

The Pain of Divorce

Untying *the*

Knot

By Barrington H. Brennen



THE REALITY
Emotional Insight
By Barrington Brennen

For many, divorce is
an action of God's
grace and mercy.

It is God bending
backwards to lovingly
accommodate human
pain and suffering.



THE REALITY
Spiritual Insight
By Barrington Brennen

Yes, there are
divorces that should
not occur.

Yes, there are divorces
that **should** occur.

There are divorces
that are **thrust** upon
individuals.



The Painful Truth

Some people are **happy** when they get divorced.

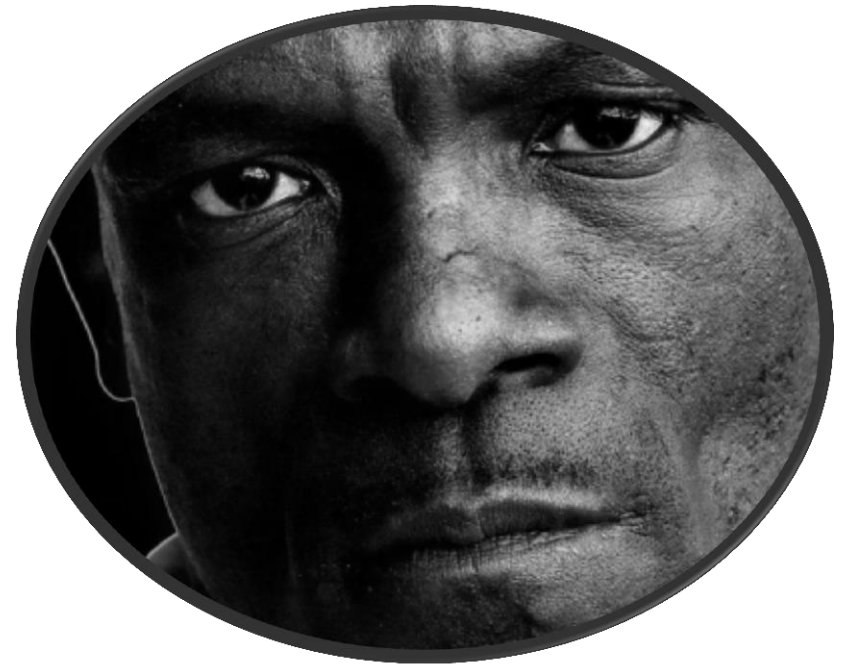
Some are **reluctant** to divorce but have to.

Others are still in **pain** after the divorce.



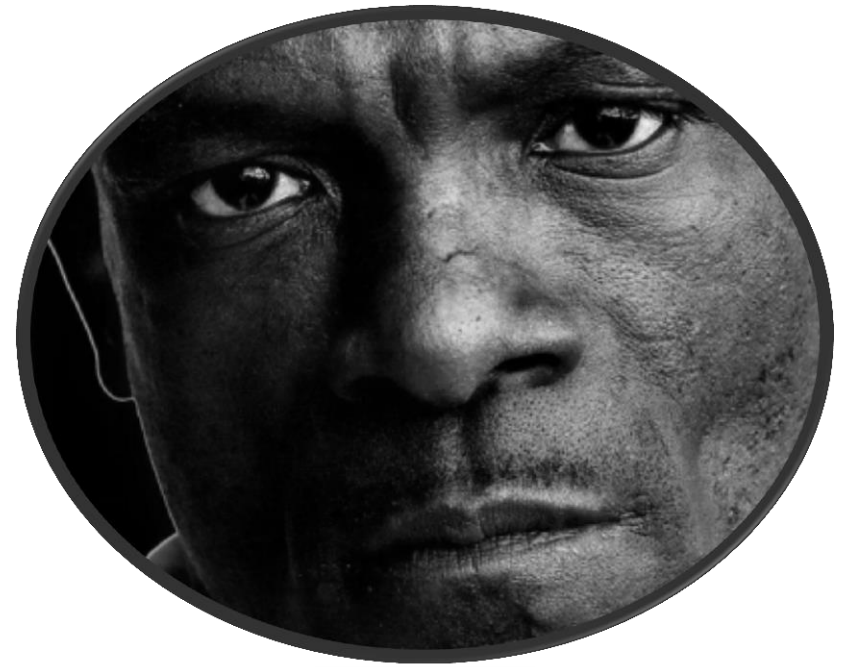
Pain from an unexpected source.

Some see the church's grounds for divorce as a way of inflicting more pain.



Pain from an unexpected source.

Some see negative attitude of church believers toward the divorcee as a another way of inflicting more pain.



Two Biblical Grounds for Divorce

Seventh-day Adventists

1. Sexual unfaithfulness.

Matt 5:32; 19:9; Rom 1:24-27

Sexual perversions, including incest, child sexual abuse, homosexual practices, or “misuse of sexual powers and a violation of the divine intention in marriage.”

CM 2010, p 151



2. Abandonment.

Abandonment of an unbelieving spouse.

1 Corinthians 7:10-15

CM 2010, p 151

Third Biblical Grounds for Divorce

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Drs. Claudio and Pamela Consuegra, 2013

3. Abuse.

“Often there is a religious component to dealing with abuse, and that is while acknowledging domestic abuse, the sanctity of marriage is put above one’s personal safety.

Some women believe this is God’s will for them, and, sometimes, even their pastors or elders encourage them to stay in harmful, dangerous relationships because they don’t understand abuse either.”





Drs. Claudio and Pamela Consuegra

. . . Both the church leader and the victim has been taught marriage is forever, even if it is physically dangerous. Well intentioned, usually conservative male clergy, often perpetuate domestic violence without realizing it.”

Divorce Recovery is Possible

You can be happy again.

You can find peace and contentment.



Dr. Tom A. Whiteman,
President of Life Management

Elements that are
required for a healthy
divorce recovery.



Divorce Recovery is Possible

ELEMENTS:

Emotional Needs They need a close relationship with friends or a counsellor who will help guard and protect them from making poor choices.

Time Before getting emotionally entangled a divorced persons needs two to five years for healing.

Social Needs When someone get divorce that often brings to an end many other social relationships. This makes the divorced person very vulnerable to a “rebound relationship”

Spiritual Needs Most Christians who go through a divorce feel guilt and shame. These feelings says Whiteman “may be compounded by the reaction of others, and who in an effort to discourage divorce are afraid to minister to those who experience this brokenness for fear f appearing to condone divorce.



Divorce Recovery is Possible

ELEMENTS:

Forgiveness

Forgiveness is releasing from judgement the one who has caused you pain.



Divorce Recovery is Possible

ELEMENTS:

Forgiveness

Forgiveness is **not** reconciliation. True forgiveness cannot **require** reconciliation.



Divorce Recovery is Possible

ELEMENTS:

Forgiveness

Forgiveness can facilitate reconciliation but it does not require it.



Divorce Recovery is Possible

ELEMENTS:

Forgiveness

Forgiveness **frees** the person to think objectively what best to do next.



The Challenges

- Management and custody of children. *One stable home*
- Boundaries *Can we be friends*
- Sharing of assets
- Dealing with loneliness *Building wholesome, non-romantic relationships*
- Preventing Parental Alienation Syndrome *When children feel the pain unnecessarily.*

PAS

Wikipedia

“A disorder in which a child, on an ongoing basis, belittles and insults one parent without justification, due to a combination of factors, including indoctrination by the other parent (almost exclusively as part of a child custody dispute) and the child's own attempts to denigrate the target parent.”



Divorced One

- Accept the end of the marriage
- Achieve a functional post-divorce relationship with the ex-spouse. This entails "making peace" with the ex-spouse.
- Achieve a reasonable emotional adjustment.
- Develop an understanding of your own contributions to the dysfunctional behavior that led to the failure of the marriage.



Divorced One

- Find sources of social support.
- Help your children adjust to the loss without triangulating them or nourishing unrealistic expectations.
- Use the crisis of divorce as an opportunity for learning and personal growth.
- Negotiate the legal process in a way both feel is reasonably equitable.
- Develop physical, health, and personal habits consistent with adjustment for anyone. This includes issues related to dealing with alcohol and drugs, sleep, eating habits, hygiene and grooming, decision making, job performance, and financial management.



Untying *the* Knot



Can be a less stressful journey.
Let's help make it that way.