



5 Points Of Healing From The Wounds Of Divorce

Divorce....what an ugly word!!!! It congers up so many painful emotions in me just to hear the word! I've been there...more than once. The word divorce to me used to mean that I'd failed, that I wasn't enough, that all my dreams for a bright future with my husband were gone. This word prompted emotions of fear, abandonment, rejection, and anger. But because I was a 'strong woman' I powered through, set up my life as a single mom of two beautiful young girls, and went right out and made the same mistakes again! Seriously...that's what I did!

Yes, I hate to admit it but I wound up doing the same thing over again expecting different results only to divorce again. That's truly the definition of insanity! But God...I love that phrase because it's so true...but by the Grace of God I came to a place of surrender where I was finally open to the healing that needed to take place in my life so that I could move into the destiny He has for me. He gave me 5 points that helped me begin the journey that put me back on the path of healing...God's way!

1. Surrender – I had to surrender all and I do mean all of my pain to Him. In Jeremiah 30:17 The Lord says “For I will restore health to you, and I will heal you of your wounds,”. By surrender I mean laying down ALL the pain, hurt, rejection, anger, abandonment, etc. whatever you are feeling! He wants it all! Lay it all at the foot of the Cross because it's already been covered by the blood of Jesus! Psalm 103:1-4 says “Praise the Lord, my soul; all my inmost being, praise his holy name. Praise the Lord, my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's.”

2. Forgive - Wow! Forgiveness was a huge one for me and I bet it is for you too! After all he/she did this to me, he/she cheated on me, he/she beat me, he/she lied to me, he/she_____to me! Or maybe it was he/she didn't honor me, didn't value me, didn't_____me. When we hold on to that stuff we play the role of the victim. It's like me drinking poison hoping the other person will die or at least get very, very sick! We are not capable of making anyone miserable enough to carry all of that junk! Unforgiveness shows up in our body as cancer, arthritis, auto-immune disease, and a whole host of other illnesses. That is NOT what God wants for us! He wants to take all the offenses that have been done to us and deal with our offenders in His way and time. As long as I carried those offenses around I was bound up, toxic, in a prison of my own making. But God...there it is again! Through God's power I was able to forgive my offenders, I was FREE!!!! No longer the victim! I confessed my sin of judging my offenders or all that they had done to me and left it all in God's hands, and let's face it...He's bigger, more powerful, and more capable of dealing with them than I am. I'm truly FREE of being at my offenders' mercy anymore! And you know what? My offenders probably could have cared less that I was affected by their words or actions. God established the standard for forgiveness. We are not called to forgive because someone deserves or has earned our forgiveness, we are called to forgive simply because God first forgave us. When we forgive, we must strive to make the forgiveness complete; “For I will forgive their wickedness and will remember their sins no more” (Hebrews 8:12) NIV. Though we may carry a healthy level of new caution as the relationship continues, which we should, we must never place conditions on maintaining our forgiveness such as “I'll forgive them as long as_____.” Study the Biblical characters in the Bible who were forgiven or forgave others such as Joseph, the woman caught in adultery, the young man who squandered his inheritance, and King David. They all had great destinies after they forgave others or confessed their own sin and you can too! If we don't then we are like the

debtor who was forgiven much but held another man accountable for little. When the king heard about this man's unforgiveness, he was thrown in prison until he could repay the debt. Matthew 18: 33-34 NIV. I encourage you not to be in a prison of your own making. God has great things for you but you have to be free to enjoy them!

3. Start the process of renewing your mind – In marriage oftentimes we develop wrong thinking or mindsets. Pray for the wisdom to discern what's fact and what's fiction when it comes to your broken marriage. Own what's real and let go of what isn't real. Clarify what parts of your circumstances can be changed from what can't. For the things you can't change, change the way you think about them. Make a list contrasting what you want from what you truly need. Open your heart to the journey in front of you, and walk forward, gaining confidence with each step and not looking back. God's already there to walk through it with you! Don't let your former spouse's rejection define you. Embrace God's deep love for you. Ask God what you can do today to grow into the person you want to be in the future. In God's word it says "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. Isaiah 43:18-19 NIV. He wants to fill you with new thinking as spoken in Philippians 4:4-9 "Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you."

4. Set healthy boundaries – When we are healing we are more vulnerable to opening the door to more pain by not setting healthy boundaries. There are several areas that we need to set these boundaries in but the most important is with your former or soon to be former spouse. It's important to limit the topics of conversation that are available for discussion. You and your ex should only communicate about issues that are directly related to the decisions you both need to make concerning your finances, assets, debts, and your children, if you have any. Refrain from asking or entertaining questions of a personal nature. How your ex is doing or what he/she has been up to is no longer any of your business nor is your personal life any business of his/hers. Make it clear to your ex that you are

interested in discussing subjects unrelated to these topics. Enforcing this boundary can be tough, particularly if you miss the friendship that you once shared, but it is the best way of ensuring your well-being as well as the well-being of your children. Set the ground rules of speaking with honor and respect to each other. You've already made the decision to divorce so there's no need to add fuel to the fire. Remember...you've already surrendered this to the Lord and He is fighting your battles for you!

5. Complete the healing process – The healing process is different for everyone because we're all different. However there are some common areas that we all need to address in our healing process in order to move forward into healthier, long term relationships. I was the poster girl for what not to do! My way of healing was to get back out there and jump right back into a relationship taking all the hurt, pain, wrong mindsets, and unforgiveness with me. Believe me...it wasn't pretty and it wasn't much fun either! I tried it the worlds' way. I didn't deal with the underlying cause of my part in my failed marriages. In the process I not only continued to pile more 'junk' on top of 'junk' but I drug my beautiful daughters through it too.

To get the details of how you can truly heal the broken places in your heart, go to www.thisrestoredheartministries.com to order my Best Selling book, *Destiny After Divorce: Navigating The Path To Your Bright Future*, or contact me directly at coree@thisrestoredheartministries.com to find out about one on one coaching to get back on your journey to your God given destiny!

One more thing, I encourage you to follow these steps and get the rest of the information in my book. I know God has healing for you, from personal experience. One thing I learned that is true, that two halves don't make a whole when it comes to marriage. It is not your spouse's responsibility to 'complete' you! So don't make it a priority to go out and find a new one! Father God has healing for you!

In Psalm 147:3 NIV the Lord says, "He heals the brokenhearted and binds up their wounds." And in 2 Peter NIV 1: 3-7 we're instructed to receive His divine power. "His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness. Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires. For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love." Walking in God's perfect love enables us to attract the love He designed for us to have! I encourage you to let Father God complete your healing. I hope this has been a blessing to you!

I look forward to coaching you through you healing process so that you are on the path to your bright future! I pray for your healing so you can fully walk in your God given destiny!

Warmly,

Coree Sullivan

www.thisrestoredheartministries.com