

**One Day at a Time  
Day 12  
Search for Stability**



After you experience separation or divorce, it is natural to want to try and stabilize your life and regain a feeling of personal security. Unfortunately, some people get so focused on finding that lost sense of security that they are willing to look just about anywhere.

“There’s a whole industry evolved to provide excitement strong enough to divert the pain,” says Dr. Jim A. Talley. “People in divorce are just looking for something to absorb some of that energy and some of that pain in their lives, and they tend to look in the wrong areas.”

Roy says, “You can get consumed with your work. You can medicate the pain with drugs or alcohol. There are a lot of things you can do to try to live with the fallout of the divorce, but I don’t think you are ever going to be released without coming to know God through His Son Jesus Christ.”

Don’t fall into the “Do what feels good” trap. You need to be free from this pain, not imprisoned by it. True security and true freedom are found in a relationship with Jesus Christ, and this relationship is available to everyone who believes.

*“Jesus replied, ‘I tell you the truth, everyone who sins is a slave to sin. Now a slave has no permanent place in the family, but a son belongs to it forever. So if the Son sets you free, you will be free indeed.’”*

**John 8:34-36**

Lord God, I am sometimes tempted to say, “Who cares,” and then go out and do something to numb the pain for a while. Please protect me from that temptation and guide me to do what pleases You.

Amen