



CHRIST CHURCH RESOURCES

DIVORCE

Divorce is a chaotic and challenging event that leaves our lives completely changed. The divorce rate continues to remain high across our nation. Many who are going through or have gone through divorce are more likely to experience depression and anxiety. Divorce carries with it so many major life shifts including a loss of the future vision of our lives, a change in life style or life patterns, loss of a partner, changes in personal finance, and change in our family dynamic.

As individuals face the prospect of divorce and move through the realities of this life shift they can experience a wide variety of emotions including: anger, grief, fear, release, betrayal, abandonment, resentment, guilt, or shame. These are sadly common and represent responses that most people will experience with divorce.

One of the most important parts of the divorce process is to begin healing. People often view that healing from divorce comes with the start of a new relationship. However, healing must begin prior to the start of any new relationships. The best place to begin the healing process is through time for self-examination. We must invite God to examine our hearts to show us the places where we caused strain or harm to the relationship. As we allow God to examine our hearts and minds, he will show us the places where we were not our best and did not build up the relationship. Additionally, it is important to accept the reality of the change that is occurring and to process the feelings you are experiencing.

SCRIPTURE

Psalms 139:23-24

Psalms 119:28

Ephesians 4:31-32

Proverbs 3:5-6

Psalms 9:10

1 John 4:4

RESOURCES

Single, Married, Separated, and Life After Divorce- Myles Munroe

When the Vow Breaks- Joseph Warren Kniskern

Recovering From Losses In Life- H Norman Wright

Healthy Children of Divorce in 10 Simple Steps- Shannon Rios Paulsen

Gary Thomas.com - Enough is Enough