

WHEN THE JOB ENDS BUT YOUR PURPOSE DOESN'T

A faith-based guide for life
after job loss

The life you planned may have
changed.

Your purpose is not over.

*"Commit thy works unto the LORD, and thy thoughts shall be
established."*

PROVERBS 16:3 KJV

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Kingdom Growth



When Work Was More Than a Paycheck

A WELCOME FROM ANGELA

A job can end in a meeting, an email, a restructuring, a business closing, a health crisis, or a decision you did not make. The paycheck stops, but the loss often reaches far beyond income. Work may have given your days structure, your abilities a place to matter, and your future a sense of direction.

After 30 years in corporate America, being laid off disrupted more than my career. It affected the identity I had built, the future I expected, and the confidence that came from knowing how to succeed in a familiar world. I began considering how to use my experience in a new way. Then serious illness entered our family, and I became a full-time caregiver. The path forward changed again.

I learned that a job can end while the wisdom, skills, relationships, and purpose developed through it remain. The role mattered, but it was never the whole of who I was.

Your
employment
ended. Your
value did not.

THIS GUIDE IS FOR YOU IF...

- you were laid off or your position ended;
- retirement or a career pause was not your plan;
- your identity became closely tied to your work;
- you need a grounded way to move forward.

This guide will help you name the full loss, separate your worth from your former title, inventory what remains, eXplore realistic possibilities, and take one faithful step. It will not rush you into reinvention or pretend every ending immediately reveals a better beginning. It will help you face this season with honesty, wisdom, and faith.

With faith,

Angela Conner Foland

A Job Ended. You Did Not.

BEGIN WITH TRUTH, NOT PANIC

"Casting all your care upon him; for he careth for you."

1 PETER 5:7 KJV

Job loss can create pressure to prove your usefulness, explain what happened, or replace the role before you have processed the ending. Before making major decisions, give yourself four permissions. The pages that follow apply the Kingdom Growth NEXT framework: Name what changed, Examine what remains, eXplore what could fit now, and Take one faithful step.

1 GRIEVE THE LOSS

You may miss the income, routine, people, influence, confidence, or future attached to the role.

2 SEPARATE WORTH FROM WORK

A company decision, a change in circumstances, or a closed chapter does not determine your value.

3 RECEIVE SUPPORT

You are allowed to ask for prayer, practical help, professional guidance, and honest companionship.

4 MOVE AT AN HONEST PACE

Urgency may be real, but panic does not have to become your decision-making process.

PAUSE AND REFLECT

What did my work provide beyond a paycheck?

What am I afraid this ending says about me?

A PRAYER BEFORE YOU CONTINUE

"Lord, help me tell the truth about what ended without allowing it to define who I am. Quiet the pressure to solve everything at once, and lead me in wisdom. Amen."

A TRUTH TO CARRY FORWARD

Your job was part of your life and contribution. It was never the full measure of your identity, worth, or purpose.



Name What the Job Loss Changed

MAKE THE FULL LOSS VISIBLE

"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

Job loss can affect nearly every part of life. Check what changed for you. Naming the impact is not dwelling on defeat; it is refusing to hide the weight you are carrying.

INCOME + SECURITY

- ☐ Paycheck, benefits, health coverage, or retirement plans
- ☐ Confidence about bills, housing, or future stability
- ☐ The ability to help or provide for others as before

IDENTITY + CONFIDENCE

- ☐ Title, status, responsibility, or sense of contribution
- ☐ Confidence in my competence or employability
- ☐ The way I introduce or describe myself

ROUTINE + COMMUNITY

- ☐ Daily structure, familiar rhythms, or workplace relationships

FUTURE + FAMILY

- ☐ Plans, goals, timelines, or expectations for this season
- ☐ Changed family roles, difficult conversations, or financial pressure
- ☐ Freedom to make choices without immediate urgency

EMOTIONAL + SPIRITUAL LOAD

- ☐ Grief, anger, shame, fear, rejection, or disappointment
- ☐ Sleep disruption, anxiety, exhaustion, or isolation
- ☐ Questions about God's timing, provision, or direction

THE ENDING ITSELF

- ☐ The way the job ended or what was left unresolved
- ☐ Other: _____

The loss I feel most deeply is:

What other people may not see is:

The meaning I have attached to this ending is:

A TRUTH TO CARRY FORWARD

You can name what the job loss changed without allowing the ending to become a verdict on your future.



Examine What the Job Did Not Take

INVENTORY THE VALUE THAT REMAINS

"Every good gift and every perfect gift is from above, and cometh down from the Father of lights."

JAMES 1:17 KJV

The position may be gone, but the experience and wisdom developed through it did not disappear. Look beyond your former title and identify the strengths, evidence, relationships, values, and capacity you still carry.

TRANSFERABLE STRENGTHS

- ☐ Leading, teaching, coaching, or influencing
- ☐ Communicating, writing, presenting, or listening
- ☐ Planning, organizing, analyzing, or solving problems
- ☐ Serving customers, building relationships, or negotiating
- ☐ Creating, improving, repairing, or managing systems

Other strengths I still carry:

EVIDENCE OF CONTRIBUTION

- ☐ Results I produced or problems I helped solve
- ☐ Responsibilities others trusted me to handle
- ☐ Knowledge gained through years of experience
- ☐ Challenges I navigated with wisdom and resilience
- ☐ Feedback, recognition, or gratitude I received

One result I am proud of:

RELATIONSHIPS + REPUTATION

- ☐ Former colleagues, clients, mentors, or professional peers
- ☐ People who can speak honestly about my character and work

One person I can reconnect with:

VALUES + CURRENT REALITY

- ☐ Values I will carry into whatever comes next
- ☐ Current health, caregiving, scheduling, or location needs I must honor

One nonnegotiable for this season:

Three things I still know how to do well:

One strength people consistently saw in me:

A TRUTH TO CARRY FORWARD

A position can be removed. The wisdom, character, relationships, and abilities formed through your work remain yours to steward.



eXplore What Could Fit Now

CONSIDER POSSIBILITIES WITHOUT FORCING A PERMANENT ANSWER

"Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths."

PROVERBS 3:5-6 KJV

Exploration is not commitment. You are allowed to gather information, test an idea, and discover that an option does or does not fit. The right path for this season may use familiar skills in a different structure.

RETURN

A similar role, employer, industry, or level of responsibility. The arrangement might be full-time, part-time, remote, contract, or temporary.

A familiar option worth researching:

REPOSITION

An adjacent role or industry that uses your transferable skills. This may require translating your experience, additional learning, or a modest credential.

An adjacent option worth researching:

REBUILD

Consulting, freelancing, project work, entrepreneurship, ministry, or a portfolio that combines smaller streams of work and service.

A different structure worth testing:

RECOVER + PREPARE

A purposeful pause to stabilize health or family needs, rebuild confidence, organize paperwork, or develop skills before pursuing a larger transition.

What may need attention first:

THE POSSIBILITY FILTER

1. Does this fit my current capacity and responsibilities?
2. Does it use strengths I want to keep using?
3. Does the structure meet my practical needs?
4. What could I learn or test before deciding?

Possible now:

Possible later:

Not mine to carry:

A TRUTH TO CARRY FORWARD

You do not have to replace your old life in one decision. You can eXplore with prayer, evidence, and honest attention to this season.



Take One Faithful Career Step

CHOOSE AN ACTION SMALL ENOUGH TO COMPLETE

"Commit thy way unto the LORD; trust also in him; and he shall bring it to pass."

PSALM 37:5 KJV

Forward movement does not require a complete career plan. Choose one action that reduces uncertainty, builds evidence, strengthens support, or opens a conversation. Career recovery is real work; make the step specific and humane.

A FIVE-MINUTE STEP

- ☐ Write down one accomplishment before I forget it
- ☐ Save one role, employer, or idea to research
- ☐ Text one trusted person and tell the truth
- ☐ Pray before opening another job-search tab

A THIRTY-MINUTE STEP

- ☐ Update one section of my resume or profile
- ☐ List three roles that may fit my strengths
- ☐ Research one employer, field, or training option
- ☐ Organize official paperwork and important dates

ONE CONVERSATION

- ☐ Ask for a reference or recommendation
- ☐ Reconnect with a former colleague or mentor
- ☐ Contact a workforce service, benefits office, or career-support resource

ONE BOUNDARY

- ☐ Limit comparison, doomscrolling, or frantic applying
- ☐ Stop treating every opening as an obligation
- ☐ Protect a small block of rest or family time

The one step I can complete within seven days is:

The smaller version, if I feel overwhelmed, is:

The support I need and the date I will begin:

PLEASE TAKE YOUR DISTRESS SERIOUSLY

If you are experiencing persistent hopelessness, panic, an inability to function, or concern about anyone's safety, seek prompt support from a qualified professional or emergency service.

A TRUTH TO CARRY FORWARD

Your next faithful step does not have to replace the job. It only needs to create honest movement from where you are today.

My Seven-Day Forward Plan

STABILIZE THE PRESENT AND CREATE MOVEMENT

Use official documents and qualified guidance for deadlines, benefits, taxes, contracts, or legal questions. This page helps you organize your next actions; it does not replace professional advice.

1 STABILIZE ESSENTIAL INFORMATION

Document, deadline, or question I need to review:

Official contact or qualified resource:

The first practical action is:

2 PROTECT MY CONFIDENCE

A truthful statement about my value:

A routine that will give my day structure:

A comparison or pressure I will limit:

3 ACTIVATE SUPPORT

The first person I will contact:

The specific request I will make:

A second person or resource:

4 COMPLETE ONE CAREER ACTION

The option or role I will explore:

The action I will complete:

Day and time I will begin:

MY NEXT STATEMENT

Although _____ ended, _____ remains. I am willing to explore
_____. My next faithful step is _____.

☐ I have chosen one action that fits this week.

Date: _____

A Prayer for When the Job Ends

PLACE THE ENDING AND THE UNCERTAINTY IN GOD'S HANDS

Father,

You see the ending I did not plan and the questions I cannot yet answer. You know what this job provided, what it represented, and how losing it has changed my life.

Help me grieve without shame. Separate my worth from my former title, paycheck, position, and productivity. Remind me that I am still Your child before I am anyone's employee.

Provide for the needs this ending has created. Give me wisdom to understand what requires attention now and patience with what cannot be solved today. Lead me to trustworthy people, accurate information, and work that fits the responsibilities I carry and the capacity I have in this season.

Protect me from allowing panic, rejection, or comparison to direct my decisions. Restore confidence where it has been shaken. Help me recognize the wisdom, relationships, gifts, and experience that remain.

Show me the next faithful step. Give me courage to take it without demanding that I see the entire path. Use what I have learned, even if the way I use it changes.

I trust You with what ended, what remains, and what comes next.

In Jesus' name, Amen.

TRUTHS TO REMEMBER

- ✓ My job ended; my value did not.
- ✓ A title is not my identity.
- ✓ My experience still matters.
- ✓ Rest and recovery are not laziness.
- ✓ Asking for help is wise.
- ✓ I can make one decision at a time.
- ✓ A slower path can still be faithful.
- ✓ God is present in uncertainty.
- ✓ My purpose may be expressed differently.
- ✓ This ending is not the end of my story.

God's faithfulness is not measured by how quickly I find another job.

MY HONEST PRAYER TODAY

God, what I am afraid to say aloud is:

What I am placing in Your hands is:

KEEP THESE FOUR QUESTIONS CLOSE

Your Work Changed. Your Worth Did Not.

Return to what is true when uncertainty gets loud.

N

What did this ending change?

E

What strengths and resources remain?

X

What could I eXplore without committing?

T

What one faithful step can I take now?

Job loss may have changed your income, routine, confidence, relationships, and future plans. It did not erase the wisdom you gained, the value you carry, or God's presence in your life. You are allowed to grieve, seek support, eXplore slowly, and move forward one faithful step at a time.

ONE FAITHFUL ACTION FOR TODAY

Today I will:

ABOUT KINGDOM GROWTH

Kingdom Growth exists to encourage and equip Christian women navigating caregiving, illness, job loss, identity disruption, and unexpected life transitions. Find more free resources, books, devotionals, and faith-based support at:

kingdomga.com

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