

## In Difficult Times

*Consoling God,*

be a source of serenity for me  
when struggles and difficulties  
threaten to overwhelm me.

*God of hope,*

assure me of your unconditional love  
when I doubt myself  
or question the worth of my life.

*Truth-bringing God,*

encourage me to embrace you  
during those times when I get lost  
in the lies of my weakness.

*Compassionate God,*

keep me ever close to you  
during those moments  
when bleakness surrounds my life.

*Comforting God,*

shelter me under your wings  
when I am engulfed in sadness  
and overcome with distress.

*God of peace,*

You are the center of my life,  
a strong refuge of peace  
in the whirlwind of my pain.  
I look to you for strength  
and constant assurance of hope.

## Suggestions to Help Ease the Stress

- Take care of your physical needs:  
Eat healthy foods, get enough sleep,  
and exercise
- Maintain a routine
- Find someone to listen to you and  
validate your feelings
- Recognize that the only person that you  
can change is you
- Focus on what you have, not just what  
has been lost
- Let go of the past, grieve the losses, and  
look forward to new beginnings



**Marriage and Family Life Office**  
Diocese of Columbus

*For further information or additional  
resources for the separated or divorced  
contact Marriage & Family Life Office at  
614/241-2560 or [flomailbox@colsdio.org](mailto:flomailbox@colsdio.org)  
Website: [www.familylife.colsdioc.org](http://www.familylife.colsdioc.org)*



**Dealing  
with  
Divorce**

**Marriage and Family Life Office**  
Diocese of Columbus

## Dealing with Divorce

It is difficult and painful when a marriage ends in divorce. Each person's experience is unique, so you must progress through this grief process in your own way. It is a time to learn from the past that you shared with your spouse, while you face the present and determine how to move toward the future without them.

This grief will affect you in every way: emotionally, physically, cognitively, behaviorally, and spiritually. Sometimes you may feel numb, and at other times your feelings may seem to overwhelm you. You may even feel that you are going "crazy." At times you may have trouble concentrating or feel that you are in a fog. There are, also, physical reactions to grief. You may feel tired, have headaches, or have changes in eating or sleeping

habits. You may find comfort in praying or have difficulty praying because you are angry with God. These are all common reactions to grief. Because everyone is different, you will have to determine what things help to ease your pain.

It is important to identify and to express your feelings. If it is difficult for you to talk about your feelings, you may find it helpful to write it out. Find people who will not try to hurry you through the grief process, but who will be there for you. Your friends may not know how to help you so let them know what you need. Many people find that a support group is a valuable resource. It provides a safe place to discuss what you are experiencing with individuals who understand.

Be gentle with yourself. Realize that allowing yourself to

experience joy or happiness is not a sign that your marriage was not important to you. Your feelings will not always remain as intense as they are initially. You may find, however, that there will be times when your strong emotions return, for example on holidays or other special days that trigger memories. You will survive and will, once again, be able to recognize and enjoy the good that remains in your life. Although you are forever changed by the experience, realize that, in time, you will feel better. Use this time to understand what really happened in your marriage. If you learn from this experience, you will have the opportunity to strengthen all your relationships.

*"There are two primary choices in life: to accept conditions as they exist, or accept the responsibility for changing them"*

*-Dr. Dennis Waitly*