

What Now?

WORDS TO REPEAT WHEN LIFE HAS FORCED A NEW PURPOSE

“If you want to find your purpose in life, find your wound.” —*Rick Warren*

“The Lord will fulfill his purpose for me; your steadfast love, O Lord, endures forever. Do not forsake the work of your hands.” —*Psalms 138:8*

“We face loss in this life—we all do—but I believe that there are treasures hidden in the loss if only we seek them. And maybe we will discover that there was always a better dream concealed behind the dream that we thought was best.” —*Bonnie Sours Smith*

“For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.” —*Ephesians 2:10*

“Who saved us and called us to a holy calling, not because of our works but because of his own purpose and grace, which he gave us in Christ Jesus before the ages began...” —*2 Timothy 1:9*

“What if instead of waiting for good enough things to happen to us, we could be the good thing to happen to someone else who’s waiting? What if abundant living isn’t about what you can expect from life, but what life can expect from you?” —*Ann Voskamp*



The Grit and Grace Project®
For Strong Women and Those Who Want to Be.



5 Steps to Take When You're Starting Over

When an unexpected life change leaves you feeling purposeless, the thought of starting over can feel debilitating. These 5 steps can help you discover what God has next.

Step #1 - Be available.

When my husband died, all the meaningful things we did together—hosting couples retreats, conducting pre-marital counseling, teaching marriage refresher courses—died with him.

But then I decided to make myself available in other ways. I trained to provide respite care for hospice patients. I established a devotional group and a walking group for women from a homeless shelter. I made myself available until I was able to naturally slip into something that became a new purpose.

Step #2 - Release.

This is a hard thing for us women to do. We don't want to release that good thing we once had. But could God be writing something just as beautiful into the next chapter of our stories? Absolutely!

Step #3 - Take the detour.

Wait! This isn't where I want to go! But this is where the detour has taken us. In my case, the detour landed me in southern California because I couldn't afford to stay in the beautiful mountain resort town I lived in when I lost half my income after my husband passed. But SoCal ended up being a meaningful detour until I was able to return to central Oregon.

Step #4 - Stay connected.

When we lose our purpose—a job or ministry, our health, a way of life, a loved one—it often seems easier to stay on the couch with our stacks of books or remote control, and our pot of tea. From experience I say: *Get off the couch.* Go find your people. Stay connected within community. This could easily open the way for new purpose.

Step #5 - Wait... proactively.

Until the doors open for something new and purposeful, wait proactively. Put one foot in front of the other and do the next right thing. Show up at work. Take a meal to the neighbors with the newborn. Wait with anticipation to see what God is up to.



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