

Finding Joy in the **Seasons of Divorce**

By understanding the four seasons of divorce, we can better prepare for the challenges that accompany each phase of this difficult trial. With this knowledge and our faith anchored in Jesus Christ, we can find joy in our journey.

Discovery

- 1- How have you been avoiding or hiding from yourself with respect to your Divorce?
- 2- What haven't you dealt with or avoided regarding your marriage, ex, or divorce?
- 3- What can you discover about yourself from your first marriage?
- 4- What do you want to do differently in your life or your next relationship or marriage?

Transformation

- 1-How can you use the knowledge you've gained to become a new person?
- 2-How will you apply this knowledge to think, feel, speak, and act differently?
- 3- How can you be a better version of yourself in life or your next relationship or marriage?

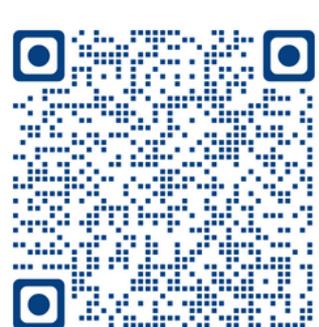
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Awakening

- 1- What is the bigger, eternal perspective in your life?
- 2- How can you acknowledge, accept, enjoy, and celebrate the experience you're having now?
- 3- What are the miracles (instead of the tragedies) that have resulted from your divorce?
- 4- How can you trust God more and remember this moment?

Integration

- 1- What season are you in?
- 2- What areas are you in Discovery?
- 3- What areas are you in Transformation?
- 4- What areas are you in Awakening?
- 5- In the areas of Discovery and Transformation, how can you Integrate some Awakening?



Understanding & applying the concepts of the Sacred Seasons can help us remain faithful in every season of our lives. I know that as we do so, we will find hope, healing and happiness in our divorce journey and beyond!