

# DIVORCE *Care*

⊕ FIRST FREE CHURCH

Weekly Topics:

**Session 1 “What’s Happening to Me?”:** This introductory session helps answer the question, “Why do I feel the way I do?” You’ll come out of this session with an overview of the DivorceCare program and an appreciation for the benefits of this support group environment.

**Session 2 “The Road to Healing/Finding Help”:** This session will help you begin to identify the many losses that occurred as the result of your divorce. It also introduces strategies you can use to begin the process of healing from your separation or divorce.

**Session 3 “Facing My Anger”:** This session deals with the subject of anger, a nearly universal response to the pain and stress of divorce. You’ll gain constructive suggestions for dealing with your anger and learn methods for responding to the anger coming from your ex-spouse.

**Session 4 “Facing My Depression”:** Depression can be a paralyzing emotion as you go through divorce. Even so, it can also be a “healing emotion.” This session explores constructive responses you can employ to deal with depression.

**Session 5 “Facing My Loneliness”:** After divorce, many people respond to their loneliness in ways that will cause them even deeper pain. This session will provide healthy ways to overcome the loneliness that will inevitably arise during your separation or divorce.

**Session 6 “What Does the Owner’s Manual Say?”:** This session takes a look at real-world answers from the Bible on issues related to separation, divorce and remarriage, presented in an easily understandable format.

**Session 7 “New Relationships”:** The loneliness that comes with divorce will put you at risk when making decisions about new relationships. This session helps you determine whether you are ready for a new relationship and how to get it off on the right foot if you are.

**Session 8 “Financial Survival”:** Most people are stretched financially during divorce. This session offers you practical help on how to survive and ways to deal with the many money issues that you’ll face during and after divorce.

**Session 9 “KidCare”:** This session helps you understand the effects of divorce on your children and offers practical suggestions for being an effective single parent. You’ll also learn how your children are processing the divorce and how you can help in their healing.

**Session 10 “Single Sexuality”:** How do you deal with your sexuality after divorce? This session will help you understand sexuality from God’s perspective and see that it is possible to be single again and satisfied.

**Session 11 “Forgiveness”:** The hurt that comes with divorce is a barrier that prevents many people from forgiving their former spouse. This session shows you why forgiveness is important and how you can begin the process of forgiving.

**Session 12 “Reconciliation”:** Reconciliation is one of the most misunderstood aspects of the divorce healing process. Through this session, you’ll learn that reconciliation can happen even if your marriage is not restored and why it’s important to pursue reconciliation.

**Session 13 “Moving On, Growing Closer to God”:** How can God produce something good out of something as bad as divorce? This session will show you how to grow closer to God as you go through your divorce experience.