GROWING THROUGH DIVORCE

Counseling the Christian After Divorce

“The Lord is close to the brokenhearted and saves those who are crushed in spirit.”

Psalm 34:18

Based on Growing Through Divorce by Jim Smoke

Workbook by Linda Ratcliff, Th.D., Ed.D.
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Introduction

How to Survive a Divorce

1. What are ten things you can do when you find a divorce is inevitable?
   a) ________________________________________________________________
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2. When people first learn that they will be going through a divorce, they not only feel shocked, angry, or rejected – they are brokenhearted. In Psalm 147, what does the Bible say that the Lord will do for the brokenhearted?

a) ________________________________________________ (Ps. 147:3a)

b) ________________________________________________ (Ps. 147:3b)


a) __________________________________________________

b) __________________________________________________

c) __________________________________________________

d) __________________________________________________

e) __________________________________________________

4. God also calls us to minister to the brokenhearted, to those who need to be reminded of God's loving peace and comfort. What can we advise someone going through a divorce to do?

____________________________________________________ (Psalm 107:28a)

5. What will the Lord do for those who cry out to Him?

____________________________________________________ (Psalm 107:28b)

6. The brokenhearted are not just those who are recovering emotionally from the death of a loved one, a divorce, or a severe trial. These are the people who feel their spiritual bankruptcy and helplessness, and who long for the help and salvation of God. Such people are in the right condition to be met and blessed by God. In Psalm 34, what does God say He will do for those who are brokenhearted and contrite in spirit?

a) ________________________________________________ (Ps. 34:18a)

b) ________________________________________________ (Ps. 34:18b)

7. In James 4:8, we learn that if we draw nigh unto God, He will __________________________

If we wish God very near to us, we must seek to dwell very near to him. Only sin can keep us far away from God. Let’s cleanse our hands of evil doing, and purify our hearts of evil thoughts. Let’s not wait until trouble comes to draw near our Lord.
One

Is This Really Happening to Me?

1. What are some of the feelings people experience when they separate from a marriage
   that began with such optimism, happiness and hope?
   a) ___________________________________________
   e) ___________________________________________
   b) ___________________________________________
   f) ___________________________________________
   c) ___________________________________________
   g) ___________________________________________
   d) ___________________________________________

2. What are the three emotional stages people go through in a divorce?
   a) ___________________________________________
   c) ___________________________________________
   b) ___________________________________________

3. In a state of shock, people react in many different ways.
   a) Some people ____________________________________________________________
   b) Other people ____________________________________________________________

4. In the shock stage, both the inward and outward person slowly come to an acceptance
   of the fact that a relationship that once was vital, important and real has __________

5. Some people prolong the shock state by desperately clinging to the hope that things
   will work out to a happy ending. What are some things such people will do?
   a) ____________________________________________________________
   b) ____________________________________________________________
   c) ____________________________________________________________
   d) ____________________________________________________________
6. What are some questions you could ask, that might help you and your counselee sort out hope from reality?
   a) ____________________________________________________________
   b) ____________________________________________________________
   c) ____________________________________________________________
   d) ____________________________________________________________

7. About what percentage of divorces are caused by affairs? ______________________

8. Briefly explain the difference between positive mourning and negative mourning.
   a) Positive mourning ____________________________________________
      ____________________________________________________________
      ____________________________________________________________
      ____________________________________________________________
   b) Negative mourning ____________________________________________
      ____________________________________________________________
      ____________________________________________________________
      ____________________________________________________________

9. Indicate the style of mourning each statement typifies, but putting the word “positive” or “negative” before it.
   a) ______________ I’m glad we had some good times, and I wish we still had them.
   b) ______________ I feel the end of the marriage was entirely my fault.
   c) ______________ I feel life has dealt me a bad hand, and I’m going to let everyone know it.
   d) ______________ I have the human right to feel loss, grief, and sorrow.
   e) ______________ I’m sorry that the good times are gone now, but I know that there is still much happiness left for me in life.
   f) ______________ I feel the end of the marriage was all my former spouse’s fault.
10. Many people in post-divorce adjustment want to hurry the hurts away and experience instant new health. However, it takes most men and women ________________ years to recover from a divorce.

11. Divorce can either be a negative, self-defeating experience in your counselee’s life – or a positive, growth-producing experience. Briefly recap the nine “growing through divorce” steps you could encourage your counselee to take.

a) ____________________________________________

b) ____________________________________________

c) ____________________________________________

d) ____________________________________________

e) ____________________________________________

f) ____________________________________________

g) ____________________________________________

h) ____________________________________________

i) ____________________________________________

12. Society has a way of looking at divorce and spelling it _______________________

13. What are four simple goals for growth people going through a divorce can work on?

a) ____________________________________________

b) ____________________________________________

c) ____________________________________________

d) ____________________________________________

14. Growth takes strength, and God gives us that strength when we need it. He will:

a) ___________________________________________________________________________ (Isaiah 40:29a)

b) ___________________________________________________________________________ (Isaiah 40:29b)

Your counselees may GO through divorce or GROW through divorce.
15. A person going through a divorce may feel quite alone, but the Lord is close to the brokenhearted. (Psalm 34:18). What three things is the Lord willing to be for believers in their time of trouble? (Psalm 46:1)
   a) _________________________________   b) _________________________________
   c) __________________________________________________________________

16. A person going through a divorce may feel fear – fear of being alone, fear because of financial concerns, fear of change. However, the Lord tells us not to fear even though
   a) _____________________________________________________________________________ (Ps. 46:2b)
   b) _____________________________________________________________________________ (Ps. 46:2c)
   c) _____________________________________________________________________________ (Ps. 46:3a)
   d) _____________________________________________________________________________ (Ps. 46:3b)

17. In Deuteronomy 31:8, we are told not to fear or be dismayed because the Lord is always with us. He has promised to
   a) _____________________________________________________________________________
   b) _____________________________________________________________________________
   c) _____________________________________________________________________________
   d) _____________________________________________________________________________

18. If God is for us, _____________________________________________ (Rom. 8:31)

19. The last words in this chapter say, “Always remember, in a divorce you get custody of yourself.” This custody puts divorcing people in charge of the decisions that will change their lives. They are at a crossroads at that time, and may be having trouble making decisions. However, in Isaiah 42:16, the Lord said He would:
   a) _____________________________________________________________________________ (vs. 16a)
   b) _____________________________________________________________________________ (vs. 16b)
   c) _____________________________________________________________________________ (vs. 16c)
   d) _____________________________________________________________________________ (vs. 16d)
   e) _____________________________________________________________________________ (vs. 16f)
Two

Letting Go

1. Into what four areas of our life does divorce introduce numerous changes?
   a) ..................................................  c) ..................................................
   b) ..................................................  d) ..................................................

2. Learning to “let go” in the mental area means coming to the realization and recognition that ____________________________

3. Letting go in the mental area can also include releasing dreams for the future. Read 2 Corinthians 4:16. Here God says we are to endure it all without fainting.
   a) Though outwardly it may appear that we are ______________________ (vs. 16b)
   b) Inwardly, we are ____________________________________________ (vs. 16c)

4. Society is generally constructed for ______________________________________

5. The social world often lets go of the divorcing person, before the divorcing person has a chance to ______________________________________________________

6. “Letting go” in the social realm means facing ________________________________

7. Two areas of physical loss in a divorce can be:
   a) ................................................................
   b) ................................................................

8. Letting go in the physical area often means the divorced person will have to move to a small apartment, or a young mother may have to move back home with her children. What did God tell the Jews to do, when they were carried away from Jerusalem in captivity?
   a) ................................................................ (Jer. 29:5a-b)
   b) ................................................................ (Jer. 29:5c-d)
God wanted the Jews to be fruitful even in their captivity. He wanted them to set down roots wherever they were planted. This is God’s will for any who are uprooted.

9. There are many examples of saints in the Old Testament who were blessed by God after they were uprooted or had to “let go” of things in the physical domain. Name the saint in each example.

a) After ______________ stole his brother’s blessing, he fled for his life. However, years later when he met his brother again, he had oxen and asses, flocks, men and women servants, wives and children. (Gen. 32:5)

b) He was thrown into a pit and then sold as a slave. But ______________ later learned that “God meant it for good.” (Gen. 50:20)

c) After Satan tested ______________, the Lord blessed the latter part of his life more than the first, for he had fourteen thousand sheep, six thousand camels, a thousand yoke of oxen, a thousand she asses, seven sons and three daughters. (Job. 42:12)

d) At one point ______________, who was a Jewish captive, was thrown into the lions’ den for breaking the law by praying and making supplication to God. But later he prospered in the land of Babylon during the reign of Darius. (Dan. 6:28)

10. In the spiritual area, a divorce can either drive you ____________ from God, or drive you ____________ God.

11. “Letting go” in the spiritual areas means ____________________________

_____________________________________________________________________

12. When the pain of “letting go” may seem to overwhelm us, we can turn to God for strength. As divorcing persons let go of their crumbling marriages, they can garner great comfort from David's psalms. What seven things did David praise God for being to him in Psalm 62?

a) ___________________________________________ (vs. 1, 2, 6, 7)

b) ___________________________________________ (vs. 2, 6)

c) ___________________________________________ (vs. 2, 6)

d) ___________________________________________ (vs. 5)

e) ___________________________________________ (vs. 7)

f) ___________________________________________ (vs. 7)

g) ___________________________________________ (vs. 7, 8)
13. Following are statements about letting go. Put a check mark before the actions that should be encouraged with your counselee.

a) _____ I should let go of feeling responsible for other people’s thoughts or feelings about the divorce.

b) _____ I should let go of my job, church and friends, and just start over somewhere new.

c) _____ I should let go of that feeling of worthlessness.

d) _____ I should let go of the idea that God will not forgive me for my divorce.

e) _____ I should let go of prayer. It didn’t save the marriage.

f) _____ I should let go of the fear that I will never be able to establish a healthy relationship.

g) _____ I should let go of resentment and anger toward my former spouse.

h) _____ I should let go of hope for the future.

14. We have all heard the popular Christian statement, “Let go and let God.” Before we can “let God,” or allow God to work in our lives, we have to “let go,” or throw off the chains that hinder our usefulness to God. What two things are we told to “let go” or “lay aside” in Hebrews 12:1?

a) __________________________________________ (vs. 1b)

b) __________________________________________ (vs. 1c)

15. When we have let these things go, what will we be able to do? ____________________________

__________________________________________________________ (Heb. 12:1d)

16. Briefly recap six keys to accepting a new identity.

a) _______________________________________________________________________________________

b) _______________________________________________________________________________________

c) _______________________________________________________________________________________
Three

Getting the Former Spouse In Focus

1. What are the eight types of divorce listed in this chapter?
   a) __________________________
   b) __________________________
   c) __________________________
   d) __________________________
   e) __________________________
   f) __________________________
   g) __________________________
   h) __________________________

2. Choose one of these types of divorce, and write a brief definition. ________________
   ___________________________________________________________
   ___________________________________________________________
   ___________________________________________________________

3. Growth in dealing with a former spouse takes place when feelings of hostility, hatred and revenge:
   a) first mellow to _____________________________________________
   ___________________________________________________________
   b) and finally change to ________________________________________
   ___________________________________________________________

4. People who experience divorce will often find that their feelings for the former spouse will vary from day to day.
   a) When they don’t see the person, ____________________________
   ___________________________________________________________
b) When they do see the person, __________________________________________

5. What are the 11 basic ongoing issues that never seem to be completely resolved when interacting with a former spouse?

   a) ______________________________________________

   b) ______________________________________________

   c) ______________________________________________

   d) ______________________________________________

   e) ______________________________________________

   f) ______________________________________________

   g) ______________________________________________

   h) ______________________________________________

   i) ______________________________________________

   j) ______________________________________________

   k) ______________________________________________

6. What are the five growth guidelines that will help your counselee get the former spouse in focus?

   a) ______________________________________________

   b) ______________________________________________

   c) ______________________________________________

   d) ______________________________________________

   e) ______________________________________________

7. 1 Corinthians 13:11 states, “When I was a child, I used to speak as a child, think as a child, reason as a child. When I became a man, I did away with childish things.”

You should counsel divorced Christians to avoid getting trapped into ___________ behavior with a former spouse.
8. Growth in divorce is treating a former spouse as an ________________. This means giving up reprisal and vindication – even when a divorced person feels the former spouse is deserving of it.

9. Seeing a former spouse can stir up old feelings of resentment, anger and impatience. What are some of the traits that will cause the enmity and dissension to continue on indefinitely? (Eph. 4:31)

   a) 
   b) 
   c) 
   d) 
   e) 
   f) 

10. Divorce is often described as a war, with all the tactics and strategy of war put to use. The book of Proverbs warns us about this in the following verses:

   a) Prov. 14:17: He (she) that is soon angry deals _________________ (with his/her ex).
   b) Prov. 15:18: A ______________________ man (woman) stirs up dissension, but a man (woman) who is ______________________ calms a quarrel.
   c) Prov. 20:3: It is to a man’s (woman’s) honor to avoid strife, but every fool is quick to ____________________.
   d) Prov. 29:22: An angry man stirs up strife, and a furious man (woman) abounds in ____________________.
   e) Prov. 30:33: For as churning the milk produces butter, and as twisting the nose produces blood, so stirring up anger produces _______________.

11. In James 1:19, James says that every person should be:

   a) ______________________
   b) ______________________
   c) ______________________

12. In Hebrews 12:14 the Apostle Paul encourages us to make every effort to live at ____________ with all men and to be holy.
13. In 1 Peter 3:8-11, we find several commands with regard to our relationships with other believers. When obeyed in the arena of interacting with a former spouse, these can promote peace and harmony in the relationship.

a) ___________________________________________ (vs. 8a)

b) ___________________________________________ (vs. 8b)

c) ___________________________________________ (vs. 8c)

d) ___________________________________________ (vs. 8d)

e) ___________________________________________ (vs. 8e)

f) ___________________________________________ (vs. 9a)

g) ___________________________________________ (vs. 9b)

h) ___________________________________________ (vs. 9c)

i) ___________________________________________ (vs. 10b)

j) ___________________________________________ (vs. 10c)

k) ___________________________________________ (vs. 11a)

l) ___________________________________________ (vs. 11b)

m) ___________________________________________ (vs. 11c)

14. If we do these things, we will inherit a __________________________. (1 Pet. 3:9d)

15. Many divorced people that you counsel will feel their former spouses have sinned against them. What does the Bible say we are to do in such a case?

a) Eph. 4:32:

   i) ___________________________________________

   ii) ___________________________________________

   iii) ___________________________________________

16. Why are divorced persons to forgive their spouses for the wrongs that have been committed against them? ___________________________________________

   ___________________________________________ (Eph. 4:32d)
Four
Assuming Responsibility for Myself

1. People often marry other people with the assumption that the person they are marrying will make them _______________________.

2. An important key to growth in divorce is assuming responsibility. In what four areas should a divorced person assume responsibility?
   a) ____________________________________________
   b) ____________________________________________
   c) ____________________________________________
   d) ____________________________________________

3. Nobody else is responsible for your future but ___________________.

4. Closing the door on the past means closing out the dead thoughts and replacing them with ____________________ thoughts of the present and future.

5. For many divorced persons, the lonely hours just before or after bedtime trigger worries about tomorrow. We should block out negative thoughts about the future, because Philippians 4:13 assures us that ____________________________________
   ____________________________________________

6. One of the best ways to communicate with another person on a subject that may raise conflict is to preface the statement with, “ ___________________________________
   ____________________________________________.”

7. God has gifted us with feelings, and He made us with the vital need to express and share them. What are three things the divorced person should remember about getting their feelings expressed?
   a) ____________________________________________
   b) ____________________________________________
   c) ____________________________________________
8. Often the divorced person will feel abandoned. David, the great king and "a man after God's own heart," faced tremendous suffering with no apparent relief from God. Helpless and exhausted, all he could do was to cry out to God, “Why have you forsaken me?” (Ps. 22:1) Hundreds of years later, from the cross, Jesus, God's own Son, repeated those words. (Matt. 27:46) God has responded to our feelings of abandonment in Romans 8:38-39. What can never separate us from the love of God?

9. We need to share our feelings with God. We can express our deepest feeling in prayer, knowing that God loves and understands us. We can pour out our souls and pray for our heart's desire. He will hear us and respond with love.

There are several examples of men and women of God who poured out their feelings to Him, without ceasing, in earnest prayer. Who is praying in each of the following Bible references, and what feeling or desire is being expressed?

a) 1 Samuel 1:10-11: __________________________________________________

b) 2 Samuel 12:16: __________________________________________________

c) Esther 4:3: __________________________________________________

d) Matthew 26:39: __________________________________________________

e) Acts 12:5: __________________________________________________

10. We should only share our deepest feelings in heartfelt prayer with God from time to time. (1 Thess. 5:17) _____ True _____ False
Five

Assuming Responsibility for My Children

1. Single parenthood starts at the moment children are told:
   a) __________________________________________________________
   b) __________________________________________________________

2. What are some questions children may ask, either inwardly or outwardly, about the future when their parents are getting divorced?
   a) __________________________________________________________
   b) __________________________________________________________
   c) __________________________________________________________
   d) __________________________________________________________

3. A common fear is that, if child-raising was difficult with two parents in the home, with only one parent it will be ____________________________.

4. What are some of the feelings, or struggles, that must be faced as a single parent?
   a) __________________________________________________________
   b) __________________________________________________________
   c) __________________________________________________________
   d) __________________________________________________________

5. Why is child discipline often a problem in the single-parent home? ______________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________

6. An amicable relationship with the children’s other parent will help each of them to be a more effective mother or father. _______ True _______ False
7. Today there are 10 million single parents in the United States. Of these, 7.5 million are women and a little more than 2.2 million are men. Over the last twelve years, single-father households have risen by 62 percent.

Many of these parents are so focused on their own needs and feelings that they forget that their children are going through ________________

8. There are eight prominent feelings in most children’s lives as they go through the divorce experience. Name them.
   a) ________________
   b) ________________
   c) ________________
   d) ________________
   e) ________________
   f) ________________
   g) ________________
   h) ________________

9. Briefly summarize some guidelines you should share with your counselees about successful single parenting?
   a) ___________________________________________________________________
   b) ___________________________________________________________________
   c) ___________________________________________________________________
   d) ___________________________________________________________________
   e) ___________________________________________________________________
   f) ___________________________________________________________________
   g) ___________________________________________________________________
   h) ___________________________________________________________________
   i) ___________________________________________________________________
   j) ___________________________________________________________________
   k) ___________________________________________________________________
   l) ___________________________________________________________________
   m) ___________________________________________________________________
The single parent has plenty of challenges. The daily rigors of raising children single-handedly can be draining. That’s why it’s so important that single parents learn to prioritize the never-ending list of things that must be done every day. Jesus has given us good advice on prioritizing in Luke 10:40-42.

10. In Luke 10, what were the issues keeping Martha from spending valuable time with Jesus?
   a) ____________________________________________________ (vs. 39)
   b) ____________________________________________________ (vs. 40)

11. What was the one thing with which Jesus told Martha she should be concerned?
   ________________________________________________________

12. What do you believe should be a high priority for the single parent today? (Thought question. Answers will vary.) ____________________________________________
    ___________________________________________________________________
    ___________________________________________________________________

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<table>
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<tr>
<th>Do You Recognize These Single Mothers?</th>
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<tr>
<td><strong>MARY</strong></td>
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<tr>
<td>* More dependent on God than ever before in her life.</td>
</tr>
<tr>
<td>* Spends time playing with her children.</td>
</tr>
<tr>
<td>* Takes time for herself – her life is not totally child-centered.</td>
</tr>
<tr>
<td>* Makes sure they all attend church and Sunday School every week.</td>
</tr>
<tr>
<td>* Listens attentively to what her children have to say.</td>
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MORE ISSUES
SINGLE PARENTS FACE

1. *Children expect the structure of the home will change since the parent is now alone.*
   As soon as possible after the loss of the spouse, the single parent should reinforce the old rules, and possibly introduce new ones, since that parent is now solely in charge.

2. *Single parents try to win the popularity contest.*
   Being liked best by your kids will feel good, especially if you were rejected by your spouse. But the kids need to know the rules are still in force – even when it’s not popular.

3. *Single parents feel they have to be superhuman – to fill all the needs of the children.*
   Such parents set unrealistic goals.

4. *Some single parents allow inappropriate bonding with their children, treating them as best friends and confidants.*
   When children are treated as peers, the line between parent and child is blurred. Single parents need to make sure the child gets to remain a child.

5. *Some single parents don’t set firm boundaries, because they feel guilty that their child is not growing up with two parents.*
   It is not necessary or sensible for a single parent to spoil a child – for any reason.

6. Are there any you would add here, that were not covered in this unit?

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
Six

Assuming Responsibility for My Future

1. Planning ahead will seem very _________________________ when your mind is filled with the thoughts of yesterday and the current problems of today.

2. A wise person once said that there are three things that make for happiness in living.
   a) __________________________________________
   b) __________________________________________
   c) __________________________________________

3. There are three kinds of people when it comes to future planning.
   a) __________________________________________
   b) __________________________________________
   c) __________________________________________

4. Divorce launches people from a __________________ world into an unknown world.

5. When there is a divorce, constructive plans must be made if consistent growth is to be assured. What are some of the areas to consider when making plans?
   a) __________________________________________
   b) __________________________________________
   c) __________________________________________
   d) __________________________________________
   e) __________________________________________

6. Trusting God with your future is inviting God to direct your conscious thoughts and plans, as you set _______________ and _______________________ for your future.

7. 2 Timothy 1:7 tells us that God has not given us the spirit of fear, but of power, and of love and of a ________________ mind. God expects us to use our sound mind in planning and setting goals for the future.

8. Proverb 29:18 says, “Where there is no _________________, the people perish.” Each of us must have a vision or a set of goals for our lives.
9. Read Psalm 32:8. What two things will the Lord do for us as we plan our future?
   a) ____________________________________________________________
   b) ____________________________________________________________

10. Read Habakkuk 2:2. What two things has the Lord told us to do when setting goals?
    a) ____________________________________________________________ (vs. 2b)
    b) ____________________________________________________________ (vs. 2c)

   In those days, boxwood tables covered with wax, on which national affairs were engraved with an iron pen, and then hung up in public. Our goal list should be posted in a place where we pass by frequently, and will read it often.

11. What will be the result if we put our goal list in writing? ____________________________________________________________ (Hab. 2:2d)

12. When we write our goal list, it is important to be aware that the world is always trying to influence, or have an impact on, our future plans. But the standard by which we are to measure our goal list is God's Word. In Amos 7:8, God says He has set a ________________ for us to follow, which is His standard of righteousness.

13. A goal list clarifies the direction we are taking in our lives. Proverbs 4 gives us good advice on planning the direction our lives should take, so we don’t get sidetracked.
   a) ____________________________________________________________ (vs. 26a)
   b) ____________________________________________________________ (vs. 26b)
   c) ____________________________________________________________ (vs. 27a)
   d) ____________________________________________________________ (vs. 27b)

14. Read Matthew 6:33. What advice does Jesus give for prioritizing our goal list? ____________________________________________________________

15. Sometimes, divorced people set goals for themselves – a new family, an upwardly spiraling career, a new home - and dash headlong toward them, without stopping to consult with God. God may want us to slow down so we will reconsider the path we are taking to reach our goals. It may contain dangers that could trip us up later on.

   In Isaiah 26:7, God says he wants to ______________________ the path of the righteous.
Seven
Finding a Family

1. Having a family means _________________________________________________
   _______________________________________________________________
   _______________________________________________________________

2. What are the three kinds of families?
   a) _______________________________________________________________
   b) _______________________________________________________________
   c) _______________________________________________________________

3. What are some distinctive facts about God’s family?
   a) _______________________________________________________________
   b) _______________________________________________________________
   c) _______________________________________________________________
   d) _______________________________________________________________
   e) _______________________________________________________________
   f) _______________________________________________________________

4. What are some of our responsibilities to the other members of God’s family?
   a) _______________________________________________________________
   b) _______________________________________________________________
   c) _______________________________________________________________
   d) _______________________________________________________________
   e) _______________________________________________________________

5. What are some responsibilities for God’s family members toward us? (1 Thess. 5:11)
   a) _______________________________________________________________
   b) _______________________________________________________________
6. Divorce is one way of breaking the relationship with the family a person married into. However, God will not divorce us, or separate from us, for He has promised in John 6:37: ____________________________

7. What are God’s plans for the divorced person? (Jeremiah 29:11)
   a) ____________________________
   b) ____________________________

8. A key part of the new beginning for a divorce person should be to find a supportive fellowship by:
   a) ____________________________
   b) ____________________________

   **The Family of God is Your Best Support System**

9. God has a way of bringing people who belong to the family of God into the lives of other believers - to support and care for them, especially in times of special need. What three men did God send the Corinthians to help them? (1 Cor. 3:22)
   a) ____________________________
   b) ____________________________
   c) ____________________________

10. The Apostle Paul also reminded the Corinthians that God had sent _______________ to remind them of his ways, which were in Christ, as he taught everywhere and in every church. (1 Cor. 4:17)

11. In Romans 16, we see that God sent many people to Rome, to support and care for the believers there. Each verse from verses 6-16 starts with the same word – “Greet.” Write down next to the names below the description associated with each person, and how they were of help to Paul or the church.
   a) Mary: ____________________________
   b) Andronicus and Junia:
      * ____________________________
      * ____________________________
      * ____________________________
   c) Ampliatus: ____________________________
12. Another hard-working helper of the people in the early church was Phoebe. What two titles did the Apostle Paul give to Phoebe? (Rom. 16:1)
   a) ___________________________  b) ___________________________

13. When Paul was in prison, and expected to die shortly, what two men did he request come to him for support in his final hours? (2 Timothy 4:9, 11)
   a) ___________________________  b) ___________________________

14. It was difficult for Jews to fully understand the purpose of Christ. Only the Old Testament was available for study. As a result, many deeply spiritual Jews knew the Scriptures, but did not understand how to integrate Jesus Christ into that knowledge. Apollos was such a man. He was an eloquent speaker, with a firm grasp of the Old Testament Scriptures, but he did not fully understand the gospel message. Whom did God send to teach him more? (Acts 18:26)
   a) ___________________________  b) ___________________________

15. What was thoughtful about their action? __________________________________________________________

What a loss that would have been for the kingdom if they had embarrassed Apollos by publicly correcting him. Apollos not only taught at Achaia (v. 27), he also taught at Corinth (Act. 19:1). He watered the good seed Paul had sown (1 Cor. 1:12), and brought many to Christ. His disciples were very attached to him (1 Cor. 3:4-7, 22). He was with Paul at Ephesus when he wrote to the Corinthians, and Paul again made kind reference to him in Titus 3:13, asking that nothing be wanting for him.

16. God also sent helpers to help and support His people in the Old Testament times. Whom did God send to help Moses in each of these situations?
   a) To speak: ____________________________________________ (Ex. 4:10-15)
b) To hold up the rod: ___________________________ (Ex. 17:10-12)

c) To give much-needed advise: ___________________________ (Ex. 18:7-18)

17. Moses gave Bezaleel the assignment to lead the team furnishing the tabernacle. Who did God send to help Bezaleel with this enormous project?

a) ___________________________________________ (Exodus 35:34)

b) ___________________________________________ (Exodus 36:1)

18. Who befriended and encouraged David, when he was hiding from Saul once again in the wilderness? ___________________________ (1 Samuel 23:16)

This was the 17th attempt of Saul to kill David, but God was with David and prevented Saul from finding him. I find it interesting that this friend could easily find David, but Saul could not - even after many days of searching (v. 14, 16, and 18). This further highlights the protection of God over David.

19. What words of encouragement did this friend share with David? (1 Sam. 23:17)

a) ___________________________________________________________________

b) ___________________________________________________________________

I am so impressed with the unselfishness of Jonathan here. Jonathan was the rare type of person who was willing to recognize the will of God and be content in second place. He actually encouraged David by talking about David's future as king, even though it meant Jonathan would be superseded by this man who was his friend. This could only have been done by someone who looked at the course of things in the Spirit, by someone who acknowledged God as the only and supreme Sovereign of Israel. Never in history can I think of another friendship that was purer, nobler, and more self-denying than Jonathan's!

20. Encourage your counselees to spend time thinking of people in the family of God who have been sent by God to help and support them through the adjustment period. It might be encouraging for them to make a list of these people. Is there a man or woman of God who helped pull you through a difficult situation?  (Answer optional)
Eight
Finding and Experiencing Forgiveness

1. People can learn to deal with many aspects of being divorced on a mechanical level, but the area of forgiveness must be dealt with on a _____________________ level.

2. In the religious community, divorce has stood for a long time as the somewhat unforgivable sin. However, the Bible does not teach this. Instead, God tells us that if we confess our sins He will:
   a) ___________________________ (1 John 1:9b)
   b) ___________________________ (1 John 1:9c)

3. Experiencing forgiveness gets the ________________ out of your life permanently.

4. After a divorce, what five aspects of forgiveness do people need to consider?
   a) __________________________________________
   b) __________________________________________
   c) __________________________________________
   d) __________________________________________
   e) __________________________________________

5. One of the greatest therapies God ever gave to man was _________________________. Without it, we would live in a constant state of guilt that could never be removed.

6. Divorce is not a sin. _______ True _______ False

7. People who experience divorce must learn to forgive themselves for whatever part they played in the process. Forgiving yourself means:
   a) __________________________________________
   b) __________________________________________
   c) __________________________________________
   d) __________________________________________
   e) __________________________________________
   f) __________________________________________
8. Asking forgiveness of a former spouse takes guts, and usually will only happen a long way down the recovery road. You might encourage your counselees to begin praying about the need for this. You could role-play such a conversation during a counseling session, and your counselee could start by saying, “________________________

________________________

________________________.”

9. You only need to forgive your former spouse if they say they will forgive you.

______ True     ______ False

10. Read Matthew 6:14-15. What will happen if:

   a) we forgive our spouse for the things that were done to us?___________________

   ____________________________ (vs. 14)

   b) we don’t forgive our spouse for the things that were done to us? ____________

   ____________________________ (vs. 15)

11. God told us to forgive because He knows what is best for us. In Ephesians 4:31, we are told to put away all _________________ and wrath, and anger, and clamor, and evil speaking, along with all malice.

According to the latest medical and psychological research, forgiving is good, not only for our souls, but also for our bodies. People who will forgive and put away bitterness:

a) benefit from better immune functioning and lower blood pressure.

b) have better mental health than people who do not forgive.

c) feel better physically.

d) have lower amounts of anger and fewer symptoms of anxiety and depression.

e) maintain more satisfying and long-lasting relationships.

Michael McCullough, director of research for the National Institute for Healthcare Research said, “When we allow ourselves to feel like victims or sit around dreaming up how to retaliate against people (former spouses) who have hurt us, these thought patterns take a toll on our minds and bodies."
12. God is in the business of introducing people to new ________________ and second chances.

**God is the God of Second Chances**

13. Jesus was teaching in the temple when a group of self-righteous religionists pushed a woman between him and the crowd. She had been caught in the act of adultery – an offense contrary to the 10 Commandments and punishable by stoning. How did Jesus respond to the accusations against the woman? (John 8:1-11)

a) ____________________________________________________________ (vs. 6d)

b) ____________________________________________________________ (vs. 7d)

c) ____________________________________________________________ (vs. 8)

14. It is commonly thought that Jesus may have listed the sins of the accusers in the dust until, one by one, they silently slipped away. (v. 9) How did Jesus deal with this woman in private? ___________________________________________________ (v. 10-11)

15. What did Jesus tell the woman to do next? ________________________________________________________________ (vs. 11d)

16. Read Jeremiah 18:1-6. Jeremiah, the prophet, was instructed to visit a potter’s house. (A potter is a maker of pottery.) When Jeremiah arrived, the potter was making a vessel of clay on a rotating wheel. As the potter worked with the clay, the vessel was spoiled so that the work could not continue. (vs. 4a)

a) What did the potter do with the spoiled clay? ________________________________________________________________ (vs. 4b)

b) How did the potter feel about the vessel that was made out of the spoiled clay? ____________________________ (vs. 4c)

Actually the potter was free to throw away the damaged piece of pottery and dig up fresh clay from the ground. Our God, the Creator, can cast away the people who have problems and simply raise others in their place. But, He doesn't give up on us. He just keeps on working with us, and molding us - to become usable in His kingdom.

17. Read Jonah 1:1 through 3:2. God asked Jonah to preach to a foreign city (1:2). But Jonah ran from the Lord and went in the opposite direction to ____________________________
18. Jonah’s disobedience found him on a ship in the midst of a great storm. Finally, they cast lots to determine whether one of them was the cause of the storm and the lot fell to Jonah. Eventually, they threw Jonah overboard. When they did, the storm ________________ (Jonah 1:15).

19. Jonah finally began to pray on the fourth day of his plight. When he sensed he was dying, as he was fainting away, Jonah remembered the Lord and prayed. In that prayer, Jonah remembered his vow, and promised to ________________

______________________________ (Jonah 2:1-9)

20. After Jonah prayed, God commanded the great fish to ________________ and Jonah was safely deposited on the ground. (Jonah 2:10)

21. As a thankful, restored prophet, Jonah knelt in prayer on the dry beach and God spoke to Jonah for the second time. Compare the assignment God gave to Jonah after his disobedience (Jonah 3:2) with his original assignment (Jonah 1:2).

____________________________________________________________________

God can not only restore a sinful saint, He can use a recycled man. Divorce does not disqualify a person for the task God has assigned, but it can cause delays or problems.

22. I believe the classic example of someone being given a second chance to serve God faithfully was the Apostle Peter. Read John 18:15-27.

a) What did Peter say when asked about his relationship with Jesus? __________  
______________________________ (v. 17)

b) When asked a second time about his Lord, what did Peter say? __________  
______________________________ (v. 25)

c) How many times had the rooster crowed when Peter denied Jesus for the third time? ____________________________________ (Mark 14:72)

d) Was Jesus still able to use Peter? ________ Explain your answer. __________

_____________________________________________________________________

_____________________________________________________________________

_____________________________________________________________________
Nine
47 Going on 17

1. If a person is going to have a social life after divorce, meet new friends, and establish new relationships, he or she will have to _________________.

2. When people consider building a new relationship with the opposite sex, what are the six most common questions asked, questions that actually reveal their deepest fears.
   a) ___________________________________________________________________
   b) ___________________________________________________________________
   c) ___________________________________________________________________
   d) ___________________________________________________________________
   e) ___________________________________________________________________
   f) ___________________________________________________________________

3. There are caution flags that should be raised in the world of post-divorce dating. What questions will help the divorced person examine some areas for caution.
   a) ___________________________________________________________________
   b) ___________________________________________________________________
   c) ___________________________________________________________________
   d) ___________________________________________________________________

4. Building new relationships will begin with God's help in the following areas.
   a) ___________________________________________________________________
   b) ___________________________________________________________________
   c) ___________________________________________________________________

5. Read 1 John 4:18. “There is no _____________ in love, but perfect _____________ casts out fear.”

The Apostle John knew that only one thing could eliminate fear from the life of the Christian - knowing God’s love is stronger than all the fears he can think up.
Overcoming Fear With Faith

All fear is not bad. If I fear falling off my motorcycle, it may cause me to put on a helmet. If I fear failing a test, it may cause me to study harder. If I fear failing in my business, it could cause me to work into the night to bring in a profit. If I fear making the same mistakes again in a love relationship, it may cause me to seek God’s input.

There are other fears, though, that are not healthy and keep us from being all that God wants us to be. Such fears are primarily centered around:

a) Fear of the unknown.

b) Fear of loss (loss of health, your life, financial security, a loved one)

c) Fear of being unloved or unwanted

d) Fear of change

Divorced persons could actually be experiencing all these fears as they consider the possibility of beginning to date once more.

6. Fear becomes sinful when:

a) There is nothing to fear.

   i) The wicked flee when ___________________________ (Prov. 28:1)

   ii) Have no fear of sudden ___________________ or of the ruin that overtakes the wicked. (Prov. 3:25)

b) We fail to trust God.

   i) When I am afraid, I will trust in ______________________. (Ps. 56:3)

   ii) Surely God is my salvation; I will _________________ and not be afraid. (Isaiah 12:2)

   iii) Fear of ______________ will prove to be a snare, but whoever trusts in the Lord is kept safe. (Prov. 29:25)

c) Fear is prompted by guilt.

   i) But the Lord God called to the man, “Where are you?” He answered, "I heard you in the garden, and I was afraid because __________________________; so I hid.”(Gen 3:8-10)

   ii) The _______________ in Zion are terrified; trembling grips the godless. (Isa 33:14)
Unfortunately, God has never said that our lives will be free from pain, suffering, or grief. But He has given us 75 passages in the Bible that include the words “fear not.” Notice that God not only tells His people to “fear not,” He always gives them one or more reasons for letting go of their fears as well.

7. What four reasons did God give his people for not being afraid in Isaiah 41:10?

a) ____________________________________________________________

b) ____________________________________________________________

c) ____________________________________________________________

d) ____________________________________________________________

This is a verse that I have personally memorized. At one time or another, every one of us has been gripped by fear. This verse also tells us not to be dismayed. To be dismayed is to be discouraged, and discouragement is one of the prevailing problems of today. Discouragement always comes from the devil, whose aim is to get us down, and keep us down. You should advise your clients recovering from divorce to choose a “fear not” verse that ministers to them, and to memorize the entire verse or section.

8. For what two reasons did God tell Daniel to “fear not” in Daniel 10:12?

a) ____________________________________________________________

b) ____________________________________________________________

9. Why was Abraham told to “fear not” in Genesis 15:1?

a) ____________________________________________________________

b) ____________________________________________________________

10. God told Isaac not to be afraid in Genesis 26:24 because:

a) ____________________________________________________________

b) ____________________________________________________________

c) ____________________________________________________________

11. For what three reasons did Moses tell the Jews to “fear not” in Deut. 31:6 and 8.

a) ____________________________________________________________

b) ____________________________________________________________

c) ____________________________________________________________
12. The Lord told Joshua to not be afraid, and to take all his people of war with him, because the Lord had given into his hand: (Joshua 8:1)

a) ____________________________  c) ____________________________

b) ____________________________  d) ____________________________

13. The prophet Samuel made it clear to the people of Israel that they had sinned. In spite of this, he told them not to fear for two reasons. (1 Sam. 12:20)

a) ____________________________

b) ____________________________

14. In Matthew 1:20, Joseph was told to not be afraid and to ____________________________

15. Why did the angel tell Zacharias to not be afraid in Luke 1:13?

a) ____________________________

b) ____________________________

16. Why did the angel tell Mary to “fear not?” ____________________________ (Luke 1:30)

17. Instead of being afraid, we should focus on God. In the time of trouble, He will:

a) ____________________________ (Psalm 17:8a)

b) ____________________________ (Psalm 17.8b)

c) ____________________________ (Psalm 27:5a)

d) ____________________________ (Psalm 27:5c)

e) ____________________________ (Psalm 27:6a)

f) ____________________________ (Psalm 35:10b)

g) ____________________________ (Psalm 64:7a)

h) ____________________________ (Psalm 91:4a)

i) ____________________________ (Psalm 91:4c)

j) ____________________________ (Psalm 91:11a)
Ten

Remarriage – Yours, Mine and Maybe Our Families

1. A remarriage is not simply a union between two people. It is also a union between ________ different families, and if both former spouses have remarried, it could be a union between ________ different families.

2. Briefly recap seven of the pre-remarriage questions a divorced person might ask.
   a) _______________________________________________________________________
   b) _______________________________________________________________________
   c) _______________________________________________________________________
   d) _______________________________________________________________________
   e) _______________________________________________________________________
   f) _______________________________________________________________________
   g) _______________________________________________________________________

3. Many children will try to wreck a new marriage by ____________________________________

4. What are some tips for success as a new stepparent you might share with a counselee?
   a) _______________________________________________________________________
   b) _______________________________________________________________________
   c) _______________________________________________________________________
   d) _______________________________________________________________________

5. In a remarriage, what two, and often opposing, lifestyles must children adjust to?
   a) _______________________________________________________________________
   b) _______________________________________________________________________

6. Evaluate the quality of your friendships with your relatives and friends. Keep the ones that are _____________________ and _____________________
7. What are 11 of the most common mistakes made in a second marriage?
   a) _______________________________________________________________
   b) _______________________________________________________________
   c) __________________________________________________________________
   d) __________________________________________________________________
   e) __________________________________________________________________
   f) __________________________________________________________________
   g) __________________________________________________________________
   h) __________________________________________________________________
   i) __________________________________________________________________
   j) __________________________________________________________________
   k) __________________________________________________________________

8. Before you say “I do” again, consider doing the following.
   a) __________________________________________________________________
   b) __________________________________________________________________
   c) __________________________________________________________________
   d) __________________________________________________________________
   e) __________________________________________________________________

9. As with any growing thing, a remarriage does not take root overnight and bloom immediately. But careful and patient cultivation of the relationship will bring satisfaction and fulfillment that is well worth the wait. Read Ecclesiastes 4:9-12. List the advantages two people have over a single person.
   a) ____________________________________________________________________ (v. 9b)
   b) ____________________________________________________________________ (v. 10)
   c) ____________________________________________________________________ (v. 11)
   d) ____________________________________________________________________ (v. 12)
10. Ecclesiastes 4:12 speaks of the strength possessed by a three-strand cord. Meditate on this verse and then try to identify each of the three strands, which cannot be easily broken when woven together. *(Thought Question)*

a) Strand one: ______________________________________________________

b) Strand two: _____________________________________________________

c) Strand three: ____________________________________________________

**Read 1 Peter 3:1-12**

11. Who is the example for wives to follow? _____________________________ (1 Peter 2:21-25)

12. What is the wife directed to do? ___________________________________________ (v. 1b)

13. Does this directive apply to wives with unsaved or uncommitted husbands? ______

______________________________________________________________ (v. 1)

14. What is more effective than nagging or scolding when a husband doesn’t do right? __

______________________________________________________________ (vv. 1-2)

15. What is the most important part of a woman? ______________________________

______________________________________________________________ (v. 4)

16. What are husbands directed to do? _________________________________________

______________________________________________________________ (v. 7b)

17. What phrase indicates that men and women are partners? __________________

______________________________________________________________ (v. 7)

18. The Apostle Peter summarized the positive needs within a marriage, and remarriage, in verse 8. He says that we should all be …

a) ______________________________________________________________

b) ______________________________________________________________

c) ______________________________________________________________

d) ______________________________________________________________

e) ______________________________________________________________
Eleven

How to Keep the Scales of Justice from Tilting

1. Divorce is the death of a marriage, and is usually surrounded by a cast of players that includes:
   a) The husband and wife as ________________________________
   b) The children as the ________________________________
   c) And the lawyers as the ________________________________

2. Why should everyone, even Christians, get a lawyer where there is a divorce? _____
   _____________________________________________________________________
   _____________________________________________________________________
   _____________________________________________________________________

3. Briefly summarize the ten suggestions shared with this author by a divorce attorney who specializes in divorce proceedings?
   a) ________________________________________________________________
   _____________________________________________________________________
   _____________________________________________________________________
   b) ________________________________________________________________
   _____________________________________________________________________
   _____________________________________________________________________
   c) ___________________________________________________________________
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g) ____________________________________________________________

h) ____________________________________________________________

i) ______________________________________________________________

j) ______________________________________________________________

4. How can mediation be helpful during the divorce? _______________________

_____________________________________________________________________

_____________________________________________________________________

_____________________________________________________________________

5. What are the four criteria for successful mediation?

a) _________________________________________________________________

b) _________________________________________________________________

c) _________________________________________________________________

d) _________________________________________________________________

6. Historically a mediator is a person who goes between two groups or persons to help them work out their differences and come to agreement. A mediator usually is a neutral party, a go-between, intermediary, or arbitrator who brings about reconciliation in a hostile situation when divided persons are not able to work out their differences themselves.

A mediator can also be the negotiator of the divorce. After the agreement is made, the mediator can then be a witness to its content, and serve as the administrator or guarantor to make sure its provisions are followed. A mediator needs legal authority and recognized power to function effectively.

Is mediation Biblical? _______ Yes _______ No.
7. The Hebrew verb meaning "to decide" is used in the sense of mediation in Genesis 31:37. "Set it here before my _______________ and your ________________, that they may judge between us both."

8. Later in Jewish history the idea of mediation became associated with the office of the priest, who stands between God and human beings in spiritual matters. This term was also applied to the prophet, who serves as intermediary in giving God’s word to people, and the king, who serves as mediatorial administrator between God and human beings in government. These officers discharged their duties against the background of God’s Covenant with his people expressed in the Law.

Who was the sole human mediator of the Sinai covenant? ________________ (Exodus 20:19-22) He offered sacrifice, consecrated the priestly house of Aaron, and interceded for the nation. He spoke the word of God as prophet and administered government for the nation.

9. Who is our mediator in the New Testament? ______________________ (1 Tim. 2:5)

He was the Messiah. He alone, being fully God, can represent God to man, and at the same time, being fully man, can represent man to God. He alone can bring complete reconciliation, because He alone can bring about complete payment for our sin and satisfaction of God’s wrath. He alone can bring everlasting peace (Acts 15:11; 2 Cor. 5:18; Eph. 1:7).

10. Conflict is a normal part of every Christian’s life. Look up the Scripture references below, and note the parties involved in conflict in the text.

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<thead>
<tr>
<th>Scripture Text</th>
<th>Parties Involved</th>
<th>Nature of Conflict</th>
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<tbody>
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<td>Matthew 5:23-24</td>
<td>________________________________</td>
<td>Unspecified grudge(s)</td>
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<td>Matthew 16:22-23</td>
<td>________________________________</td>
<td>Jesus’ suffering and death</td>
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<td>Matthew 20:24</td>
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<td>Jealousy / James and John</td>
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<td>Mark 10:13-14</td>
<td>________________________________</td>
<td>Bring little children or not</td>
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<td>Test Jesus / adulterous woman</td>
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<tr>
<td>Acts 15:36-40</td>
<td>________________________________</td>
<td>Take or leave John Mark</td>
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<td>Philippians 4:2-3</td>
<td>________________________________</td>
<td>Interpersonal conflict</td>
</tr>
<tr>
<td>Galatians 2:11</td>
<td>________________________________</td>
<td>Follow Jewish rituals?</td>
</tr>
</tbody>
</table>
11. Read each of the following selections. What principles of mediation are recorded?

   a) Galatians 6:1: __________________________________________

   b) 1 Corinthians 6:1-8: ______________________________________

   c) Matthew 5:23-24
      i) _______________________________________________________ (vs. 23b)
      ii) ____________________________________________________ (vs. 24a)
      iii) ____________________________________________________ (vs. 24b)

d) Matthew 18:15-17:
   i) _______________________________________________________ (vs. 15b)
   ii) ______________________________________________________ (vs. 16b)
   iii) ______________________________________________________ (vs. 17b)

    “Where there is no __________________ the people fall: but in the multitude of counselors there is safety.”

13. Read Psalm 1:1. What type of person should be avoided as a counselor or mediator?
    a) ________________  b) ________________  c) ________________

14. What qualities should we exhibit as a called Christian mediator or counselor? (Eph. 4)
    a) ______________________________________________________ (vs. 2a)
    b) ______________________________________________________ (vs. 2b)
    c) ______________________________________________________ (vs. 2c)
    d) ______________________________________________________ (vs. 3)
Twelve

Get a Life – Yours!

1. For hundreds of people, when they become single again, their biggest struggle is -

_____________________________________________________________________

_____________________________________________________________________

2. What are the four basic questions you can use as a guide to help your counselee get his/her life back on track after a divorce?
   a) ___________________________________________________________________
   b) ___________________________________________________________________
   c) ___________________________________________________________________
   d) ___________________________________________________________________

3. Why is it a good thing to allow two to three years as a recovery period from divorce?
   a) ___________________________________________________________________
   b) ___________________________________________________________________
   c) ___________________________________________________________________
   d) ___________________________________________________________________

4. No accountability usually means no _______________________________________

5. What are some basic areas in which goals should be set during the recovery period?

<table>
<thead>
<tr>
<th>Goals</th>
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6. What are practical things people can do to help them reach their spiritual goals?
   a) ___________________________________________________________________
7. Setting sexual goals is a very important step for the newly divorced person. Most single adults are, or will be, involved in a sexual relationship. There is no question that even Christian single adults are often sexually involved, regardless of their personal religious convictions. However, we must ask, “What are God’s standards for Christian single adults with regard to dating?”

a) Sexuality is a fact of life. We were all created as sexual human beings. When God looked at all He had created, He said it was very _____________ (Gen. 1:31)

b) God gave sex for two purposes:
   i) To unite a husband and wife in special intimacy.
   ii) To produce children.

   Sex is any other context is a ____________, and violates God’s standards for single dating adults. (Exodus 20:14; Deut. 5:18)

8. In defining our sexuality, God gave us two standards:

a) Celibacy outside of marriage
b) Faithfulness within marriage,

God intends for sex to take place only within the confines of marriage. There and only there can we truly experience liberated sex. This standard is made very clear in Hebrews 13:4, which says

   c) Marriage is ______________ in all, and the (marriage) bed is ______________

   d) But God will judge ________________ and _______________

9. God wants us to be holy, so we should keep clear of all _________________. (1 Thess. 4:3)

10. The problem we have today is that many singles see God’s standards for sex as outdated. They have convinced themselves that since we’re more technologically advanced than people generations ago, surely things have changed in the sexual arena as well. But today, more than ever, God’s boundaries protect us from danger and even death, because of modern-day diseases such as _________________.

   Therapon University: Validating People – One Degree at a Time
Thirteen
The Most Frequently Asked Questions About Divorce

1. What are the five stages of emotional pain that must be processed at the death of a relationship?
   a) ___________________________  d) ___________________________
   b) ___________________________  e) ___________________________
   c) ___________________________

2. Do men and women who have an “affair” and leave their spouses ever come back? ______________________________________________________________________

3. What are the hurdles to conquer after an affair?
   a) ___________________________  b) ___________________________

4. What are the two most important gifts a parent can give to a child during and after a divorce?
   a) ___________________________  b) ___________________________

5. Why do some people begin dating before the divorce is even finalized? ______________________________________________________________________
   ______________________________________________________________________

6. What should be remembered, when telling children about an upcoming divorce?
   a) ______________________________________________________________________
   b) ______________________________________________________________________
   c) ______________________________________________________________________

7. What are some common mistakes divorcing people tend to make?
   a) ______________________________________________________________________
   b) ______________________________________________________________________
   c) ______________________________________________________________________
8. What’s the best way to deal with rejection? _________________________________
________________________________________________________________________

9. Self-esteem for the Christian starts with knowing that ____________________________
__________________________________________________________________________

10. When people talk about self-esteem today, it seems to be tied so often to our abilities. Others place extreme value on outer appearance, praising youth, beauty, athletic ability, intelligence, education, wealth or fame. But an accurate view of yourself comes from an understanding of God’s view of who you are.

   Jeremiah saw himself as having no value, but God saw him as having great value. His value was not in how he saw himself, or even how others saw him. Jeremiah’s value was in how God saw him. In Jeremiah 1:5, God said:

   a) ______________________________________________________________________

   b) ______________________________________________________________________

   c) ______________________________________________________________________

11. Our lives have value because we were created in the ___________ of God, regardless of what we are able, or unable, to do. (Gen. 1:27)

12. Our lives have meaning because God has a purpose and plan for each life that is different from every other person who was ever created. In Jeremiah 29:11, we read:

   a) God knows __________________________________________________________________

   b) They are plans for __________________________________________________________________

   c) These plans will give us an __________________________________________________________________

   Being single again may mean the divorced person is now available to carry out these special plans that God had from the beginning.

13. Jesus told us we are to love our neighbor as we love _____________. (Mark 12:31)

14. And the ironclad proof of God’s amazing love and esteem for us is that while we were still ________________ Christ died for us. (Rom. 5:8)

   We are to be full of self-esteem because God has made us, saved us, and called us to serve Him. There is no one else like you in the world — God has seen to that. No one else has your particular personality and gifts. You are God’s gift to the world, exactly the way you are. Praise God!
Fourteen
How to Help Others Grow Through Divorce

1. The concept of a “_________ and _____________” society has crept into the feelings we have about people.

2. After a person has grown through divorce, this person will have something very valuable to ___________________________________________________________.

3. Name several broad guidelines to follow when counseling people getting a divorce.
   a) ________________________________________________________________
   b) __________________________________________________________________
   c) __________________________________________________________________
   d) __________________________________________________________________
   e) __________________________________________________________________

4. Although we are willing to be supportive, sometimes we find our minds coming up totally blank with regard to the right words to say. Just send up a quick prayer for the right words, and the Holy Spirit will come to your aid.
   a) In Psalm 19:14, what two things did the Psalmist pray will be acceptable?
      i) ________________________________________________________________
      ii) __________________________________________________________________

Words of comfort help hurting people. Words of encouragement offer hope to those who are fighting despair. Words of kindness warm the heart. Words of reconciliation restore fellowship and pull down barriers between people. Words of salvation offer the good news of pardon and peace. Words of forgiveness restore relationships.

b) The Lord says, "As a ________________ comforts her child, so will I comfort you, and you will be comforted in Jerusalem." (Isaiah 66:13)

c) We can ________________ those in any trouble with the comfort we ourselves have received from God. (2 Cor. 1:4)

Sometimes we think that if we could just find some special words, healing words, a person going through a divorce will be comforted. But the love exchanged through the years of a friendship is often enough. Just being together and spending time with a grieving person can give comfort. At times, no special words are necessary.
Fifteen

*Growing Through Divorce – A Summary*

1. You can _______ through divorce, or you can ______________ through divorce.

2. Divorce is an easy process and to be treated lightly. _____ True _____ False

3. All people going through a divorce have ____________ days and __________ days.

4. The words the Apostle Paul spoke to the early Christians can also comfort and encourage the person going through a divorce. In 2 Corinthians 4:8-9, we learn:
   a) You might be afflicted in every way, but not ______________________________ (vs. 8a)
   b) You might be perplexed, but not ______________________________________ (vs. 8b)
   c) You might be persecuted, but not ________________________________ (vs. 9a)
   d) You might be struck down, but not ______________________________ (vs. 9b)

5. The Apostle Paul gives good advice for starting over in Philippians 3:12-14. Many times, we dwell upon the negative things that have happened in our past and begin to feel sorry for ourselves. But Paul says we are to
   a) _____________________________________________________________________________ (vs. 13c)
   b) _____________________________________________________________________________ (vs. 13d)
   c) _____________________________________________________________________________ (vs. 14a)

   There Paul outlines three valuable keys to divorce recovery: forget the past, live in the present, and press on toward future goals.

6. It is true that reflecting on the past can allow us to use our previous experiences as a boost or as a learning tool. On the other hand, Satan will use the past to pull us down. In Isaiah 43:18-19, this same advice is reinforced as the Lord told Isaiah to:
   a) _____________________________________________________________________________ (vs. 18)
   b) _____________________________________________________________________________ (vs. 19a)

   So many feel like divorce is the end. And, in many ways, it is. But it is the end that creates a new beginning. Tell your counselees that God has a plan for their lives. When they totally submit themselves to God, He will unfold for them the most beautiful experiences of their lives. God will take all the dry spots and the empty spaces of their lives and fill them joy and healing, and cause the desert of their lives to overflow with rivers of living water. The Lord will do His wondrous works and perform miracles in their lives. They just have to wait on Him.