

# THE ROAD TO HEALING FINDING HELP



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*Emotional damages caused by divorce  
Understanding and grieving my losses*

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## Marriage

One flesh bond

*For this reason a man will  
leave his father and mother  
and be united to his wife,  
and they will  
become one flesh.*

Genesis 2:24

## Separation and divorce

One flesh bond torn apart

- Deep emotional wounds

Others don't understand

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## My emotional wounds

Broken heart

*“Only God can heal  
a broken heart.”*

Dr. Myles Munroe

Broken spirit

## Hope for my future

## My losses

Loss of my mate

Multiple life losses

Loss of the dream

## Identifying and grieving my losses

**Identify—make a list of losses**

*Use the Weekly Journal at the end of each session to help you identify and list your losses.*

**Grieve**

**Consequences of not grieving**

## Complications to grieving

- Interaction with ex
- Past losses intensify current losses

## Phases of grieving

Shock

Emotions of grief

- Tangled ball of emotions

Ambushed by grief

Resolution and rebuilding

## How to grieve

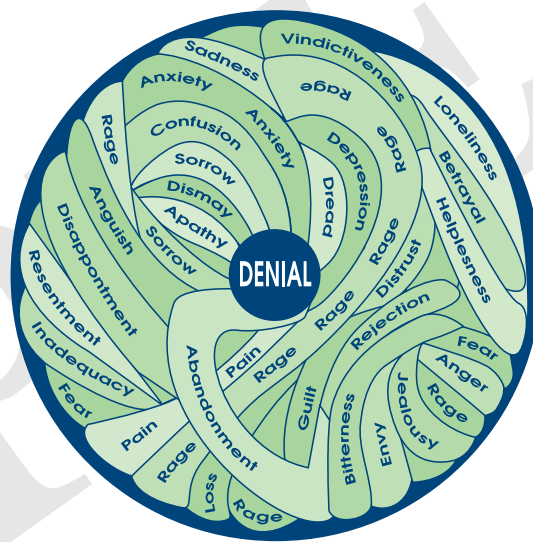
Change my relationship with what I've lost

Make changes to embrace the loss

Find new outlets for emotional investments

Write down my thoughts and feelings

Tangled ball of emotions



*“You will be  
ambushed  
by grief.”*

H. Norman Wright

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## Roadblocks to recovery

Avoiding the pain of grief

Making grief my identity

Being addicted to recovery

## Will I truly heal?

The presence of God = the key to my healing

*“Do you want to get well?”* John 5:6

You have access to all of God’s healing power when you invite Jesus Christ to come into your life. He becomes the source of your hope. If you would like to know more about having a relationship with Jesus Christ, see the Foundation for Healing section in the front of your workbook.



# ON MY OWN

## SESSION TWO

*A daily Bible study to help you*

There are many books on how to heal from divorce and other emotional tragedies in life, but the best resource to help you heal is the Bible. If you are not familiar with how the Bible can help you with problems like divorce, you are going to find this week's **On My Own** section helpful and encouraging.

Remember to spend time each day looking at this material and to say a short prayer asking God to guide you as you read. You'll find this can become a special and refreshing time for you.

### **DAY 1** God wants to see me healed

The Bible records how the nation of Israel rebelled against God, how the Israelites suffered because of that rebellion and how God showed compassion and brought restoration to them. God wants to restore you too.

**Read Jeremiah 30:17–22. What does God promise in verse 17?**

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**What specific things does God promise to the nation of Israel in verses 18–22?**

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**What do you need to do to receive that kind of healing and restoration? (verses 21–22)**

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### **DAY 2** I'm feeling crushed

*Contrite* means “crushed” and “wanting to turn away from sins and inadequacies.” Are you feeling contrite today? These verses have some good news for you!

**Read Isaiah 57:15–16, 18–21. What does God want to do for you? (verses 15, 18)**

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If receiving God's comfort and restoration begins with turning away from your sins, are there areas of your life that need addressing?

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What is the result of not dealing with these issues? (verses 20–21)

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## DAY 3 Healing broken hearts

Isaiah was a prophet. In Isaiah 61 he is predicting the life and ministry of Jesus Christ. Later, in the book of Luke, Jesus applies these words to Himself, fulfilling Isaiah's predictions.

Read Isaiah 61:1–3. List the words in these verses that best describe how you feel now.

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Which words describe how you would like to feel?

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What is the source of this healing? (verse 1)

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## DAY 4 Where the healing comes from

In Isaiah 53, Isaiah is describing the death of Jesus on the cross and its potential healing effect on your life.

Read Isaiah 53:5–6. What is the source of your healing? (verse 5)

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Why did Jesus die? (verses 5–6)

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How does it feel to know that Jesus loves you so much that He died to pay the price for your sins?

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## DAY 5 The doctor is in

Having a relationship with Jesus Christ is the key to having God's presence in your life. This is the most important step you can take to begin your personal healing.

Read John 14:6. Who brings you to a relationship with God?

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Read John 1:12. What do you need to do to have a relationship with God?

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Read Revelation 3:20 (Jesus is speaking). Have you ever opened the door of your heart and invited Jesus to come in?

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Would you like to? If so, why not do it now?

For more information on how to have a personal relationship with Jesus Christ, see the Foundation for Healing section in the front of this workbook.

MORE READING

Remember that the book of John will give you a good picture of who Jesus is and how He can impact your life. If you haven't started already, why not read the first chapter of John today and then read a chapter a day for the next month? It won't take long, and you'll begin to see what a difference Jesus can make as you recover from your divorce.

If you would like to study your Bible a little more depth, we suggest To Walk and Not Grow Weary by Alan Sciacca. It is an easy-to-use workbook that shows you how to renew your strength in demanding circumstances. To find the book, visit the bookstore at www.divorcecare.org and click on the link "Growing Closer to God."



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## SESSION TWO

*If your child is participating in the DivorceCare for Kids (DC4K) program, this Parent Page will make you aware of the weekly theme, give you tips to create stronger bonds in your single parent family and help enhance the parent/child relationship. We suggest you purchase or create a journal to record stories, comments and funny things that happen in your family. For more information about DC4K, ask your DivorceCare leader or visit [www.DC4K.org](http://www.DC4K.org).*

### God loves children in all kinds of families

#### This week's goal:

To develop a healthy, connected single parent family by establishing consistent routines and family rituals.

#### What the experts say:

When a child transitions from a two-parent home to a one-parent home, it's important to set up routines and rituals immediately. "Rituals are not routines. Routines have predictability as their goal. Rituals have connection as their goal," says Dr. Becky Bailey. A routine is a daily schedule of activities. A healthy ritual is a positive, predictable interaction between people, which occurs on a regular basis (such as a parent rubbing a child's back each night at bedtime). Routines provide security while rituals build strong connections. Children create their own rituals, and as a parent, you might not be aware of the rituals your child is missing due to the divorce. Creating new rituals will help your child feel connected to you.

#### This week in DC4K:

We discussed how everyone's family is different. God loves your children no matter which parent they live with or what kind of home they live in. God's love is unconditional.

#### One family's story:

One girl had a hard time going home after daycare. Coming home reminded her that her dad had moved out. The mother realized she had to think of something to help. Together they decided to create a ritual to do together every evening. On the way to pick up the girl, the mom would buy two bottles of water (or she would refill old bottles) for them to drink together on the ride home. They called this water "Sweet Dreams." At first when they drank the water,

the little girl was sad and would talk about how their life used to be. Eventually, she began to discuss her dreams for the future, and they began to laugh and joke with each other.

#### This week's Scripture focus:

**Philippians 3:13–14:** *"Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."*

#### Building family strengths:

With your child, write out a daily routine that includes a list of each person's responsibilities and chores. Also, have a family meeting to decide upon a ritual for your family. Some children may need a ritual when transitioning between each parent's home. Another good time for connecting activities is at breakfast when everyone is rested or at bedtime at the end of the day. Be creative.

Encourage your child to write out your family's daily routine and a description of one ritual you have developed as a family. Send it with your child to DC4K next week.



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