

LIVING *Forward*

A GUIDED JOURNAL BY DIVORCECARE

This journal belongs to:

Start date:

DIVORCE *Care*[®]

Contents

Using Your Guided Journal	1
3 different sections for journaling	
Section 1: My Journey	11
Reflecting on your day-to-day life	
Section 2: Help Along the Way	103
Seeing new possibilities in challenges	
Taking Your Loneliness to God	105
Leaving Anxiety Behind	119
You Are Valuable	133
Making Wise Decisions	147
New Relationships	161
Freedom in Forgiveness	175
A Brighter Future	189
Section 3: Milestones	203
Marking new growth	
You're Not Alone	209
Experiencing God's presence	
How I Feel	217
Words to help you describe your emotions	
What Does the Bible Say?	221
Helpful Bible verses for living forward	

QUESTIONS

1. **What's on your mind?**
2. **Challenges (or steps forward)?**
3. **How did you feel?** (*Feelings guide, p. 217*)
4. **Significant decisions?**
5. **What does the Bible say?** (*Topical guide, p. 221*)

TIP

You don't need to go through this journal "in order."
Write on whatever page you'd like, whenever you'd like.

Reflections

____ / ____ / ____

SAMPLE

Taking Your *Loneliness* to God

The loneliness that can occur after a separation or divorce is painful to bear and hard for other people to understand.

Maybe you've tried to fill the void, but without success. When you feel lonely, turn to these pages to explore those feelings and to find encouragement and hope.

"I felt so hopeless and alone. I knew God was with me, but I couldn't feel Him."

GINNY

HEARING FROM *God*

Turn to me

and be gracious to me, for I am
lonely and afflicted. Relieve the
troubles of my heart and free me
from my anguish.

PSALM 25:16–17

Reflections

___ / ___ / ___

When you are alone, what troubles weigh on you?

How would you like God to help you with them? Tell Him here.

God,

HEARING FROM *Others*

"I was so lonely. The house was so quiet. It's amazing how the quietness can be so loud."

DANNY

"I knew for the first time what loneliness was, true loneliness, and why there's a difference between loneliness and being alone. I could be in a room full of people, and loneliness was there."

HARRIET

Reflections

___ / ___ / ___

As with Danny and Harriet, do certain situations stir up feelings of loneliness in you? What are they?

What do you usually do during these times? Do you cry out to God for help? Why or why not?

HOW I *Feel*

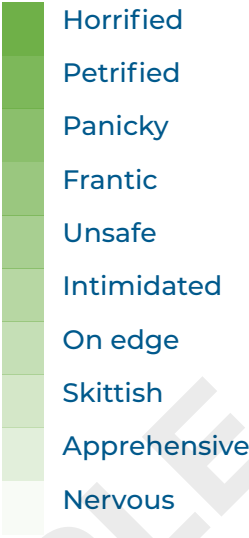
WORDS TO HELP YOU DESCRIBE YOUR EMOTIONS

If an experience you've had is hard to get out of your mind, and difficult to put into words, here are words that you could use for different types of emotions.

Anger



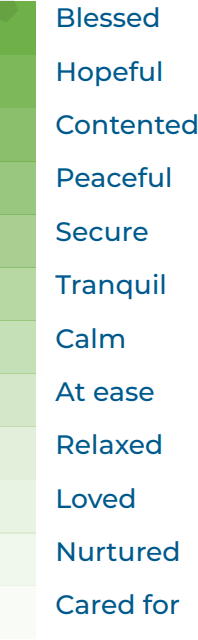
Fear



Joy



Comfort



WHAT DOES THE BIBLE *Say?*

HELPFUL BIBLE VERSES FOR LIVING FORWARD

Turn to these pages to find helpful Bible verses that are related to the struggles you may be facing. You can also jot down other verses in your journal, as you continue to discover verses that are meaningful to your journey.

**My soul is weary with sorrow;
strengthen me according to your word.**

PSALM 119:28

**For everything that was written in
the past was written to teach us, so that through
the endurance taught in the Scriptures and the
encouragement they provide we might have hope.**

ROMANS 15:4

ANGER

PROVERBS 15:18

A hot-tempered person stirs up conflict, but the one who is patient calms a quarrel.

PROVERBS 19:11

A person's wisdom yields patience; it is to one's glory to overlook an offense.

COLOSSIANS 3:13

Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.

EPHESIANS 4:26

"In your anger do not sin": Do not let the sun go down while you are still angry.

HEBREWS 12:15

See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.

ANXIETY/FEAR

ISAIAH 41:10

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

MATTHEW 6:31-33

So do not worry, saying, "What shall we eat?" or "What shall we drink?" or "What shall we wear?" For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well.

PHILIPPIANS 4:6-7

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.