



DIVORCE | *what it can feel like for kids*

Summary

When parents get divorced, it can shake the foundation of how a child understands the world—what safety means, where they belong, and even who they are. Even when both parents are doing everything they can to handle things well, kids still feel the weight of it. They carry questions they don't know how to ask and emotions they can't name yet, so those feelings often come out in their behavior, their mood, or in emotional withdrawal.

However, no legal status, custody schedule, amount of conflict or calm can change what God sees when He looks at your child. Their identity is not divided. Their wholeness is not lost. Even when the family feels broken, God sees the full picture. And His love is not conditional on the marriage that once held the household together. It is unconditional, steady, ever-present.

Diving Deeper

Read Psalm 139:13-18

This verse reminds us that your child's identity was written by God long before this season ever began. Which words feel comforting right now? Which feel hard to believe? What might it look like to speak this truth over your child this week?

Conversation Starters:

1. What has felt hardest for you since things started changing?
2. When do you feel most unsure or unsettled right now?
3. Is there anything about this season you wish I understood better?



DIVORCE | *how do we tell the kids?*

Summary

Telling your child about divorce is one of the hardest things you might ever do, and how you do it is important. Kids will remember how the room felt, your tone of voice, and what happened afterward—not just the words you said. Plan to share honest, age-appropriate truth without blame, along with reassurance and a reminder about how deeply you love your kids. Don't expect your child to be able to process everything right away, and don't expect to hurry to the part where it doesn't hurt anymore. Create room for the emotional heaviness and confusion your child will inevitably walk through in this season.

Diving Deeper

Read Proverbs 15:1 and James 1:19

Before you talk, write down two or three things you want your child to hear, like “You are not to blame,” “We both love you,” and “We will walk through this with you.” How can you keep the conversation clear and calm?

Conversation Starters:

1. What questions do you have about what's changing in our family?
2. How did that conversation make you feel afterward?
3. What would help you feel safer or more supported right now?



DIVORCE | *what if we're not on the same page?*

Summary

When parents do not agree about the divorce, kids can feel stuck in the middle. But kids should not have to judge, counsel, or take care of either parent. Being honest with kindness means explaining what is happening without expecting your child to solve adult problems. Your child will remember that you made space for their questions and that you tried your best to protect their peace.

Diving Deeper

Read Romans 12:17-18

These verses encourage us to choose dignity and peace whenever possible. When do you feel tempted to say something that might involve your child in conflict? What could you say instead to keep them safe?

Conversation Starters:

1. Do you ever feel stuck in the middle between me and your dad/mom?
2. What feels confusing or stressful for you right now?
3. What helps you feel like you don't have to choose sides



DIVORCE | *when they ask why?*

Summary

When kids ask “why,” they are often really asking about trust, love, and sorting out if they are secure. If they have heard different stories about the divorce from the other parent, you might want to correct everything right away. But when and how you share the truth is just as important as the truth itself. It’s natural to want to defend yourself, especially if you feel misunderstood. But rushing to explain can make your child feel stuck in the middle and like they have to choose sides.

Diving Deeper

Read John 1:14

Jesus brought both grace and truth. How can you show grace with your tone? How can you speak truth with your words? Practice a response you can use when questions from your kids feel overwhelming

Conversation Starters:

1. What thoughts or questions keep coming up for you?
2. Have you heard things that feel confusing or hard to make sense of?
3. What would help you feel okay asking questions, even the hard ones?



DIVORCE | *injury will occur*

Summary

Even in the most careful, respectful scenarios, injury will occur. That's not because you failed as a parent. It's because something sacred has been torn. What matters now is how you walk through the aftermath—not with perfection, but with humility. This means owning your part where applicable, grieving the loss honestly, and asking forgiveness where appropriate, without placing that emotional weight of “fixing everything” on your child. Doing this teaches something powerful: that failure doesn't disqualify love, and that mistakes don't make you unworthy of grace.

Diving Deeper

Read Psalm 103:8-12

If God does not keep score, you do not have to parent from a place of shame. If you're ever tempted to demean the other parent, or yourself, you could ask yourself: “Am I making this choice to ease my guilt or to help my child heal?” How could you bring your shame to God instead of carrying it by yourself?

Conversation Starters:

1. Are there parts of this that still feel really painful or unfair to you?
2. When you feel angry or upset, what do you wish I would do differently?
3. What helps you feel heard when big emotions come up?



DIVORCE | *a new normal?*

Summary

After a divorce, daily life is different. Routines, schedules, and even small details can feel overwhelming for a child. They need steady routines, emotional safety, and the freedom to talk honestly about both homes. That starts by making sure they don't have to keep secrets to protect your feelings. If they loved a weekend with their other parent, let them say so. If something feels off, make sure they know they can tell you, and that you won't respond with judgment or panic. That kind of emotional permission helps your child feel whole. Not split in two. Because when kids feel like they have to censor themselves just to keep the peace, they often carry that pressure into every other relationship.

Diving Deeper

Read Isaiah 33:6

God is a steady foundation. Pick one small routine you can repeat this week to remind your child they are safe and seen.

Conversation Starters:

1. Are there routines or moments that help you feel more steady?
2. Is there anything about moving between homes that feels especially hard?
3. Is there a schedule that you feel like would be ideal for you as you share time between parents?



DIVORCE | *i did it all wrong. is it too late?*

Summary

Years after a divorce, some families still wrestle with feelings of regret, distance, or pain that has not healed. You cannot change the past, but you can still repair relationships with your children. Healing often starts with humility, taking responsibility, and being willing to make the first move.

Diving Deeper

Read Joel 2:25

God promises to restore what was lost. What is one small step you can take this week to begin repairing your relationship that impacts your kids, whether that's with them, your co-parent, or extended family?

Conversation Starters:

1. Are there things from the past that still feel unresolved or hurtful?
2. Is there anything you wish I would take responsibility for or acknowledge?
3. What would help you feel safer or help you heal now, even after all this time?



DIVORCE | *hurt, but healing*

Summary

Parenting through divorce is exhausting, but it is also sacred work. It asks more of you than you expected, often at moments when you feel least equipped to give it. You will make mistakes along the way. You already have. But mistakes do not disqualify you from love, growth, or being a steady presence in your child's life. Restoration is possible. And showing up again matters more than getting it right the first time. God is not finished with you or your family. He is still at work in the quiet moments, the hard conversations, and the small acts of faithfulness that don't always feel like enough, but are.

Diving Deeper

Read Isaiah 41:10

Which promise from this verse do you need most today? Say a simple prayer about it. Then take one small step in the confidence that God is with you, giving you strength.

Conversation Starters:

1. What has helped you get through this season so far?
2. Where do you feel like you need more support right now?
3. What's one thing I can do to remind you that you are loved?