

Divorce

TALKING POINTS

- Divorce is a painful split. Dating immediately following a divorce can stifle the healing you need as you try to find healing in another person.
- You will need to eventually forgive, for your sake. Forgiveness blesses you as you release the control the ex-spouse has over your feelings.
- Parents: During a divorce, do not parentify your kids of all ages, treating them as your caregiver (parent) or as your best buddy instead of your kids. Make space for your kids of all ages to share their pain even if their pain causes you hurt or guilt. They need you.

SCRIPTURES

- **Philippians 3:12-15** — Forgetting what is behind and straining toward what is ahead.
- **Genesis 1:31** — Your worth is not tied to your marital status. At your creation, God called you “very good.”
- **Luke 7: 36-50** — Jesus forgives a woman in the city.
- **Luke 13:10-17** — Jesus heals a bent over woman.
- **Luke 18:35-43** — Jesus heals a blind beggar.

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PRAYER

God of infinite love and understanding, pour out your healing. Where there is hurt or bitterness, grant healing of memories and the ability to put behind the things that are past. Where feelings of despair or worthlessness flood in, nurture the spirit of hope and confidence that by your grace tomorrow can be better than yesterday. Where I look within and discover faults that have contributed to the destruction of my marriage and have hurt other people, grant forgiveness for what is past and growth in all that makes for new life. In Christ's Name I pray. Amen.

SUGGESTED READING

- *Radical Recovery: Transforming the Despair of Your Divorce Into an Unexpected Good* by Suzy Brown (Acu/Lefwood, 2007)
- *28 Days of Prayer* by Mary Redding (Upper Room, 2014)
- *The Land Between* by Jeff Manion (Zondervan, 2010)