



## Life After Divorce: Five Keys to Starting Over

with Jennifer Cisney

-Stories...

### Five Keys to Starting Over:

#### 1.) Identity and Self Esteem:

Divorce can cause a serious blow to our self-worth

a.) Many of us get our identity from whom we're married to.

Statistic: One in two couples end up in divorce

b.) often, we can become a victim: infidelity, abuse, and abandonment...

-Get the help you need first: Through God, professional or relationally

-Try not to 'internalize' and let 'becoming a victim' how we see ourselves

#### 2.) Career and Finances:

a.) Change in financial status can effect how we feel about ourselves.

-All of us should b getting our identity from who we are in 'relationship to God' through Jesus Christ.

-God created us with a special purpose for our lives

-Take the opportunity to reestablish your identity in Jesus Christ: It will set a foundation for yourself that cannot be shaken.

b.) See it as a Fresh Start for yourself!

### **c.) Understand Who We Are in Christ:**

\*(The Search for Significance, by Robert S. McGee)

- 1.) Personality tests-
- 2.) Painful Past issues: See a professional Christian counselor, if necessary
- 3.) Use the opportunity to invest in yourself:
  - Finish a degree
  - Find a new hobby
  - Surround yourself with positive, loving people (seek positive feedback and encouragement)
  - Remove negative people from your life

### **3.) Financial status will change: possibly lose home, jobs, bankruptcy....**

- Seek help and support: Legal, financial planners: Reach out!
- Take the time to reevaluate your budget and finances
- May have new duties and responsibilities: Study and learn to step out in many areas

### **4.) Relationship with God:**

#### **a.) Your faith can be shaken: Acknowledge your anger and disappointment**

- We need to truly understand God and His grace

#### **b.) Read and study God's word**

- Do you really understand God's design for marriage?
- Immerse yourself in scripture
- Prayer: maintain a connection with God

**c.) Share your experiences:**

-Fellowship with people who have suffered similar experiences

**d.) Find or stay in a church home**

-Look for a ministry or group geared for divorced people

-Feel safe to struggle and surround yourself with encouraging people

**5.) Relationships with others:**

a.) Loneliness can lead us down damaging paths:

-establish safe relationships

-family

-friendships; reestablish old friendships that are positive and enriching to your life

-church/divorce recovery group

-work, hobbies

**6.) Church/ Ministry:**

**a.) God wants to use you:**

-We are uniquely qualified to reach out to others going through the same painful experiences

-The dividend of your pain is compassion

**b.) Reach out and minister to others:**

**Make a Fresh Start!**