



Healing After Divorce



Find healing after divorce through Scripture, journaling, and prayer. This 7-day study offers comfort, wisdom, and strength for your next chapter.



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Introduction

Divorce is never easy. Whether it was your decision or not, it often leaves behind a storm of emotions—grief, shame, guilt, anger, confusion, and deep loneliness. Even in Christian circles, divorce can be an isolating experience, sometimes wrapped in stigma or silence. But God does not abandon the brokenhearted. He meets them with grace, understanding, and the promise of healing.

This 7-day Bible study is not about judgment. It's about hope. It's about reclaiming your identity in Christ, processing the pain, and beginning a new chapter—rooted not in past regrets but in God's redemptive love. Each day will focus on a different aspect of the healing journey, pairing Scripture with a reflective devotional, journaling prompts, and a heartfelt prayer.

No matter how your marriage ended—or how others perceive your story—God sees you. He knows your heart. And He still has a plan for your life.





Day 1: God Is Close to the Brokenhearted



Day 1: God Is Close to the Brokenhearted

Your Verse

“The Lord is close to the brokenhearted and saves those who are crushed in spirit.” — Psalm 34:18 (NIV)

Supporting Scriptures

- *“He heals the brokenhearted and binds up their wounds.” — Psalm 147:3*
- *“The Lord is a refuge for the oppressed, a stronghold in times of trouble.” — Psalm 9:9*
- *“Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me.” — Psalm 23:4*
- *“Cast all your anxiety on him because he cares for you.” — 1 Peter 5:7*



Day 1: God Is Close to the Brokenhearted

Devotional: You Are Not Alone in This

Divorce can feel like death without a funeral. The dreams you once had, the life you pictured—it all feels shattered. You may find yourself grieving not only the loss of your marriage but the identity you held within it. The world moves on, but your pain lingers.

In this vulnerable place, today's verse speaks directly to your soul: "*The Lord is close to the brokenhearted.*" Not just aware of your pain—*close* to it. Near to *you*. God doesn't look at your sorrow from a distance. He enters into it with you, wrapping your heart with compassion and grace.

You may feel crushed, but you are not cast aside. God specializes in showing up when others disappear. When friends don't understand, when even the church seems silent, He remains a refuge. He is not disappointed in your pain—He is drawn to it. He longs to comfort, restore, and remind you that your story is not over.

This day is about acknowledging what hurts. It's about beginning the slow, sacred work of healing with God at your side.



Day 1: God Is Close to the Brokenhearted

Journaling Prompts

1. In what ways has divorce left you feeling brokenhearted or crushed in spirit?

2. Have you felt God's presence during this time? If not, write honestly about that.

3. What would it look like for you to invite God into the darkest parts of your pain?



Day 1: God Is Close to the Brokenhearted

Prayer for Today

Lord, I feel like a part of me has been torn away. I didn't expect this road, and some days I struggle just to get through. But Your Word says You are close to the brokenhearted. Help me to feel Your nearness. Sit with me in the silence. Wrap me in comfort. Begin the healing I'm too tired to even ask for. In Jesus' name, Amen.





Day 2: God Does Not Condemn You



Day 2: God Does Not Condemn You

Your Verse

“Jesus straightened up and asked her, ‘Woman, where are they? Has no one condemned you?’ ‘No one, sir,’ she said. ‘Then neither do I condemn you,’ Jesus declared. ‘Go now and leave your life of sin.’” — John 8:10–11 (NIV)

Supporting Scriptures

- *“Therefore, there is now no condemnation for those who are in Christ Jesus.” — Romans 8:1*
- *“The Lord is compassionate and gracious, slow to anger, abounding in love.” — Psalm 103:8*
- *“Come now, let us settle the matter... though your sins are like scarlet, they shall be as white as snow.” — Isaiah 1:18*
- *“If we confess our sins, He is faithful and just to forgive us and to cleanse us from all unrighteousness.” — 1 John 1:9*



Day 2: God Does Not Condemn You

Devotional: God's Grace Is Greater Than Guilt

If you're carrying guilt or shame about your divorce—whether it was your choice, forced upon you, or the result of years of heartbreak—today's passage offers a liberating truth: **God does not condemn you.**

In John 8, a woman is dragged before Jesus, accused of adultery. Her judges stand ready with stones, eager to execute punishment. But Jesus doesn't join them. Instead, He diffuses the moment with both compassion and truth. And in the end, He speaks these freeing words: *"Then neither do I condemn you."*

Jesus saw her sin, yes—but He also saw her soul. He saw her need for mercy more than judgment, for grace more than shame.

Divorce can carry stigma in Christian communities. People may whisper, misunderstand, or assign blame without knowing your heart or your story. But here's what matters: **God knows everything about your situation—and He still calls you loved.**

He's not standing over you with a stone. He's standing *for* you with mercy. That doesn't mean He ignores sin. It means He's more interested in restoration than punishment.

If you've made mistakes, confess them and receive His forgiveness. If you were wounded, receive His healing. Either way, shame has no place in your future.



Day 2: God Does Not Condemn You

Journaling Prompts

1. Are there specific ways you've felt condemned—by others, yourself, or even your view of God?

2. How does Jesus' response in John 8 shift your perspective about grace?

3. What do you need to release today—guilt, shame, resentment—so that healing can begin?



Day 2: God Does Not Condemn You

Prayer for Today

Jesus, I've heard the voices of condemnation—others' and my own. But You do not condemn me. You forgive. You restore. You make new. Help me to receive Your grace fully and stop punishing myself for what You've already covered. Thank You for loving me in my mess. In Your name, Amen.





Day 3: God Knows Your Pain



Day 3: God Knows Your Pain

Your Verse

“For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God’s throne of grace with confidence...” — Hebrews 4:15–16 (NIV)

Supporting Scriptures

- *“He was despised and rejected by mankind, a man of suffering, and familiar with pain.” — Isaiah 53:3*
- *“Cast your cares on the Lord and he will sustain you.” — Psalm 55:22*
- *“You keep track of all my sorrows. You have collected all my tears in your bottle.” — Psalm 56:8 (NLT)*
- *“The Lord is near to all who call on him, to all who call on him in truth.” — Psalm 145:18*



Devotional: You're Not Alone in What You Feel

One of the most haunting parts of divorce is the *aloneness*. Not just being physically alone—but emotionally, spiritually, and mentally isolated. It can feel like no one really understands the depth of what you're going through.

But there is One who does.

Hebrews tells us that Jesus is our *great high priest*—not just exalted in power, but intimately familiar with our weaknesses, wounds, and struggles. He knows rejection. He knows betrayal. He knows what it feels like to have people walk away from you. He's felt tears sting His face, grief twist in His chest, and loneliness echo in His heart.

That means you can come to Him without pretending. You don't have to filter your pain or water down your emotions. He already knows. And He welcomes you.

This is the Savior who collects your tears, who never tires of hearing your cries, and who *sits with you* in the silence. He isn't asking you to toughen up—He's inviting you to *pour it out*.

Today, take a deep breath. Acknowledge the pain you've been carrying. And then imagine yourself at God's throne—not as a beggar, but as a beloved child. Because that's exactly what you are.



Day 3: God Knows Your Pain

Journaling Prompts

1. What emotions have you tried to hide or suppress during your divorce journey?

2. In what ways does it bring comfort to know that Jesus understands your pain?

3. What would you like to say to Him today—honestly and unfiltered?



Day 3: God Knows Your Pain

Prayer for Today

Lord Jesus, You know what it feels like to be rejected, misunderstood, and hurt. Thank You for empathizing with my pain. I don't want to carry it alone anymore. Help me open up to You in honesty and trust You to meet me there. Draw me near to Your heart. In Your name, Amen.





Day 4: Your Identity Is Not Lost



Day 4: Your Identity Is Not Lost

Your Verse

“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!” — 2 Corinthians 5:17 (NIV)

Supporting Scriptures

- *“I have summoned you by name; you are mine.” — Isaiah 43:1*
- *“You are no longer foreigners and strangers, but fellow citizens with God’s people and also members of his household.” — Ephesians 2:19*
- *“The Spirit himself testifies with our spirit that we are God’s children.” — Romans 8:16*
- *“You are a chosen people, a royal priesthood, a holy nation, God’s special possession.” — 1 Peter 2:9*



Devotional: You Are Still You—And You Belong to God

Divorce often shakes your sense of identity. You may have spent years as someone's spouse, sharing names, dreams, routines, and responsibilities. When that relationship dissolves, it can feel like *you* dissolve, too.

Who am I now?

But your true identity isn't found in your marital status—it's found in Christ. **You are not defined by what fell apart. You are defined by what was made new.** When you placed your faith in Jesus, you became a new creation. That truth didn't vanish when the papers were signed.

You are still God's beloved. You are still chosen, called, cherished, and secure. Your value doesn't fluctuate with your relationship status. Your worth isn't tied to another human's ability to love you well.

It's okay to grieve what was lost. But don't forget what still remains—and what can never be taken from you: your identity in Christ. It's anchored, eternal, and strong enough to hold you through every season, even this one.

God's plan for your life isn't over. In fact, He may be just getting started.



Day 4: Your Identity Is Not Lost

Journaling Prompts

1. In what ways has divorce made you question your identity or purpose?

2. Which Bible verse today speaks most to your heart? Why?

3. Write down a few truths about who you are in Christ that you want to remember moving forward.



Day 4: Your Identity Is Not Lost

Prayer for Today

God, it's hard to know who I am after so much has changed. I feel unsteady, unsure. But You say I'm Yours. You say I'm a new creation. Help me believe it. Root my identity in You, not in a role, a relationship, or the past. Remind me that I still have a future. In Jesus' name, Amen.





Day 5: Forgiveness and Freedom



Day 5: Forgiveness and Freedom

Your Verse

“Get rid of all bitterness, rage and anger... Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” — Ephesians 4:31–32 (NIV)

Supporting Scriptures

- *“Bear with each other and forgive one another if any of you has a grievance... Forgive as the Lord forgave you.” — Colossians 3:13*
- *“Do not repay anyone evil for evil... If it is possible, as far as it depends on you, live at peace with everyone.” — Romans 12:17–18*
- *“Bless those who curse you, pray for those who mistreat you.” — Luke 6:28*
- *“Love keeps no record of wrongs.” — 1 Corinthians 13:5*



Day 5: Forgiveness and Freedom

Devotional: Letting Go to Move Forward

Forgiveness might be the hardest part of your healing journey. Maybe your ex betrayed your trust, neglected your needs, or simply walked away. The anger feels justified—and perhaps it is. But God calls you to something deeper: **freedom.**

Forgiveness is not about pretending it didn't hurt. It's not about giving someone a pass or forgetting what they did. It's about *releasing the grip it has on you*. Bitterness is a heavy burden. And over time, it corrodes your spirit and poisons your peace.

God doesn't ask you to forgive out of obligation—He asks you to forgive as *He* forgave you: fully, generously, and with compassion.

You may not feel ready to forgive. That's okay. Start with the willingness to let God work on your heart. Say the words in faith, even before your emotions catch up. Forgiveness is often a process—not a one-time decision, but a daily act of surrender.

And remember: forgiving doesn't always mean reconciling. You can forgive someone and still maintain healthy boundaries. The goal isn't to fix the past—it's to free your future.



Day 5: Forgiveness and Freedom

Journaling Prompts

1. What pain or anger are you still carrying from your marriage or divorce?

2. What does forgiveness look like for you today—even if it's just the first step?

3. Write a prayer or letter to God, asking for help in releasing resentment or bitterness.



Day 5: Forgiveness and Freedom

Prayer for Today

Lord, You know how deep this wound goes. Forgiveness feels impossible—but I trust that with You, all things are possible. So I start here. Help me release the bitterness I've been holding. Heal my heart. Set me free. Remind me that forgiveness isn't about forgetting—it's about trusting You to make things right. In Jesus' name, Amen.





Day 6: God's Plans Still Stand



Day 6: God's Plans Still Stand

Your Verse

“For I know the plans I have for you,’ declares the Lord, ‘plans to prosper you and not to harm you, plans to give you a hope and a future.’” — Jeremiah 29:11 (NIV)

Supporting Scriptures

- *“Many are the plans in a person’s heart, but it is the Lord’s purpose that prevails.” — Proverbs 19:21*
- *“Being confident of this, that he who began a good work in you will carry it on to completion.” — Philippians 1:6*
- *“Forget the former things; do not dwell on the past. See, I am doing a new thing!” — Isaiah 43:18–19*
- *“The Lord will fulfill his purpose for me.” — Psalm 138:8*



Devotional: Your Story Is Not Over

It's easy to believe that divorce disqualifies you from God's good plans. You may wonder if you've missed your calling or if your purpose got erased the moment your marriage ended.

But here's the truth: **God is not finished with you.**

Jeremiah 29:11 was spoken to people in exile—displaced, disoriented, and deeply disappointed. And yet, even there, God reminded them: *"I know the plans I have for you."* He didn't say, *"I used to have plans for you,"* or, *"You ruined them."* He said: *"I have them—right now. And they are good."*

God's plans don't evaporate in pain. They evolve through it.

You may not see the full picture yet. Life might still feel messy or uncertain. But even in the rubble of loss, God is building something new. He is a Redeemer. He restores time, purpose, dignity, and dreams.

Don't believe the lie that you're a second-class believer. You are still called. Still equipped. Still deeply loved. Divorce doesn't define you—*God's destiny does.*



Day 6: God's Plans Still Stand

Journaling Prompts

1. What hopes or dreams feel lost after your divorce?

2. Which verses today give you the most encouragement about your future?

3. Ask God to show you one new thing He might be doing in your life right now.



Day 6: God's Plans Still Stand

Prayer for Today

Father, some days I feel like my best years are behind me. But Your Word says You still have good plans for me. Help me believe that. Remind me that my life is not on hold and that nothing is wasted in Your hands. Give me hope for the future—even if I can't see it clearly yet. In Jesus' name, Amen.





Day 7: You Are Not Alone in This



Day 7: You Are Not Alone in This

Your Verse

“...And surely I am with you always, to the very end of the age.” — Matthew 28:20b (NIV)

Supporting Scriptures

- *“The Lord is close to the brokenhearted and saves those who are crushed in spirit.” — Psalm 34:18*
- *“Even though I walk through the darkest valley, I will fear no evil, for you are with me.” — Psalm 23:4*
- *“Do not be afraid or discouraged... For the Lord your God is with you wherever you go.” — Joshua 1:9*
- *“I will not leave you as orphans; I will come to you.” — John 14:18*



Day 7: You Are Not Alone in This

Devotional: Never Alone—Not Then, Not Now

Loneliness is one of divorce's cruelest companions. After years of sharing your life, your space, and your soul with someone, silence can feel deafening. You may go to bed alone, eat meals alone, or face hard decisions without a partner's input. It's a kind of solitude that runs deeper than simply being by yourself.

But take heart: **you are never truly alone.**

Jesus promised to be with you *always*. Not just when life feels full or joyful—but in the empty spaces, the quiet mornings, the sleepless nights. His presence is not conditional on your relationship status. He walks with you through every chapter—even this one.

The God who was with you at the altar is still with you in the aftermath. His Spirit lives inside you. His love surrounds you. His hand holds you—even when you can't feel it.

You are not forgotten. You are not invisible. You are not left behind.

In time, you will find new rhythms. You will rebuild. And through it all, the presence of God will be your constant, your comfort, and your companion.



Day 7: You Are Not Alone in This

Journaling Prompts

1. When do you feel the most alone? How might you invite God into that space?

2. Reflect on a time when you sensed God's nearness. What did that feel like?

3. What would it look like to intentionally practice God's presence in your daily life?



Day 7: You Are Not Alone in This

Prayer for Today

Lord, thank You for staying close when everyone else walks away. I need You. I invite You into the lonely places of my heart. Remind me that I'm never truly alone—not now, not ever. Thank You for being a faithful friend, a perfect Father, and an ever-present help. I will walk this journey with You. In Jesus' name, Amen.





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