

DIVORCED: Can God Use Me?

Workbook Companion

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

Workbook Companion

Use this with the book. Or use it on its own.

You are not late.

How to use this workbook

- Pick one section.
- Answer what you can.
- Skip what you can't yet.
- Come back when you're ready.

Before you begin

Circle one:

- I feel numb.
- I feel angry.
- I feel ashamed.
- I feel relieved.
- I feel confused.
- I feel hopeful... but scared.

Write one sentence about where you are right now:

1. Shame, fear, and the “unpardonable sin” feeling

Answer with honesty. Short answers are allowed.

What do I fear other people will think of me?

What do I fear God thinks of me?

What am I condemning myself for?

If Jesus sat with me today, what would I be afraid He would say?

One honest prayer (even if it is messy):

2. Telling the truth about what happened

Answer with honesty. Short answers are allowed.

What parts of my story do I avoid saying out loud?

What is one true sentence I can say without defending myself?

What do I keep trying to control that is not mine to control?

What I'm ready to surrender (one small thing):

3. Beliefs that keep me stuck

Answer with honesty. Short answers are allowed.

What have I believed about divorce that is driving my shame?

What have I believed about God that may not be true?

What is one belief I'm willing to re-check in Scripture and with God?

A replacement thought I'm willing to try:

4. Forgiveness: believing it vs receiving it

Answer with honesty. Short answers are allowed.

Do I believe God forgives me? (yes/no/unsure)

Do I receive it? (yes/no/unsure)

If I'm not receiving it, what am I afraid will happen if I do?

A sentence I will practice saying this week:

5. Boundaries, safety, and wise support

Answer with honesty. Short answers are allowed.

Do I feel safe right now? (yes/no/unsure)

What support do I need beyond a book?

Who is one safe person I can be honest with?

One step I can take to get support:

6. Relearning trust

Answer with honesty. Short answers are allowed.

What does it mean for my faith to be “more real” right now?

Where do I feel hesitant to trust God again?

What is one way God has been faithful to me, even in pain?

A small act of trust I can do:

7. Calling after divorce

Answer with honesty. Short answers are allowed.

What have I assumed divorce ended for me?

What gifts or strengths still exist in me?

Where might God still be inviting me to serve or love people?

One next step that fits my current season:

8. Walking forward without shame

Answer with honesty. Short answers are allowed.

What would “one step at a time” look like for me this week?

What does my life look like when shame is not driving?

What is one lie I’m ready to leave behind?

A simple commitment for the next 7 days:

A simple closing prayer

“Lord,

I am willing to walk with You again.

Show me what You want me to see.

Lead me where You want me to go.

Help me obey one step at a time.

In Jesus’ name, amen.”