

DIVORCED: Can God Use Me?

Restoration Path Checklist

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

Restoration Path Checklist

A simple way forward.

Not to prove yourself.

To walk again.

How to use this

Check one box. Then stop.

Don't rush. God is patient.

Phase 1: Stabilize

- I am safe today (or I am getting help to be safe).
- I have one safe person to talk to (or I'm looking for one).
- I am willing to be honest with God again.

Notes:

Phase 2: Release shame

- I can name one lie I've believed about divorce.
- I can name one truth I'm willing to accept.
- I have stopped punishing myself today (even for one hour).

Notes:

Phase 3: Receive

- I asked God for help to be willing.
- I prayed a simple, honest prayer (even if short).

■ I received forgiveness as a gift, not a wage.

Notes:

Phase 4: Rebuild

■ I chose one healthy boundary.

■ I took one step toward wiser support (counselor, group, pastor, mentor).

■ I practiced one small act of trust (obedience) this week.

Notes:

Phase 5: Recommission

■ I can name one way God can still use me.

■ I served one person in a simple way (text, prayer, help, kindness).

■ I shared my story carefully with someone safe (or I wrote it down).

Notes:

One-page weekly review

Step	Done	Notes
What was my best step this week?	■	
Where did shame try to pull me back?	■	
What truth am I learning to believe?	■	
What support do I need next?	■	
What is my one step for next week?	■	

Closing reminder

Divorce is not the end of your usefulness.

It is not the end of your calling.

One step at a time.