

One Day at a Time
Day 7
Coping with Feelings of Isolation

Laura Petherbridge says, “I would go to church on Sunday morning and I would think, Everybody has their wonderful little Ozzie and Harriet families, and I don’t belong here anymore. I’m sitting in the corner of the pew drowning in sorrow. On the outside I might not look like I’m struggling, but inside I’m dying. I feel very distant from everyone. I can’t connect with people anymore because they do not understand my pain.”

This is a normal reaction for a person going through separation or divorce. You are not alone in these feelings, so do not let your confusing emotions worry you. If you would like to find a place where people truly understand how you feel and what you are going through, consider connecting with a DivorceCare group or another Christian divorce recovery support group. In this type of group, you will not find people to connect with, but you will also learn about a God who can be trusted no matter how difficult or dark your circumstances.

“Everyone who calls, ‘Help, God!’ gets help. But how can people call for help if they don’t know who to trust? And how can they know who to trust if they haven’t heard of the One who can be trusted? And how can they hear if nobody tells them?” (Romans 10:13-14)

Dear God, help! I feel so alone and helpless. Lead me to a support and recovery group where I can build friendships with people who understand what I am going through and where I can learn to put my trust in You. Amen.