

# Divorce Care Groups

## Session Topics

Session 1	<b><i>What's Happening to Me?</i></b> Find answers to the question, "Why do I feel the way I do?"
Session 2	<b><i>The Road to Healing/Finding Help.</i></b> Identify the many losses that occur as a result of divorce; learn ways to begin healing your hurt and pain.
Session 3	<b><i>Facing My Anger.</i></b> Deals with anger, a likely reaction by <u>both</u> spouses during a divorce; learn basics of what God says about handling anger toward your spouse.
Session 4	<b><i>Facing My Depression.</i></b> Depression can paralyze a person going through divorce; learn what symptoms to look for and how to handle them.
Session 5	<b><i>Facing My Loneliness.</i></b> Many respond to their loneliness in ways that will cause even more pain. Find healthy ways to overcome.
Session 6	<b><i>What Does the Bible Say?</i></b> Real-world answers from the Bible regarding separation, divorce and remarriage, presented in an easily understood format.
Session 7	<b><i>New Relationships.</i></b> Understand the hurt that can come from a premature new relationship and how to know when you are ready to enter a new relationship
Session 8	<b><i>Financial Survival.</i></b> Divorce can be financially devastating. Learn practical ways to survive financially and how to gain financial stability.
Session 9	<b><i>Kid Care.</i></b> Help for parents to the effects of divorce on children; introduces parents to tools for effective single parenting.
Session 10	<b><i>Single Sexuality.</i></b> Learn Bible-based principles about sexuality and divorce; resolve to be single and satisfied.
Session 11	<b><i>Forgiveness.</i></b> Divorce hurts and can become a barrier that keeps many people from forgiving their spouse; learn the importance of forgiveness in divorce.
Session 12	<b><i>Reconciliation</i></b> Explore the different types of reconciliation that can occur after divorce; learn why pursuing reconciliation is key to moving on with your life.
Session 13	<b><i>Moving On, Growing Closer to God.</i></b> Learn how God can produce something good out of divorce? Learn how to grow closer to God even in divorce.