

SEVEN HEALING SCRIPTURES FOR THE DIVORCED

by Lesli White / beliefnet.com

Psalms 119:50

“My comfort in my suffering is this: Your promise preserves my life.”

There is comfort, even in our suffering. In a divorce situation, loneliness can creep into your heart and mind. Yet, it is impossible to be alone and not lonely for those who seek their comfort from the Lord has made many promises to those who love Him and He keeps every last one of them. Search for His promises in the Bible and cling to them all day and night to bring you the comfort you need.

Psalms 147:3

“He heals the brokenhearted and binds up their wounds.”

Jesus heals the wounds that have been left behind. We are reminded that there is hope, even in our suffering. One of the biggest emotions to struggle with in a divorce is hopelessness. You’ve made a covenant with God and your spouse in the midst of family and friends to never part – and yet here you are. Discouragement is the enemy’s weapon against believers in this difficult time. However, there is hope and grace in Christ to make it through the pain of divorce. Put your hope in God to take care of you physically, emotionally and spiritually.

Philippians 4:19

“And my God will meet all your needs according to the riches of His glory in Christ Jesus.”

Remember, there is provision. For many people, divorce can bring financial disaster, especially if you weren’t the primary breadwinner of the family. You could find yourself suddenly having to make major financial decisions in a short period of time. There are days of seeking wisdom from God to lead you to the right people to help give direction with your finances and finding sustainable income. The Lord promises to meet all your needs and to not forsake you nor your family.

Isaiah 43:4

“Since you are precious and honored in my sight, and because I love you, I will give people in exchange for you, nations in exchange for your life.”

God assures us that He will redeem us when we pass through difficulties, no matter the size or magnitude of those difficulties. Divorce is the perfect time to ask Jesus to speak into your heart how He sees you, who you truly are. In chapter 26 of Isaiah, we are reminded that there is peace. Isaiah 26:3 says, “You will keep in perfect peace those whose minds are steadfast because they trust in you.” In the chaos and calamity of divorce, peace will often feel far away. Yet by trusting in the Lord rather than how you feel brings peace in the midst of stormy days.

Proverbs 15:1

“A gentle response diverts anger, but a harsh statement incites fury.”

During the divorce process, ask Jesus to protect you from unsafe people who will treat you harshly. While divorce can stir up a lot of anger inside of us, remember that God loves

peacemakers, and He blesses them greatly. In the midst of the divorce, you can be a peacemaker. You can end fights, grudges and anger. This short proverb is one of Solomon's best and it's simple too. If someone is angry, use gentle speech to calm them. Do not use defensive or harsh words, for that will increase anger. You can end conflict and fighting by calming words. You can use its wisdom every day for God's blessing.

Jeremiah 29:11

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and future.”

We are reminded that there is a future, even in our suffering. Divorce can feel like it's the end of the world. In many ways, it is the end of a relationship and everything that was promised in it. Yet, the Lord is above your divorce and is able to make all grace abound towards you in moving forward with faith. Your future isn't limited or restricted because of a divorce; rather through Christ you have a calling and purpose to fulfill in spite of it.

Proverbs 24:16

“For a just man falls seven times and rises up again, but the wicked shall fall into mischief.”

You can ask Jesus for the discernment you need to decide who to let in and who to walk away from. The gift of discernment is to understand or know something through the power of the Spirit. The gift of discernment is one of the gifts of the Spirit. We must know the authentic so well that when the false appears, we can recognize it. By knowing and obeying the Word of God, we will be trained by constant practice to distinguish good from evil.