

**'WHEN YOU WALK THROUGH THE FIRE, YOU WILL NOT BE BURNED.' ISAIAH 43:2 NIV**

Divorce is like amputation; you survive, but it feels like there is less of you. And it's worse if you didn't want the divorce, or feel abandoned by a church that does nothing to help. So, how can you walk through this fire' without being burned? By doing four things:

1) *Forgive yourself* 'I ... am he who blots out your transgressions, for my own sake, and remembers your sins no more' (Isaiah 43:25 NIV). God forgives and forgets, and He will give you the grace to forgive yourself, too.

2) *Forgive those who've hurt you*. Forgiveness is the one power you always have over anybody who hurts you. So keep on forgiving, until the past no longer controls you. Make forgiveness your fixed attitude! Only by forgiving and forgetting can you set it down and move on.

3) *Take your time*. Don't make any big changes right now. You're on an emotional roller coaster, vacillating between wanting them back and wanting them to suffer. You're vulnerable to other people's comments and easily drawn toward anybody who pays you attention. Slow down! Healthy people make healthy choices, so spend time reading God's Word, praying, seeking counsel, and allowing yourself to be made whole.

4) *Start giving back* '...Your God is gracious and compassionate. He will not turn his face from you if you return to him' (2 Chronicles 30:9 NIV). Realising God hasn't turned His back on you, is what enables you to 'Comfort those in any trouble with the comfort [you] ... have received from God' (2 Corinthians 1:4 NIV). When that happens you're becoming whole, your future is bright and your possibilities unlimited.

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