

# Survival And Recovery Guide For Christians Facing Divorce

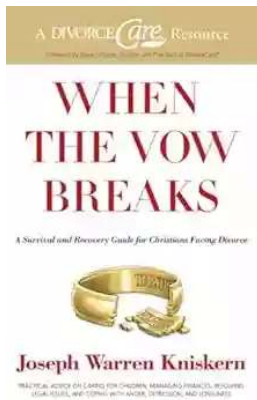
## Tips on SURVIVING DIVORCE as a Christian



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Divorce is undoubtedly one of the most challenging experiences anyone can face. It brings forth emotions like sadness, anger, confusion, and even guilt. For Christians, going through a divorce can be especially disheartening, as it often goes against their deeply-rooted beliefs and values.

However, it is crucial to remember that even in the midst of such a difficult time, there is hope and healing available for those who are willing to seek it. This survival and recovery guide aims to provide support, guidance, and encouragement to Christians facing divorce, helping them navigate through the storm and emerge stronger on the other side.



## When the Vow Breaks: A Survival and Recovery Guide for Christians Facing Divorce

by Joseph Warren Kniskern (Kindle Edition)

★★★★☆ 4.4 out of 5

Language	: English
File size	: 2007 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 470 pages
Lending	: Enabled



### 1. Seek Spiritual Guidance

When facing divorce, the support of fellow believers and spiritual leaders can be invaluable. Seek guidance from trusted church leaders, pastors, or Christian counselors who can provide sound advice and help you reconnect with your faith during this challenging time. Surrounding yourself with a supportive spiritual community can bring comfort and strength as you work towards healing.

### 2. Embrace Your Emotions

It's normal to experience a range of conflicting emotions during a divorce. Allow yourself to feel them fully. Cry if you need to, vent your frustrations to a trusted

friend, or write in a journal to release your thoughts and emotions. Acknowledging and processing your feelings is an essential part of the healing journey.

### **3. Practice Self-Care**

Divorce can often leave individuals feeling drained physically, emotionally, and spiritually. Practicing self-care is vital to maintaining your well-being during this difficult period. Take time for yourself, engage in activities that bring you joy, exercise regularly, eat healthily, and allow yourself to rest. Engaging in self-care demonstrates self-love and helps rebuild your strength.

### **4. Focus on Forgiveness**

Forgiveness is a core teaching in Christianity, and it holds immense power when dealing with the pain of divorce. Forgiving your ex-spouse, and even yourself, is a necessary step towards healing. Remember that forgiveness doesn't mean condoning their actions but choosing to release the resentment and anger that may be holding you captive. Through forgiveness, you can find freedom and move forward.

### **5. Connect with Supportive Individuals**

Isolation can be a common side effect of divorce, but it's crucial to reach out and connect with others who have gone through a similar experience. Seek support groups or online communities specifically tailored for Christians facing divorce. Sharing your struggles with those who understand can foster a sense of belonging, affirmation, and provide practical advice to help you navigate the challenges ahead.

### **6. Rebuild Your Identity**

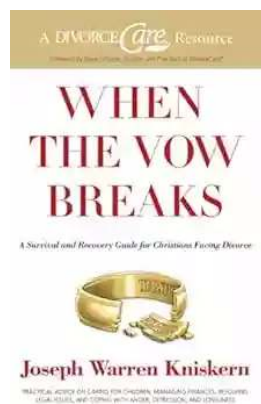
A divorce can often leave individuals feeling lost and unsure of their identity. Take this as an opportunity to rediscover yourself. Reflect on your interests, passions,

and strengths. Engage in activities or hobbies that help you reconnect with who you are as an individual, and take steps towards rebuilding your life. Embrace the process of personal growth and allow it to shape your future.

## 7. Utilize Professional Help

Seeking professional help is not a sign of weakness but a brave and necessary step towards healing. Consider working with a licensed therapist who specializes in divorce counseling or a Christian counselor who can provide guidance grounded in faith. Professional help can equip you with coping mechanisms, healing strategies, and support that you may not find elsewhere.

Divorce may be an incredibly painful and challenging experience for Christians, but it does not define their worth or their faith. With the support of their spiritual community, self-care, forgiveness, and professional help, Christians facing divorce can find strength, healing, and a renewed sense of purpose. Remember, this is a season that will pass, and through it, growth and transformation can occur. Trust in God's guidance and never lose hope in the restoration that awaits.



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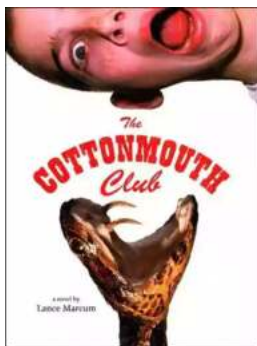


Now an official resource of the nationwide DivorceCare ministry, this new edition of *When the Vow Breaks* offers practical advice to Christians regarding the top five felt needs and issues that result from facing divorce: kids, finances, anger, depression, and loneliness. In this sensitive and thorough guide, author/attorney Joseph Warren Kniskern recounts the emotions of his own failed marriage and shares a comprehensive study on what the Bible says about marriage and divorce. More important, he shows how God continues to work in people's lives to provide hope and encouragement in the aftermath of divorce. Kniskern also provides important insights about how to seek reconciliation, secure proper marriage counseling, find a good attorney, and negotiate settlements and custody issues.



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