



# Navigating Life After Divorce with Kids



Divorced dads: find hope, strength, and guidance in God's Word as you navigate co-parenting, emotional healing, and purpose after divorce.

---



# Table of contents

<u>Introduction</u>	3
<u>Day 1: When Your Identity Feels Shattered</u>	4
<u>Day 2: Co-Parenting with Grace and Strength</u>	9
<u>Day 3: When Loneliness Creeps In</u>	14
<u>Day 4: Finding Purpose Again</u>	19
<u>Day 5: Being a Steady Father in an Unsteady Season</u>	24
<u>Day 6: Forgiving Yourself and Letting Go of Shame</u>	29
<u>Day 7: Building a New Life with Hope</u>	34



## Introduction

Divorce wasn't what you planned. It's not how you imagined your life, your marriage, or your role as a father would go. Now, you find yourself navigating a reality you didn't choose—raising kids with an ex-wife, trying to heal from heartbreak, and wondering what your future still holds. You may feel like you've failed. Like you're less of a man. Like God could never use you the same way again.

But here's the truth: **you are not disqualified**. God is not done with you. In fact, He often does His most transformative work through seasons of brokenness. You're not the only man who's walked this road—and you're not walking it alone.

This 7-day Bible study is for you—the man who still shows up for his kids, who wants to honor God in a fractured situation, and who needs **real encouragement** for real-life challenges. You'll explore themes of identity, forgiveness, co-parenting peaceably, battling loneliness, and rediscovering purpose. Each day, God's Word will help reframe your story—not as a lost chapter but as the beginning of something new.





## Day 1: When Your Identity Feels Shattered



## Your Verse

### *Isaiah 43:1–2 (NIV)*

*“Do not fear, for I have redeemed you; I have summoned you by name; you are mine.*

*When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you.”*

## Supporting Scriptures

- *Romans 8:1 (NIV)*

*“Therefore, there is now no condemnation for those who are in Christ Jesus.”*



## Day 1: When Your Identity Feels Shattered

## Devotional: You Are Still His

Divorce can feel like a personal earthquake—your sense of self cracks in places you didn't know existed. You once carried the identity of husband, and now it feels like part of your worth was stripped away. People may look at you differently. You may even look at yourself differently. But listen closely—**God does not.**

God doesn't see a man who failed. He sees a son He's already redeemed. He sees a father He still wants to use. He sees someone worth staying with in the storm. Isaiah reminds us that God **calls us by name** and walks with us through the waters—not around them. You don't have to pretend the water isn't rising. You just have to remember: **it won't drown you.**

And if your thoughts are filled with shame or self-loathing, go back to Romans 8:1. There is no condemnation in Christ. Not even after divorce. Your identity isn't defined by your broken marriage—it's defined by a **perfect Savior** who never left your side.



## Day 1: When Your Identity Feels Shattered

# Journaling Prompts

1. How has divorce affected the way I see myself as a man?

---

---

---

2. What lies am I believing about my identity?

---

---

---

3. What truth does God say about who I am today?

---

---

---



## Day 1: When Your Identity Feels Shattered

## Prayer for Today

God, I feel lost. I never wanted this to be my story. Some days, I don't even recognize myself. But You say I am Yours. You say I am still redeemed. So I choose to believe Your voice over the voice of failure. Heal the way I see myself. Restore the man You created me to be. And walk with me through these waters—because I can't do this alone. In Jesus' name, amen.







## Day 2: Co-Parenting with Grace and Strength



## Your Verse

*Romans 12:18 (NIV)*

*“If it is possible, as far as it depends on you, live at peace with everyone.”*

## Supporting Scriptures

- *Colossians 3:13 (NIV)*

*“Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.”*



## Day 2: Co-Parenting with Grace and Strength

## Devotional: Peace in a Tense Situation

Co-parenting with your ex-wife may feel like navigating a minefield. One wrong word and things can blow up. Miscommunication, lingering wounds, and differing values make it easy to stay defensive. But God is calling you to something higher—not to be perfect, but to **pursue peace**.

Romans 12 doesn't guarantee peace—it tells you to do your part in creating it. And that means choosing wisdom over pride. Forgiveness over pettiness. Patience over provocation. It means showing up to the parent-teacher conference even when it's awkward. It means texting calmly when you'd rather stay silent. **Why?** Because your kids are watching, and more importantly, **God is forming your character**.

Forgiveness doesn't mean forgetting the past. It means loosening its grip on your behavior. And the grace you show your co-parent—even if undeserved—is the same grace God continually shows you. You're not doing this alone. You're doing it with **His strength**.



# Journaling Prompts

1. What is one area of co-parenting that causes me the most tension?

---

---

---

2. What would it look like to respond with grace in that area?

---

---

---

3. What is one prayer I can begin praying for my ex-wife?

---

---

---



## Day 2: Co-Parenting with Grace and Strength

## Prayer for Today

Father, I confess it's hard to co-parent well. My emotions still get triggered. I want to defend myself and stay angry. But You're calling me to be a man of peace. Help me, God. Give me grace in my tone, wisdom in my choices, and strength to forgive even when it's not returned. Help me show my children what healthy love looks like—even in broken situations. In Jesus' name, amen.





## Day 3: When Loneliness Creeps In



Day 3: When Loneliness Creeps In

## Your Verse

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

## Supporting Scriptures

- *Hebrews 13:5 (NIV) “Never will I leave you; never will I forsake you.”*



## Day 3: When Loneliness Creeps In

## Devotional: Not Alone in the Quiet

After the kids go back to their mom's place, the silence in your home can feel deafening. The laughter fades. The house feels hollow. And with that emptiness often comes **a flood of sadness and isolation**. No matter how tough or disciplined you are, divorce has a way of stripping you of intimacy, companionship, and emotional support.

But here's the raw truth: **God has not gone anywhere**. Psalm 34 promises that He is *close* to the brokenhearted—not when we have it all together, but **exactly when we feel crushed**. In those quiet moments when the loneliness hits hardest, that's often when His presence shows up most powerfully. He is not only near—**He is holding you together**.

You were not created to do life completely alone. While God is always enough, it's also okay to desire community, friendship, and support. Let this season drive you deeper into God's presence and give you the courage to reach out to godly men who can walk this road with you. You may be feeling lonely, but you are **not forgotten**.





Day 3: When Loneliness Creeps In

# Journaling Prompts

1. When do I feel the most alone or emotionally empty?

---

---

---

2. In what ways has God already shown up during my hardest moments?

---

---

---

3. Who can I reach out to this week for brotherhood or support?

---

---

---



## Day 3: When Loneliness Creeps In

## Prayer for Today

Jesus, the silence hurts. The empty spaces feel louder than words. I miss what I used to have, even if it wasn't perfect. I confess that loneliness is hard to bear. But Your Word says You are near to the brokenhearted. I cling to that truth today. Let Your presence wrap around me like a blanket. Help me reach out, be honest, and find godly community. Fill the empty places with Your peace. In Jesus' name, amen.





## Day 4: Finding Purpose Again



Day 4: Finding Purpose Again

## Your Verse

*Jeremiah 29:11 (NIV) “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.”*

## Supporting Scriptures

- *Ephesians 2:10 (NIV) “For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.”*



## Day 4: Finding Purpose Again

## Devotional: You're Not Done Yet

Divorce can make you feel like your future has been permanently downgraded. Dreams have been shattered. The path you envisioned for your life took a sharp and unwanted turn. It's easy to think your best days are behind you—that you missed your shot. But God doesn't work like that.

Jeremiah 29:11 is often quoted, but it holds deeper meaning in this context. God spoke these words to His people while they were in exile. **Their lives were in ruins**—and yet God still promised them hope and a future. The same applies to you.

Ephesians reminds you that even in this broken season, you are **still God's workmanship**. He's not done writing your story. You still have purpose. You still have work to do. And this next chapter—if you let God write it—can be full of redemption, legacy, and meaning. Don't measure your worth by your marital status. **Measure it by your faithfulness to walk with God.**



Day 4: Finding Purpose Again

# Journaling Prompts

1. What dreams or goals have I given up on since my divorce?

---

---

---

2. How might God be shaping new purpose in me through this season?

---

---

---

3. What small step can I take this week toward something meaningful?

---

---

---



## Day 4: Finding Purpose Again

## Prayer for Today

Lord, it's hard to see a bright future from this place. I've lost a lot—dreams, plans, even part of myself. But I trust that You're not finished with me. You still have good things ahead. Show me what You want to rebuild. Help me to trust that Your plan is better than mine. Give me courage to believe again, dream again, and move forward with You. In Jesus' name, amen.





## Day 5: Being a Steady Father in an Unsteady Season





Day 5: Being a Steady Father in an Unsteady Season

## Your Verse

***Proverbs 22:6 (NIV)***

*“Start children off on the way they should go, and even when they are old they will not turn from it.”*

## Supporting Scriptures

- ***Deuteronomy 6:6–7 (NIV)***

*“These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.”*



## Day 5: Being a Steady Father in an Unsteady Season

## Devotional: Fatherhood Is Still Your Call

Your marriage may have ended, but your calling as a father hasn't. In fact, your children may need you now more than ever. They're likely confused, hurting, and watching how you handle this transition. You may feel like a failure at times, but to them—you are still **Dad**.

God has given you the incredible privilege and responsibility of **guiding your kids**, even in a broken home. Proverbs 22 reminds us that intentional parenting lays a foundation for the future. That doesn't mean perfection. It means consistency. It means showing up. It means praying with them even when you don't have all the answers.

And don't underestimate the power of the small moments—eating together, asking about their day, offering a listening ear. Those moments matter. Through your presence, patience, and prayers, you're helping them see what it means to walk with God—even through pain.

You may not be a perfect dad, but you can be a **present** one. And God will equip you for the role, day by day.



Day 5: Being a Steady Father in an Unsteady Season

# Journaling Prompts

1. How have I been showing up for my kids lately—emotionally, spiritually, and physically?

---

---

---

2. What challenges make fatherhood feel overwhelming right now?

---

---

---

3. What's one small habit I can build this week to lead my kids spiritually?

---

---

---



## Day 5: Being a Steady Father in an Unsteady Season

## Prayer for Today

Father, thank You for trusting me with the role of being a dad. I feel the weight of it, especially now. Help me not to shrink back. Give me strength to lead with love, to be consistent even when it's hard, and to reflect Your heart to my children. Teach me how to pray with them, guide them, and show them who You are. I surrender my weaknesses to You. Use me, God, for their good and Your glory. In Jesus' name, amen.





## Day 6: Forgiving Yourself and Letting Go of Shame



Day 6: Forgiving Yourself and Letting Go of Shame

## Your Verse

*Romans 8:1 (NIV)*

*“Therefore, there is now no condemnation for those who are in Christ Jesus.”*

## Supporting Scriptures

- *Psalm 103:12 (NIV)*
- *“As far as the east is from the west, so far has he removed our transgressions from us.”*



## Day 6: Forgiving Yourself and Letting Go of Shame

## Devotional: God Isn't Holding It Against You

You may carry a secret weight—a voice that whispers, “It’s your fault.” Maybe you weren’t perfect in the marriage. Maybe there are things you wish you had done differently. **Guilt and shame** can bury a man alive from the inside out.

But the Word of God cuts through those lies. Romans 8:1 couldn’t be more clear: “**No condemnation.**” None. Zero. That means if you are in Christ, you are not defined by your past, your divorce, your mistakes, or your regrets. You are defined by what Jesus did for you on the cross.

Psalm 103 offers an even more stunning truth—God didn’t just forgive your sins; **He removed them.** You don’t need to keep dragging them around like a chain. When you refuse to forgive yourself, you’re choosing to hold on to something God already let go.

Healing begins when you believe what God says about you more than what guilt says about you. Forgiveness is not just something to receive—it’s something you must extend to **yourself**.



Day 6: Forgiving Yourself and Letting Go of Shame

# Journaling Prompts

1. What specific memories or choices do I still feel ashamed of?

---

---

---

2. What lies am I believing about my worth or identity because of past failures?

---

---

---

3. What would change if I truly believed I was forgiven and free?

---

---

---





## Day 6: Forgiving Yourself and Letting Go of Shame

## Prayer for Today

Lord, I've carried shame for too long. I replay moments I can't change. But You say there's no condemnation for me because of Jesus. Help me believe that—not just in my head but in my heart. Teach me to forgive myself. Help me release what You've already washed clean. I don't want to live in guilt—I want to walk in grace. Thank You for mercy that never runs out. In Jesus' name, amen.





## Day 7: Building a New Life with Hope



Day 7: Building a New Life with Hope

## Your Verse

### *Isaiah 43:18–19 (NIV)*

*“Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.”*

## Supporting Scriptures

- *2 Corinthians 5:17 (NIV)*

*“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”*



## Day 7: Building a New Life with Hope

## Devotional: God is Doing a New Thing in You

There's a moment after heartbreak—after the storms, the silence, and the soul-searching—when you finally begin to look forward again. It may come quietly. It may feel fragile. But that flicker of hope? It's from God.

Isaiah 43 speaks to those coming out of painful places. God says, “**Forget the former things...**” not because the past didn't matter, but because it doesn't define what He will do next. He promises to do **a new thing**, even in the wilderness, even in the wasteland of your broken dreams.

You are not the same man you were before. You've been through pain, but pain can soften the heart and deepen your character if you let it. You can rebuild—your joy, your peace, your legacy.

2 Corinthians 5:17 affirms your spiritual rebirth. **You are new in Christ.** Not patched-up, not rebranded—**new**. God specializes in redemption, and He will breathe purpose into every piece of your story. Start dreaming again. Start trusting again. The best is not behind you.



# Journaling Prompts

1. What areas of my life do I sense God wants to rebuild?

---

---

---

2. How have I grown through this season, even in painful ways?

---

---

---

3. What does a hopeful future look like for me—and how can I invite God into it?

---

---

---



## Day 7: Building a New Life with Hope

## Prayer for Today

Father, thank You for walking with me through the darkest season of my life. I've learned, I've stumbled, I've cried—and yet You've never left me. I invite You into the next chapter. Do a new thing in me. Restore what's been broken. Help me build a future that honors You and blesses my children. Give me vision, strength, and joy as I walk forward—not alone, but with You. In Jesus' name, amen.





## Where God's Word Meets Your Daily Life

### A Personal Invitation from HolyJot

We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



What you'll discover when you visit [HolyJot.com](https://www.holyjot.com):



 100k+ Bible Study Plans on every topic of life

 Access studies anytime on your phone, tablet, or computer

 Studies for individuals, families, small groups, and churches

 Secure online journaling — or keep using print for privacy

 A place to grow your faith alongside believers worldwide

### Bonus for You:

Download exclusive study bundles and resources when you create a [free HolyJot account](https://www.holyjot.com). No spam. No gimmicks. Just God's Word.

### Visit Now:

 [www.HolyJot.com](https://www.holyjot.com)

 Scan this QR code to start your next Bible Study today:



 We'd love to hear your story.  
Email us at [info@holyjot.com](mailto:info@holyjot.com).

 Connect with us at:

[Facebook](#) • [Instagram](#) • [YouTube](#) • [TikTok](#)



You are welcome to share this PDF with others.  
Please keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.