

**One Day at a Time**  
**Day 19**  
**Can You Heal from Divorce without Christ?**

This question was asked to professionals in the divorce recovery field and to people who have been through divorce: Can a person heal from divorce without Jesus Christ?

“Bottom line—without Jesus Christ you never have total healing,” says Dr. Archibald Hart.

Dr. Linda Mintle says, “Because of Jesus Christ, you can be free from any symptom, not just recovered, but totally transformed and free. That is a promise.”

Marc speaks from his own experience: “Only His healing grace can heal that wound in your heart. Jesus is the only way to get through this experience. He was my only way. That’s for sure.”

“I know one woman who has been through four divorces,” says James, “She says time has healed her, but when I look at her life and see her reactions to things, I see such hurt and unforgiveness. To me, only Christ can heal it.”

Howard says, “I wouldn’t say that only Christians recover, but how much do you want to recover? How well do you want to be? Do you want to use a walker or do you want to walk? Do you want to walk or do you want to run? Do you want to run or do you want to soar? God wants the heights for you.”

Yes, God wants the heights for you.

*“Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”*

**Isaiah 40:30-31**

Almighty God, I will never be healed without You. I don’t want to be calloused and hardened. I want to soar on wings like eagles, just as You promised.

Amen