

**One Day at a Time**  
**Day 2**  
**Why Divorce Hurts So Much**

“It’s pretty natural to expect hurt when a mate leaves, but I was not prepared for the level of hurt or the level of pain I felt,” says Steve.

The pain of divorce is much deeper and more soul wrenching than most people can imagine, unless they have been through it themselves. Divorce can mean the end of your hopes and dreams, the end of your life as you have known it, a loss of control, and feelings of rejection, loneliness, and blame. There is anger, depression, helplessness, bitterness, feelings of worthlessness, and guilt. The list goes on and on.

“I was afraid that once I opened that door, the intensity of what I was feeling would break me into little pieces,” says Marie. “I’d be scattered all over the floor in little tiny scraps, and I’d never be able to pull myself back together.”

You will not be able to “hurry up and get over it.” That is not possible. Instead, start by making a commitment to take a small step forward every day. Marie says, “Gradually God has put the pieces back together, and the pieces that I don’t have anymore, the severing of the part of me that was bonded with my husband, God has healed and replaced. He’s in the process of finishing that up.”

“I cry to you, O LORD; I say, ‘You are my refuge, my portion in the land of the living.’ Listen to my cry, for I am in desperate need; rescue me.” **(Psalm 142:5-6)**

Lord and Savior, the intensity of my emotions is unbearable. Hold me in Your strong arms. Comfort me with the comfort that only comes from You, and guide me in taking one step forward each day. Amen.