



How Long, O Lord, How Long?

Devotions for the Unemployed and Those Who Love Them

Every year in the United States, more than 21 million people become unemployed through layoffs, discharge, or job eliminations. Because of the 2020 pandemic, this number almost doubled.

Even though millions of people are unemployed, each job loss is a very personal experience—one that Dale Kreienkamp, former human resources executive and founder of *Thriving Through Transitions*, knows first-hand. He’s been through the process twice—once after working 25 years for the same organization and once after 10 years. In both cases, he was fully committed to his place of work, sacrificing his personal life and family time. His unemployment was unexpected and impacted him not only financially but also emotionally.

That is when he decided to write *How Long, O Lord, How Long?*, a series of devotions to help the unemployed, and those who love them, navigate this difficult aspect of life: “I knew God wanted me to publish this work to help others who were going through the same experience,” says Kreienkamp. “These experiences gave me a new perspective, brought me even closer to my wife, my children and my good friends, all who were a source of strength, love and support throughout my unemployment.”

Because people go through different stages with their emotions while unemployed, the 80 devotions in *How Long, O Lord, How Long?* are organized by topic using the “change curve” which Kreienkamp experienced:

- Anger/Letting Go
- Anxiety, Fear & Worry
- Despair
- Job Search
- Re-Direction
- Self Confidence
- Use of Time
- Waiting
- Why

“God allows us experiences that are often challenging and not much fun in order to strengthen us,” says Kreienkamp. “He then asks that we help others who are in a similar position. That is the purpose of *How Long, O Lord, How Long?*”

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Dale Kreienkamp

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About the Author

DALE KREIENKAMP

is the President of *Thriving Through Transitions*, a consultancy focused on helping organizations and individuals thrive through challenging transitions in the face of change.

He worked more than 40 years as a Human Resources Executive and Consultant, coaching and guiding leaders.

He and his wife live in the St. Louis, MO, area.

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Suggested Interview Questions

- → Share your story with us and how you came to write this book.
- → Like most people, you didn't like telling people you were unemployed, so you said you were on "sabbatical." What does sabbatical mean and why is it significant during a time of transition?
- → What are some common emotions and challenges experienced by someone who becomes unemployed?
- → While your book isn't about how to find a job, based on your experiences in human resources and in writing your book, where do job seekers struggle the most and what advice do you have for them?
- → What are three things friends and family can do to support someone going through a job transition?
- → What scripture was especially helpful to you as you went through your time of transition?
- → Is there one aspect of transition that is more difficult than others?
- → You say in the book that "joy in this journey can far outweigh the heartache." What do you mean by joy?

MEDIA INQUIRIES:

Contact Dale Kreienkamp to schedule an interview.
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