

Introduction: Dealing with the Damage of Divorce

1. Unresolved issues
2. Overwhelming emotions
3. Lifestyle adjustments

Four Stepping Stones to Recovery

1. Find Hope—that won't let you down.
* Action step: Set your hope on _____ (Matthew 11:28-30)
2. Find Peace—by closing the wound.
* Action step: Put your _____ behind you (Ephesians 4:31-32)
3. Finding Love—by shunning short-cuts.
* Action step: Avoid the pitfalls of _____ (Proverbs 16:25)
4. Find a Future—by building a healthy relationship.
* Action step: Do your next relationship God's way (Ephesians 5:1-2)