

# UNEMPLOYMENT FACT SHEET

***When you find yourself unemployed, there are several things you should do.***

## **1. Trust God.**

- ◆ Check your spiritual pulse. Are you currently walking with the Lord and trusting Him?
- ◆ Spend extra time in Bible study and prayer.
- ◆ Be sure to read Psalms and Philippians; both can provide comfort and inspiration.

## **2. Make a list of your assets as a person and as an employee.**

How many different ways can you market these assets?

- ◆ Identify your transferable skills and career focus.
- ◆ Conduct some sort of self-analysis. By discovering your strengths for the workplace, you will be able to present these to a future employer. You may want to consider taking a *Career Direct® Complete Guidance System* online assessment (CareerDirectOnline.org) or purchasing the helpful book, *Finding the Career That Fits You*. Information on these and other career resources is available on the Web at Crown.org.
- ◆ Outline your work history to show the responsibilities you have had and the types of work you have done.
- ◆ Develop a résumé; keep it to one page unless you have been employed 10 years in the same field. Be ready to tailor it to fit particular job openings.

## **3. Get involved with an accountability/support group.**

Don't try to handle it all on your own.

- ◆ Share with God and other believers your feelings of loss, anger, depression, and stress.
- ◆ Pay special attention to the needs of your spouse and children during this trying time.
- ◆ Seek out at least one primary support relationship besides your spouse to help serve as a career coach.

## **4. Develop a short-term financial plan.**

- ◆ Immediately take stock of your finances, including savings, spendable assets, and income, including severance pay or state unemployment compensation.
- ◆ Set up a short-term budget.
  - Know your bottom-line monthly needs, including how much money is required to pay your bills.
  - Cut expenses in every way possible.
  - Make arrangements with creditors to reduce payments on a temporary basis.
  - Project your cash flow and available assets in light of this short-term budget. Determine how long you can afford to be without a job.
- ◆ Call on believers if you need financial assistance or help getting through this transitional period.
  - Many churches have resources available to help with food, clothing, and other needs.

**5. Network through every possible contact.**

- ◆ Use leads from people you know to make direct contact with potential employers.
- ◆ Consider having business cards printed, and on the back put key phrases regarding your career objective and/or major qualifications.
- ◆ Get involved in a church-sponsored job network group.
- ◆ Set and meet goals for daily calls and personal contacts.
- ◆ Search the Internet for job-listing Web sites such as CareerBuilder.com, Monster.com, Careers.org, and Intercristo.com.

**6. Take care of yourself.**

- ◆ Eat well, get enough sleep, and exercise regularly.
- ◆ Avoid drinking or eating in excess.

**7. Maintain a normal daily routine.**

Do whatever it takes to make “finding a job” your full-time job.

- ◆ Get up and get dressed for work.
- ◆ Physically go to your “office,” whether it be a room in your house dedicated to job search or the local library.
- ◆ Covenant with your spouse or a friend to call you and hold you accountable to your goals and to encourage you in the process.
- ◆ Spend six to eight hours per day looking for work.
- ◆ Relax, read, and relate to family members and others.

**8. Learn to serve others.**

**9. Continue to trust God and wait patiently for Him to provide your next job.**

- ◆ If you have the financial resources, use this opportunity to learn new skills.

*Resources on next page*

### **Job-Related Resources**

One Christian employment information service is Intercristo.

#### **INTERCRISTO**

PO Box 33487  
19303 Fremont Ave N  
Seattle WA 98133  
(800) 251-7740  
[www.jobleads.org](http://www.jobleads.org)

Crossroads Career Network is a job networking organization based in Georgia.

#### **CROSSROADS CAREER NETWORK**

300 Colonial Center Pkwy Ste 300  
Roswell GA 30076  
(770) 558-8187  
[www.crossroads-career.net](http://www.crossroads-career.net)

### **Crown Resources**

Crown Financial Ministries has volunteer Money Map Coaches throughout the country who offer their services at no charge to Christians who desire to establish budgets that will help them get out of debt and honor God through their finances. The coaches, ministering under the authority of their local church, have been trained in godly principles of finance to help people become worthy stewards of what God has entrusted to their care. Establishing and maintaining a budget is beneficial at any time but especially when you find yourself unemployed.

#### ***Career Direct® Complete Guidance System Assessment***

1-800-722-1976  
[www.CareerDirectOnline.org](http://www.CareerDirectOnline.org)