



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?