
5-STEP GUIDE *to Healing* AFTER DIVORCE

Try and fail, but don't fail to try.

by

Coach Kathy Collins





Welcome & Introduction

Dear Sister in Christ,

I want to start by saying that I see you. I understand the pain, the confusion, and the deep longing for healing after divorce. I've walked this journey myself, and I know how overwhelming it can feel. But I also know this—God has a plan for your life, and He wants to see you healed, whole, and thriving.

Divorce is not the end of your story. It's a transition, a turning point where God's grace and love can bring you into a new season of strength, joy, and restoration. Whether your divorce was recent or years ago, the emotional wounds can linger—but healing is possible.

This guide is designed to encourage and empower you with faith-based wisdom, practical steps, and the love of Christ. You don't have to do this alone. Let's walk this journey together.

**With love & faith,
Coach Kathy**



Step 1: Embracing Your Healing Journey

♥ *“He heals the brokenhearted and binds up their wounds.” – Psalm 147:3*

Healing after divorce starts with acknowledging your emotions. It’s okay to feel hurt, angry, betrayed, or even relieved. Emotions are a natural part of this process, but they are not meant to define you. The key is to process them with honesty while keeping your heart open to God’s healing touch.

Why This Matters

Ignoring or suppressing emotions can cause deeper wounds later. True healing begins when you allow yourself to grieve, reflect, and invite God into your pain.

Reflection Exercise:

Take a moment to write down three emotions you’re currently feeling. Be honest—there are no “wrong” feelings. Then, bring them before God in prayer, asking Him to replace your pain with His peace.

Prayer:

“Lord, I come to You with an open heart. I lay my pain, confusion, and emotions at Your feet. Help me to walk this healing journey with faith, knowing You are with me every step of the way. Renew my heart and guide me toward the wholeness You desire for me. Amen.”



Step 2: Surrendering Your Hurt to God

♥ *“Come to me, all you who are weary and burdened, and I will give you rest.” –
Matthew 11:28*

One of the hardest yet most freeing steps in healing is surrendering your hurt to God. Holding onto pain, resentment, or guilt only weighs you down. True peace comes when you allow God to carry your burdens.

What Surrender Looks Like:

- Letting go of the need for closure that may never come.
- Releasing resentment toward your ex-spouse or anyone who hurt you.
- Trusting God with your future, even when it feels uncertain.

Practical Step:

Write a letter to God expressing your hurt, disappointment, and any emotions tied to your divorce. Then, as an act of faith, rip up the letter or place it in your Bible as a symbol of giving it to Him.

Guided Prayer:

“Father, I release my pain, my past, and my brokenness into Your hands. Take the weight off my heart and fill me with Your perfect peace. I choose to trust You with my healing. Amen.”

Step 3: Renewing Your Mindset with Faith

♥ *“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.” – Romans 12:2*

The enemy wants you to believe lies—that you’re unworthy, unloved, or broken beyond repair. But God’s truth says otherwise! You are fearfully and wonderfully made, and your best days are ahead.

Shifting Your Mindset:

- **Reject Lies:** When negative thoughts arise, replace them with God’s truth.
- **Speak Life:** What you say about yourself matters. Speak faith-filled words over your life.
- **Stay in the Word:** Let Scripture guide and renew your thinking daily.

5 Faith-Based Affirmations to Speak Over Yourself:

1. I am loved by God and created with purpose.
2. My past does not define my future.
3. God is restoring and renewing me daily.
4. I am strong, capable, and worthy of joy.
5. I will walk in faith, not fear.

Action Step: Choose one of these affirmations and say it aloud every morning for the next 7 days.

Step 4: Creating a Strong Support System

♥ *“Two are better than one, because they have a good return for their labor.” – Ecclesiastes 4:9*

Healing is not meant to be done in isolation. Surrounding yourself with a strong faith-based support system can make all the difference in your journey.

The Power of Community:

- Encouragement from those who understand.
- Accountability to keep moving forward.
- A safe space to share your heart and receive wisdom.

Ask Yourself:

- ◆ Who in my life encourages and uplifts me?
- ◆ Am I part of a faith-based community that supports my growth?

If you don't have this yet, consider:

- Joining a **small group** or **Bible study** at church.
- Finding an **online Christian support group** for divorced women.
- Seeking a **mentor or Christian counselor** to guide you.

You don't have to go through this alone!

Step 5: Moving Forward with Confidence

♥ *“Forget the former things; do not dwell on the past. See, I am doing a new thing!” – Isaiah 43:18-19*

You are more than your past—you are a daughter of the King, and He is calling you into a new season of joy, purpose, and fulfillment.

Breaking Free from the Past:

- Stop replaying old memories that keep you stuck.
- Forgive—not for them, but for YOU.
- Dream again and step into God’s purpose for you.

🎯 Small Action Step:

Set one personal goal for the next 30 days. It could be:

- ✓ Starting a new hobby.
- ✓ Deepening your prayer life.
- ✓ Stepping out in faith toward something new.

Whatever it is, write it down and commit to it!

Remember: God’s plan for you is GOOD. Walk forward in faith, knowing that He is leading you into something beautiful.

Next Steps: Continue Your Journey with Support

☀️ **Join Our Faith-Based Community!**

If you're looking for encouragement, faith-based discussions, and a sisterhood of women walking the same journey, I invite you to join my private Facebook group, **EmpowerHer Community**.

☎️ **Want Personalized Support?**

If you're ready for deeper transformation, I offer **1-on-1 coaching** through my **EmpowerHer Coaching Program**. Let's chat and see how I can support you on your journey. Book a free discovery call today!

☞ [Join the Community]

☞ [[Calendly.com/coachkathycollins](https://calendly.com/coachkathycollins)]

Final Encouragement

Healing takes time, but you are not alone. God is walking with you every step of the way, and so am I. Keep trusting, keep growing, and keep believing that your best days are still ahead.

With love & faith,

Coach Kathy