

Divorce Recovery

The Problem

- We have experienced many losses as a result of the divorce.
- We may feel rejected by those closest to us.
- We may feel like we live in a world consisting of couples.
- Alienation, bitterness, rejection and confusion may try to paralyze us.
- We may be tempted with self-pity, and isolate ourselves from others.
- We may pretend that we are "fine" while denying our true emotions.
- We battle with anger and perhaps rage at our ex-spouse.
- We avoid constructively processing our jealousy, anger and rage resulting from our ex-spouse's involvement with another person.
- We continue trying to fix what cannot be fixed without *both* parties' willingness to work on restoring a civil relationship.
- We are tempted to begin a new relationship too quickly in order to ease our loneliness and hurt, and to fill the emptiness in our hearts and lives.
- We may gratify our sexual desires by listening to or viewing inappropriate material, or by participating in inappropriate behaviors.
- We may feel like a hostage due to custody issues.
- We may be tempted to criticize our ex-spouse to our kids in an attempt to gain loyalty from them and to cause emotional pain for our ex-spouse.
- We feel resentment because of financial burdens created by the divorce, such as legal fees, child support, alimony, and managing 2 households.
- We obsess over holding onto our ex-spouse instead of letting them go.
- We may either avoid reflecting & learning from our portion of failure in the marriage where we were wrong or acted improperly or we obsess on our wrong doings.
- We may avoid confessing our own failures in the marriage and receiving Christ's forgiveness - while continuing to inflict self-punishment upon ourselves.
- We may mask our pain through busyness and inappropriate relationships.
- We do not allow adequate time for healing and recovery from the deep wounds of divorce which is a unique process for each individual.
- We falsely believe we cannot live &/or survive financially without our ex-spouse.
- We remain stuck, and avoid beginning the process of recovery, healing, and rebuilding our lives on the foundation of Jesus Christ.
- We may falsely believe that since our ex-spouse rejected us, God has rejected us, and we are no longer of any worth and usefulness to Him.

The Solution

- We cry out to God with our feelings and anxieties, and wait for His healing in our lives - trusting His perfect timing.
- We accept that our problems are emotional and spiritual, and must be faced with brutal honesty and patience as God brings recovery.
- We move out of isolation and into healthy relationships -especially within our Celebrate Recovery groups and church families.
- We face our denial and the sin in our own life, and stop blaming others for our unhappiness.
- We own our part in the divorce, and seek forgiveness from God and our ex-spouse for our own offenses.
- We put the welfare of our children first by establishing safe boundaries, doing our best to behave in a civil manner and working peacefully together on issues regarding common issues such as finances and children.
- We learn to process our anger and bitterness through journaling, sharing with safe people & forgiving and praying for our ex-spouse.
- We learn to let the ex-spouse go by granting them freedom and space.
- We avoid a new relationship until we have fully healed and worked on our own "baggage."
- We attend CR Large Group meetings, Open Share and Step Study Groups to learn the tools of recovery & for accountability.
- We spend time daily with God through Bible reading and prayer.
- Through working the CR steps on a daily basis, we become willing to submit to the process of recovery and acknowledge that we will not be healed immediately.
- We develop a support team consisting of a sponsor and accountability partners with whom we can share our fears and struggles as we work on our own recovery.
- We work to understand the root of each core issue with which we identify, and become willing to experience grief, forgiveness, and loving acceptance from God & others during the process.
- We depend on God for continuous strength, hope and wisdom while keeping the focus on our recovery process in the "here and now."
- We restructure our areas of sick thinking one day at a time -replacing lies with the truth of God's Word.
- We allow ourselves to grieve the loss of some of our dreams for the future, loss of our spouse and the multiple changes it has brought to our family.
- We accept the fact that God still loves us deeply, and that if we submit to Him as Lord of our life, there is hope for our future.

Small Group Guidelines:

1. Please keep your sharing focused on your own thoughts and feelings. Limit your sharing to 3 to 5 minutes.
2. No cross talk please. Cross talk is when two individuals engage in conversation, excluding all others. Each person is free to express his or her feelings without interruptions.
3. We are here to support one another, not 'fix' one another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group.

*~ There is Always HOPE for Healing from
all of life's Hurts, Habits & Hang-ups ~*

We Meet Every Monday

5:30-6:15 pm	Dinner in Hillside Café
6:30-7:30 pm	Large Group Meeting (Worship, Lesson or Personal testimony)
7:30-8:20 pm	Open Share Small Groups
8:30-9:00 pm	Cross Talk Café (Fellowship, coffee, dessert)

DIVORCE RECOVERY

The Problem and Solution



CELEBRATE RECOVERY

EVERY MONDAY NIGHT
HENDERSON HILLS BAPTIST CHURCH
1100 E. I-35 Frontage Rd., Edmond
405.513.7472
www.moj.com/recovery