

One Day at a Time
Day 3
The Level of Pain

“I thought, ‘There’s no way anyone can survive this kind of pain. You can’t have this kind of pain and live,’ “ says Cathy. “It was the most excruciating pain I have ever experienced in my life. I kept thinking, I’ll soon die. Then I realized I wasn’t going to die, and I would pray: ‘Lord, please take my life.’ “

The level of pain you are feeling is beyond the comprehension of someone who has not been through divorce. People around you may mean well, but they cannot understand how deep the pain cuts and why it would have such an extreme effect of the physical, mental, emotional, and spiritual aspects of your life.

Anne Graham Lotz offers this reassurance: “When you’re experiencing pain and difficulty—maybe the loss of a loved one or a divorce—it’s a wonderful thing to know that God truly feels your pain. You may think God doesn’t care, and maybe the pain has caused you to be hardened toward God, but God understands physical suffering firsthand. He, therefore, understands how to comfort you in your suffering.”

Jesus knows how you feel. Although this may be difficult for you to believe, the Bible assures you it is true:

“In all their suffering he [Jesus] also suffered, and he personally rescued them. In his love and mercy he redeemed them. He lifted them up and carried them through all the years.” **(Isaiah 63:9)**

Jesus, You know exactly how I feel. Please rescue me. Amen.

Suggested Reading: Grace and Divorce: God’s Healing Gift to Those Whose Marriages Fall Short by Les Carter

Grace and Divorce, written by noted author and psychotherapist, Dr. Lee Carter, provides sound theological thinking on divorce and wise and compassionate suggestions for reframing and deepening our understanding of this difficult and controversial topic. Using stories from his practice as a therapist, Dr. Carter offers healing to both those who divorce and those who know and love them. He explains that Jesus never intended us to be so fixed about right and wrong and so judgmental that we lose the ability to love those who do not meet His perfect standards. With kindness and love, he shows that the wonderful gift of God’s grace is the best way to respond to people facing this trying life challenge.