

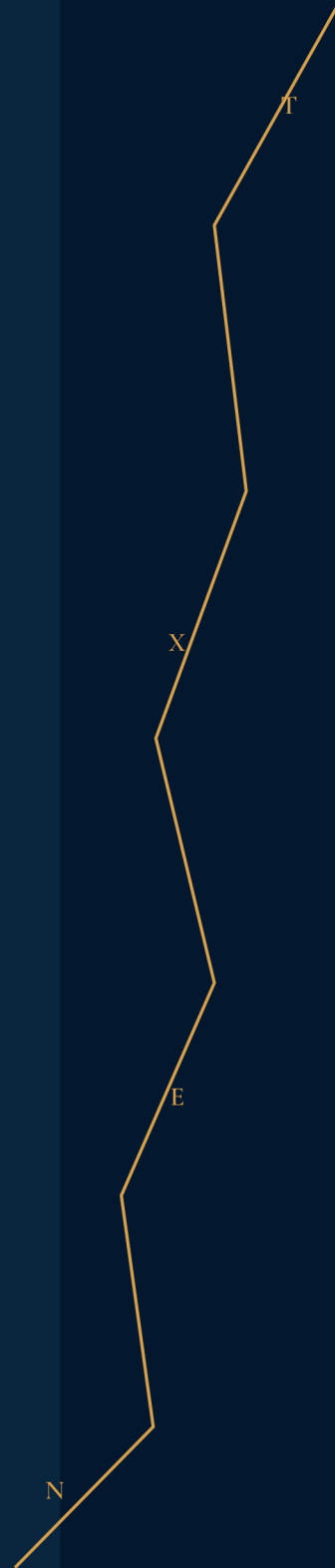
BEGINNING AGAIN AFTER DIVORCE

Faith, Grief, and the Courage to Rebuild

The marriage ended.
Your worth did not.

"He healeth the broken in heart, and bindeth up their wounds."
Psalm 147:3 KJV

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When the Marriage Ends but Life Keeps Moving

"You may be the one who was wronged and still grieve the life you believed you were building."

Divorce can hold emotions that seem to contradict one another. You may feel relief and heartbreak, anger and compassion, freedom and fear - sometimes within the same day. Even when you were betrayed, mistreated, abandoned, or otherwise wronged, the loss can still feel like mourning a death.

The difference is that the other person is still alive. You may continue to see one another, communicate about children, attend school or family events, divide responsibilities, or learn a new way to co-parent. The relationship ended, but necessary contact may continue. That can make grief feel confusing and unfinished.

I also know how vulnerable it can feel to want proof that you are still lovable. After divorce, I looked for reassurance through another relationship before I had allowed enough time for healing and understanding my own patterns. I repeated parts of the same cycle. I share that without shame because another woman may need permission to slow down before allowing loneliness to choose for her.

This guide will help you grieve honestly, remember your worth as a child of God, establish healthier boundaries, eXplore life beyond the marriage, and take one faithful rebuilding step. You do not have to rush into a new identity or relationship. You are allowed to heal deliberately.

With faith,

Angela Conner Foland

You are still held.

DIVORCE DID NOT TAKE:

- Your identity as a child of God
- Your dignity or right to respect
- Your wisdom, voice, and values
- Your ability to build healthy boundaries
- Your capacity to love without abandoning yourself
- The possibility of peace, purpose, and a meaningful future

A TRUTH FOR THIS SEASON

Your former spouse's choices are not the final authority on your worth.

Divorce Is Grief, Even When It Was Necessary

"Grief is not proof that you made the wrong decision. It is evidence that something mattered and ended."

The emotions of divorce often move like a roller coaster. A peaceful morning may be followed by anger after a message, sadness at a child's event, relief when the house is quiet, or doubt when the future feels uncertain. Emotional movement does not mean you are failing. It does not automatically mean you should return. It means your heart and nervous system are adjusting to a profound change.

WHAT YOU MAY BE MOURNING

The marriage: companionship, intimacy, shared history, hopes, and promises.

The life around it: home, routines, holidays, friendships, finances, and family structure.

The person you hoped for: who you believed your spouse was or might become.

The version of you: the woman who existed inside the marriage and the future she expected.

EMOTIONS CAN COEXIST

Grief and relief can both be honest.

Anger and compassion can appear together.

Loneliness and peace can share the same evening.

Certainty and doubt can rise as you adjust.

One emotion does not cancel another, and no single feeling has to make the next decision for you.

WHEN CONTACT CONTINUES

Grief can become especially complicated when you must still communicate, exchange children, attend shared events, manage property or finances, or respond to the same person you are trying to heal from. Where contact is necessary and safe, clear boundaries and child-focused communication can protect your peace. High-conflict or unsafe situations may require legal, clinical, or domestic-violence support rather than ordinary co-parenting expectations.

What am I grieving most today?

Which emotion is hardest to allow?

What contact or reminder most disrupts my peace?

What support would help me after that moment?

A TRUTH TO CARRY FORWARD

Being the wronged party does not remove your need or your right to grieve.

N Name What Ended and What You Are Grieving

"The LORD is nigh unto them that are of a broken heart." Psalm 34:18 KJV

Naming the loss is not bitterness, disloyalty, or a refusal to move forward. It is an honest inventory of what ended, what was harmful, what still requires contact, and what your heart is carrying. You can acknowledge both the good you lost and the harm you no longer need to minimize.

THE RELATIONSHIP

- ☐ Trust, companionship, intimacy, or spiritual partnership
- ☐ Shared plans, traditions, private jokes, or familiar routines
- ☐ The hope that the relationship would become healthier
- ☐ The experience of being part of a couple

THE LIFE AROUND IT

- ☐ Home, holidays, finances, friendships, or community
- ☐ A familiar parenting rhythm or family structure
- ☐ Security, status, social identity, or future expectations
- ☐ Time, energy, confidence, or opportunities that were lost

THE STORY I EXPECTED

- ☐ Growing old together or sharing future milestones
- ☐ Being chosen, protected, understood, or prioritized
- ☐ The belief that faithfulness would guarantee the outcome

WHAT I NEED TO STOP MINIMIZING

- ☐ Betrayal, neglect, manipulation, control, or repeated conflict
- ☐ Loneliness inside the marriage or broken promises
- ☐ Behavior that affected my safety or my children's well-being

The loss I most need to acknowledge is:

What I am still trying to make sense of is:

The contact or responsibility that continues is:

Today, I need God's help with:

A TRUTH TO CARRY FORWARD

You can grieve what was beautiful, name what was harmful, and still choose not to return to what wounded you.

E

Examine What Remains True

"Fear not: for I have redeemed thee, I have called thee by thy name; thou art mine." Isaiah 43:1 KJV

Divorce changes a role and a relationship, but it does not erase who you are. Your former spouse's treatment of you, the success or failure of the marriage, and whether another person chooses you are not measurements of your God-given worth.

WHO I AM IN GOD

- ☐ A child of God - known, loved, seen, and held
- ☐ Worthy of dignity, honesty, safety, and respect
- ☐ More than my marital status, age, appearance, or income
- ☐ Allowed to heal at a pace that is honest for me

WHAT I STILL CARRY

- ☐ Wisdom, voice, values, faith, gifts, and lived experience
- ☐ The ability to learn healthier patterns and boundaries
- ☐ Relationships and support that do not require self-abandonment
- ☐ The capacity to build a meaningful future, one step at a time

BOUNDARIES I MAY NEED

- ☐ A written or neutral communication channel
- ☐ Child-focused topics and limits on unnecessary contact
- ☐ Time to respond instead of reacting immediately
- ☐ Professional help when conflict, coercion, or safety is involved

SUPPORT THAT MAY REMAIN

- ☐ God, prayer, Scripture, church, and spiritually mature people
- ☐ Trusted family, friends, counselor, therapist, or support group
- ☐ Qualified legal, financial, or parenting professionals
- ☐ My own ability to notice, document, ask questions, and choose wisely

What remains true about me?

Which boundary would protect my peace?

Who can support me without controlling my choices?

What do I want my children to learn from how I rebuild?

A TRUTH TO CARRY FORWARD

You were a child of God before the marriage, throughout the marriage, and after the marriage.

X eXplore Life Beyond the Marriage

"Behold, I will do a new thing; now it shall spring forth." Isaiah 43:19 KJV

eXploring does not require you to reinvent your entire life. It can begin in small pockets of time - while the children are asleep, during a lunch break, on a quiet Saturday morning, or in ten minutes that belong only to you. The goal is not constant productivity. It is gentle reconnection with God, your body, your creativity, your interests, and your own inner life.

WITH GOD

Consider: a Bible study, prayer journal, Scripture reading plan, worship music, church group, or quiet time that is not performed for anyone else.

WITH CREATIVITY

Consider: arts and crafts, coloring, drawing, writing, gardening, decorating a small space, photography, music, or learning to make something with your hands.

WITH YOUR BODY

Consider: walking, stretching, home workouts, dancing, strength training, a warm bath, more sleep, or simply resting without turning rest into another achievement.

WITH PEOPLE AND LEARNING

Consider: reconnecting with a trusted friend, taking a class, joining a group, listening to a podcast, reading, volunteering carefully, or learning a skill that interests you.

One small interest I can eXplore this week:

One thing that can wait for a later season:

The rest or relaxation I honestly need is:

A pocket of time I can protect is:

A GENTLE PERMISSION

You do not have to turn every free moment into productivity. Sometimes the first evidence of healing is allowing yourself to rest.

A TRUTH TO CARRY FORWARD

Build a life that reflects your healing - not a life designed to prove something to your former spouse or attract a new one.

Before a New Relationship: Let Worth Come Before Approval

"I will praise thee; for I am fearfully and wonderfully made." Psalm 139:14 KJV

From Angela: After divorce, I looked for reassurance through another relationship. I wanted to feel chosen, valued, and loved again. I did not give myself enough time to heal, understand my own patterns, or become secure in my worth apart from someone else's approval. I repeated parts of the same cycle. I share this without shame because another woman may need permission to slow down before allowing loneliness to choose for her.

ATTENTION IS NOT THE SAME AS SAFETY

Being noticed can feel like healing after rejection, betrayal, or neglect. But chemistry, compliments, and quick closeness do not automatically prove maturity, character, compatibility, or God's direction.

QUESTIONS TO ASK BEFORE GIVING SOMEONE ACCESS TO MY HEART

- | | |
|--|---|
| ☐ Am I seeking companionship - or proof that I am still worthy? | ☐ Am I ignoring warning signs because being chosen feels comforting? |
| ☐ Have I taken time to understand the patterns that shaped my marriage and my choices? | ☐ Do I know my boundaries, needs, values, and non-negotiables? |
| ☐ Can I tolerate solitude without interpreting it as rejection or failure? | ☐ Do trusted, spiritually grounded people see concerns that I am dismissing? |
| ☐ Does this relationship allow honesty, patience, accountability, and a pace that feels safe? | ☐ Am I choosing from peace and clarity - or urgency, fear, revenge, or loneliness? |

What am I hoping a new relationship would prove?

Which red flags am I most tempted to minimize?

My boundaries and non-negotiable values are:

A trusted person who can tell me the truth is:

A WISE PAUSE

No workbook can decide when you are ready to date. The goal is not fear; it is freedom to choose from growing wholeness rather than desperation for approval.

T Take One Faithful Rebuilding Step

"Thy word is a lamp unto my feet, and a light unto my path." Psalm 119:105 KJV

You do not need to rebuild your identity, finances, home, parenting rhythm, social life, and future all at once. Choose one manageable step that supports healing and fits the capacity you have today. Small obedience is still obedience.

FAITH AND HEALING

- ☐ Pray or journal honestly for ten minutes
- ☐ Schedule a counselor, therapist, pastor, or support-group conversation
- ☐ Join a Bible study or return to a spiritual practice
- ☐ Name one false belief about my worth and replace it with truth
- ☐ Ask one trusted person for specific support

BOUNDARIES AND PRACTICAL CARE

- ☐ Choose a neutral communication channel or response window
- ☐ Write down legal, financial, parenting, or benefits questions
- ☐ Gather documents without trying to solve everything today
- ☐ Create a support plan for difficult exchanges or events
- ☐ Protect sleep, meals, medication, movement, or quiet time

RECLAIMING INTERESTS AND REST

- ☐ Walk, stretch, work out at home, or move gently
- ☐ Try arts and crafts, coloring, music, reading, or writing
- ☐ Rest or watch something enjoyable after the children are asleep
- ☐ Reconnect with a friend or learn something new

CHILDREN AND CO-PARENTING, WHERE APPLICABLE

- ☐ Keep adult conflict away from the children when possible
- ☐ Use neutral, child-focused language for necessary contact
- ☐ Avoid using a child as a messenger or source of information
- ☐ Seek specialized help when conflict, coercion, or safety concerns are present

My one faithful rebuilding step is:

I will begin on:

The support I need is:

If it feels too large, the smaller version is:

A TRUTH TO CARRY FORWARD

The next faithful step may be action, a boundary, a request for help, or permission to rest.

My Necessary-Contact and Co-Parenting Plan

Use only the sections that fit your circumstances. Where contact is unsafe, ordinary co-parenting advice may not apply; prioritize safety and qualified support.

WHAT I CAN CONTROL

My tone. My timing. My boundaries. My documentation. Whether I pause before responding. The support I seek. What I share with the children. How I care for my body and spirit after difficult contact.

WHAT I CANNOT CONTROL

The other person's reactions. Their choices, opinions, cooperation, story about me, new relationship, or willingness to change. I can respond wisely without accepting responsibility for what is not mine.

Preferred communication channel:

Topics that truly require a response:

My normal response window:

A neutral phrase I can use:

WHEN EMOTIONS SPIKE

- ☐ Pause, breathe, and pray before responding
- ☐ Draft the message, but do not send it immediately
- ☐ Respond only to the necessary fact, child need, or logistics
- ☐ Contact a trusted person, counselor, or advocate
- ☐ Disengage from insults, baiting, or unrelated arguments

MY REST AND RENEWAL PLAN

- ☐ After the children sleep or time opens, I will rest without guilt
- ☐ I will protect one small activity that belongs to me
- ☐ I will notice what helps my body settle after contact
- ☐ I will ask for help before I reach complete exhaustion
- ☐ I will remember that healing is not a performance

One person I can call after a hard interaction:

One activity that helps me feel grounded:

SAFETY MATTERS

If there is abuse, stalking, coercion, threats, intimidation, or danger to you or a child, seek individualized legal and domestic-violence support. In an immediate emergency, contact local emergency services.

Beginning Again Does Not Mean Beginning Empty

"The life you planned may have changed, but your purpose is not over."

A PRAYER FOR THE WOMAN BEGINNING AGAIN

Father,

You see every part of this ending - what was lost, what was broken, what was necessary, and what I still do not understand. Hold me through the emotional highs and lows. Help me grieve without interpreting grief as failure, and help me receive relief without guilt.

Remind me that I am Your child before I am anyone's wife, former wife, partner, or potential partner. Teach me not to seek from another person the worth and approval You have already given me. Show me the patterns I need to understand, the boundaries I need to build, and the support I need to receive.

Give me wisdom for necessary contact and co-parenting, tenderness for my children, courage when conflict rises, and discernment when a new relationship or opportunity appears. Help me eXplore interests, friendships, rest, and a future that reflects healing rather than fear.

Lead me one faithful step at a time. In Jesus' name, **Amen.**

TRUTHS TO REMEMBER

1 My emotions may rise and fall without meaning I am failing.

2 Grief can coexist with relief, gratitude, anger, or hope.

3 Being wronged does not remove my need or right to heal.

4 I am a child of God before any human relationship.

5 I do not need a new relationship to prove my worth.

6 Rest is part of rebuilding, not evidence of weakness.

7 Healthy boundaries can be loving and necessary.

8 My story is still being written, and my purpose is not over.

The woman I am becoming is:

The marriage ended. Your worth did not.

Your purpose is not over.

Explore books, encouragement, coaching, and faith-based resources at kingdomga.com

This guide provides faith-based reflection and general education only. It is not legal, financial, clinical, custody, or mental-health advice. Divorce laws, parenting arrangements, and safety needs vary. Consult qualified professionals for your circumstances. If you or a child may be in danger, contact local emergency services or a domestic-violence professional.