



# 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?