



# 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?