



# 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?