

Help for the Broken-Hearted
(Jenny Harrison)

“Don’t go through life’s most difficult experiences alone.” (JH)

One of life’s lessons I am sure of is in regard to the folly of trying to face life’s most difficult experiences alone, for me, this was especially true in regard to divorce and all the pain that goes along with it. For the first few years, I kept the pain locked in the deepest recesses of my heart. In fact, I was afraid to face it, which is the exact opposite of what the introductory statement suggests.

Sure, I talked to close friends about how I was struggling but I didn’t put words to the pain. When speaking with friends I focused more on my Ex., and what he may or may not be doing than how I felt deep down. This way of dealing with my divorce went on for several years until I reached a breaking point. I finally realized I needed help. Even with making this need for help known, I struggled over asking others for it.

However, the opportunity to share presented itself at church one morning. My friend prayed for me and encouraged me to come to a prayer meeting that evening. I did so and it was there that I confessed my deep pain and struggle to a small group of ladies who prayed for me, encouraged me, and loved me. That was a turning point for me. I also found a counsellor I connected well with and attendant Divorce Care. My mom had suggested it several years before, but I hadn’t been ready to go at that time.

It’s hard to believe that it was just over a year ago that I was struggling so much. Now, I am doing so much better. My heart is lighter, and I have more self-confidence. I also focus on the future more than the past. I can even watch romantic comedies again!

If you are newly divorced or have been divorced for a number of years, I want to encourage you by saying there is light at the end of the tunnel. I can say that because I know I am not the only one who has experienced healing from divorce. The best piece of advice I could offer you is to face the pain and have someone you trust walk alongside you. Don’t keep the pain to yourself. Forgiveness is also a factor in healing. Forgiveness is not easy, but some say it’s a process and that’s a helpful way to think about it. Finally, be sure to go easy on yourself while you are recovering from divorce. It’s a life-changing event and it truly is one of the most challenging experiences of life.

In closing, I leave you with a verse of Scripture that I have found true in my own life:

*“He (the Lord) heals the broken-hearted and binds up their wounds”
(Psalm 147:3, NIV).*

