



## **Let's Just Say It: "Divorce"**

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***"For I hate divorce!" says the LORD, the God of Israel.  
– Malachi 2:16***

***The LORD is near to the brokenhearted and saves the crushed in spirit.  
– Psalm 34:18***

## *What To Do When A Marriage Ends*

### **1. SLOW DOWN**

***I want you to be free from the concerns of this life. An unmarried man can spend his time doing the Lord's work and thinking how to please him.  
– 1 Cor 7:32 (NLT)***

### **2. GET HELP**

***If one person falls, another can reach out and help. But people who are alone when they fall are in real trouble... two can stand back-to-back and conquer. Three are even better. – Eccl 4:10, 12 (NLT)***

### **3. ACCEPT REALITY**

***"I fasted and wept while the child was alive... But why should I fast when he is dead? Can I bring him back to life?" See 2 Sam 12:16-23***

### **4. CRY OUT TO GOD**

***I cry out to the Lord; I plead for his mercy. I pour out my complaints before him and tell him all my troubles. When I am overwhelmed, you alone know the way I should turn. – Psalm 142:1-3 (NLT)***

***So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.  
– Heb 4:16 (NLT)***

## 5. LISTEN TO GOD'S WORD

*I am completely discouraged—I lie in the dust. Revive me by your Word.  
– Psalm 119:25 (LB)*

*All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. – 2Tim 3:16 (NLT)*

## 6. ASK FOR AND OFFER FORGIVENESS

*My guilt overwhelms me— it is a burden too heavy to bear... But I confess my sins; I am deeply sorry for what I have done. – Psalm 38:4, 18 (NLT)*

*Get rid of all bitterness... forgiving each other just as in Christ God forgave you. – Eph 4:31-32 (NIV)*

*Why are you working yourself up like this? Do you want the world redesigned to suit you? Should reality be suspended to accommodate you? – Job 18:4 (MSG)*

## 7. KEEP HOPING, GROWING, AND FOCUSING ON GOD'S PLAN FOR YOUR LIFE

*I would have despaired unless I had believed that I'd see the goodness of the LORD... – Psalm 27:13 (NASB)*

*And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns. – Phil 1:6 (NLT)*

### My Next Step

- I will memorize [Psalm 34:18](#)
- I will allow God to breathe His life into my broken heart and crushed spirit.
- I will make God's plans and purposes the lens through which I view my life.

# WALK THE TALK

## A Growth Group Guide

1. *Briefly discuss the benefits and the challenges of being married. What makes marriage great? What makes marriage tough?*
2. *Malachi 2:16 says that God hates divorce. Why do you think this is the case? Give some practical and spiritual reasons.*
3. *Divorce is such a common occurrence that it has touched everyone's life in some way. Share your experiences with divorce and your perceptions of marriage and divorce as a result.*
4. *Read 1Corinthians 7:25-35. What does this have to say about "taking things slow" after a marriage ends?*
5. *There are challenging things that happen in life that have cultural stigma attached to them, such as divorce. Name some other similar examples.*
6. *Whether it is divorce, or another tragedy that you have weathered, which of the six steps above has been the most challenging in recovering from it? Which has helped you the most?*