forever?

Which possibilities fit my current capacity and responsibilities?

What can wait for a later season?

SORT YOUR POSSIBILITIES

Possible now:

Possible later:

Not mine to carry:

A TRUTH TO CARRY FORWARD

You are allowed to eXplore slowly. You do not have to force a new beginning before you are ready.



Take the Next Faithful Step

CHOOSE ONE MANAGEABLE ACT OF OBEDIENCE

"Thy word is a lamp unto my feet, and a light unto my path."

PSALM 119:105 KJV

A lamp does not illuminate an entire journey at once. It gives enough light for the step directly in front of you. Your next step does not have to be dramatic. A faithful step is not always a large step.

What is the next faithful step I can take with the capacity and information I have today?

What smaller version could I take if the full step feels overwhelming?

What fear or obstacle may try to stop me?

What support, information, or prayer do I need?

THE FAITHFUL-STEP TEST

Your next step should:

- honor God and align with your values;
- fit your present capacity;
- be specific enough to complete;
- be possible to begin within seven days;
- move you forward without requiring certainty about the entire future.

A TRUTH TO CARRY FORWARD

You do not need to see the entire road to take one faithful step.

My NEXT Faithful Step Plan

PUT THE FRAMEWORK INTO ACTION



NAME WHAT CHANGED

The change I am acknowledging is:



EXAMINE WHAT REMAINS

The most important thing God has preserved or entrusted to me is:



eXplore What Is Possible

One possibility I am willing to eXplore is:



TAKE THE NEXT STEP

My next faithful step is:

MY COMMITMENT

I will take this step on:

The support or information I need is:

The person I can ask to encourage me is:

Before I begin, I will pray:

MY NEXT STATEMENT

Although _____ changed, _____ remains.

I believe _____ may still be possible.

My next faithful step is _____.

Signature: _____

Date: _____

A Prayer for Your Next Faithful Step

BRING THE WHOLE JOURNEY BEFORE GOD

Father,
You see the change I did not choose and the future I thought I would have. You know what I have lost, what I am carrying, and what I am still trying to understand. Thank You that I do not have to hide my grief, fear, disappointment, or uncertainty from You. Help me release what I cannot control. Show me what remains. Remind me of the truths, gifts, relationships, wisdom, and responsibilities You have preserved in this season.
Protect me from rushing into something simply because I am afraid of standing still. Also protect me from allowing fear to keep me from taking the step You have placed before me.
Give me wisdom to recognize what is possible, patience with my present capacity, and courage to obey without needing to see the entire plan.
Lead me toward my next faithful step and give me the strength to take it.
I trust You with what changed. I trust You with what remains. I trust You with what comes next.
In Jesus' name, Amen.

TRUTHS TO REMEMBER

- ✓ I am allowed to grieve what changed.
- ✓ My current limitations do not make me less faithful.
- ✓ I do not have to solve my entire future today.
- ✓ God is present in this season.
- ✓ Small obedience is still obedience.
- ✓ Rest can be a faithful decision.
- ✓ My life may look different, but it still carries purpose.
- ✓ My story is still being written.
- ✓ God is not finished with my story.

My purpose is not over.

THIS IS A BEGINNING, NOT A DEADLINE

Take Your Next Step

Return to these four questions whenever life feels uncertain.

N

What changed?

E

What remains?

X

What might still be possible?

T

What is one faithful step I can take now?

You do not need to rush. You do not need to pretend. You do not need to have the entire plan. Seek God first. Honor the capacity you have today. Then take the next faithful step He places in front of you.

ABOUT KINGDOM GROWTH

Kingdom Growth exists to encourage and equip Christian women navigating caregiving, illness, job loss, identity disruption, and unexpected life transitions. eXplore additional books, encouragement, coaching, and faith-based resources at:

kingdomga.com

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