

DIVORCED: Can God Use Me?

Reflections Journal

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This companion resource is meant to be used slowly. One step at a time.

Reflections Journal

Short prompts. Plenty of space.

If you can only do one page, do one page.

Week 1: Where I am

Date: _____

What emotion is the loudest right now?

What part of my story hurts the most today?

What would I tell a friend in my situation?

Week 2: What I believe

Date: _____

What have I believed about God's view of me?

What have I believed about divorcees in the church?

What belief am I willing to test instead of assume?

Week 3: Forgiveness and grace

Date: _____

Where am I resisting receiving forgiveness?

What would "receiving" look like in real life?

What is one way I will treat myself with mercy this week?

Week 4: Trust again

Date: _____

Where do I feel hesitant to trust God?

What has God done for me in the past that I can remember today?

What is one small step of obedience that fits my current strength?

Week 5: Relationships

Date: _____

Who feels safe? Who does not?

What boundary would protect my heart and still honor God?

What relationship needs healing—starting with me?

Week 6: Future and calling

Date: _____

What do I fear is “over” because of divorce?

What might God still be building in me?

What would “recommissioned, not reset” mean for me?

Quick daily page (copy as needed)

Today I feel: _____

One truth I'm holding onto: _____

One thing I'm releasing: _____

One step I can take: _____

One short prayer: _____