



DIVORCE RESOURCES

The resources below have been compiled by Rock Bridge staff and trusted mental health professionals. We encourage you to use these simply as a starting point for exploration and to seek personalized advice when needed. Thank you for your understanding and cooperation.

Divorce is not God's design for marriage, but because of the brokenness in this world, divorce is something that occurs. We want to help you heal from the hurt and pain of divorce, so the resources below can help get you started. Click any [underlined title](#) for details. Contact us [HERE](#) if you want to have a conversation!

God tells us that He is "our refuge and strength, an ever-present help in trouble" (Psalm 46:1) and that His word is "a lamp for my feet, a light on my path" (Psalm 119:105). Therefore, one of the best ways to move forward is to [build your relationship with Jesus day-by-day](#)! Here are two resources to encourage your faith or to begin exploring!

- [Bible Reading Plans](#)
- [Journey With Jesus](#)

In addition, [meditating on and memorizing Scripture](#) is key to knowing that you are worthy of love and flourishing. These passages that would be helpful to keep close by.

- Psalm 147:3
- Deuteronomy 31:8
- Matthew 11:28-29
- Isaiah 43:18-19
- Philippians 4:6-7

BOOKS

- [DivorceCare books](#)
- [A Painful Past: Healing & Moving Forward](#)

WEBSITES

- [DivorceCare for Kids](#)
- [DivorceCare Facebook page](#)
- [Single Parent Resource Center](#)

MORE RESOURCES

- [Paul Tripp Ministries](#)
- ["One Day at a Time" daily emails](#)
- [Hopeful Lament: Tending Grief Through Spiritual Practices](#)

LOCAL RESOURCES

[DivorceCare](#)

- DivorceCare is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. It is a great resource for individuals who are considering or have gone through a separation or divorce.
- Go [HERE](#) to find a group meeting in your area.

[Celebrate Recovery](#)

- A Christ-centered, 12 step recovery program for anyone struggling with hurt, pain, or addiction of any kind. It is a safe place to find community and freedom from the issues that are controlling our life.
- Find an in-person group [HERE](#) or access the weekly Zoom group [HERE](#).