

Encouraging Your Spouse through Unemployment

Harry S. Truman once said, "It is a recession when your neighbor loses his job; it is a depression when you lose your own job." The recent economic downturn has affected nearly every household in the country either directly or indirectly. Many families are struggling as a result of a job loss they or their spouse have experienced. Others are supporting family members and friends financially, through their prayers and words of encouragement. Couples that have experienced a job loss personally or by their spouse can attest to the overwhelming anxiety that can result. Supporting a spouse through a job loss and a period of unemployment can be one of the most challenging and rewarding experiences within a marriage. It is an event that has a dramatic impact on the individual, but also the marriage unit. It can change the dynamics and routines within the home on a daily basis. However, if handled right, these times may also prove to be a blessing in disguise. The following ideas may help in the event that you or your spouse lose a job or experience a period of unemployment:

1. Pray individually and together as a couple on a regular basis.
2. Avoid complaining about the situation to your spouse.
3. Don't place any expectations on your spouse, but allow them to develop and communicate their plan of action.
4. Take time to listen to each other's concerns and fears. You both will need to feel heard during this period of stress.
5. Set aside regular time to talk openly about financial pressures, job search plans, household obligations, the impact on your children, etc.
6. Encourage your spouse throughout the process.
7. Explore new interests/hobbies that you can share together. This fellowship will help protect your marriage during this period of stress.
8. Be ready to defend your marriage from Satan's attacks.
9. Be flexible and willing to accept new opportunities that God may bring your way (career, location, ministry opportunities, etc).
10. Seek regular counsel and guidance from people you trust.

Blessings,

Brian and Trudy

Seek the Kingdom of God above all else, and live righteously, and He will give you everything you need. - Matthew 6:33