

Linda M Kurth

Help and Healing for Divorced Christians

www.LMKDivorceHealing.com



50 Divorce Recovery Books and Blogs

If you are in the aftermath of a divorce, you might feel as if you have no compass to guide you through this brand new territory. That was certainly true for me. I read a ton of books trying to understand what happened in my marriage – even wondering at times if I did wrong by divorcing. I wanted to connect more deeply with God. I struggled with forgiveness. I wondered where I fit in the Christian community, and I was anxious about what the future held for me. Would I ever find love again ... one that would last and not hurt me?

You may be having similar questions. I pray you'll find some helpful answers in this list of 50 resources I've curated for you. For short reads on these topics, I've included links to some of my own blog posts. Your comments are welcome on my blog: [Help and Healing for Divorced Christians](http://www.LMKDivorceHealing.com).

Blessings on your healing journey,

Linda

Anxiety after Divorce

The Anxious Christian: Can God Use Your Anxiety for Good? by Rhett Smith, Moody Publishers, 2012 Kindle Edition

“Using Biblical thinking and personal examples, Rhett explains how anxiety allows us to face our resistance and fears, understand where those fears come from, and then make intentional decisions about issues such as career, marriage, money, and our spiritual lives.”

Anxious for Nothing: Finding Calm in a Chaotic World by Max Lucado, Thomas Nelson, 2017, Kindle Edition

“Stop letting anxiety rule the day. Join Max on the journey to true freedom and experience more joy, clarity, physical renewal, and contentment by the power of the Holy Spirit. Anxiety comes with life. But it doesn't have to dominate your life.”

Keeping Hope Alive: For a Tomorrow We Cannot Control by Lewis Smedes, Thomas Nelson, 2000 Kindle Edition

“[Smedes]shows how hope powers every good thing we accomplish and helps us overcome every bad thing we encounter.”

Peace after Divorce: Choosing Concrete Actions Rooted in Faith by Renee Smith, Ettlne Publisher: Jesse Press, 2016 Kindle Edition

“Selected as an exemplary Christian self-help book by the Illumination Book Awards, Peace after Divorce walks you through a process that helps you cope with and heal from divorce.”

My blog post: [10 Tools for Overcoming Divorce Fear](#)

The PDF: [10 Tools for Overcoming Divorce Fear](#)

What the Bible Says About Divorce

Divorce: God's Will?: The Truth Of Divorce and Remarriage In The Bible For Christians by Stephen Gola, Holy Fire Publishing, 2015 Kindle Edition

“God's priority is to save the people of the marriage, not necessarily the marriage itself.”

Divorce and Remarriage in the Church: Biblical Solutions for Pastoral Realities by David Instone Brewer, Downers Grove: IVP Books, 2009 Kindle Edition

“Divorce and remarriage are major pastoral issues facing every church. Yet when we turn to Scripture for guidance, we often hear conflicting messages about its teachings” Kindle Edition

Marriage, Divorce, and Remarriage: Critical Questions and Answers by Jim Newheiser, P&R Publishing, 2017 Kindle Edition

“Drawing on decades of counseling experience, Jim Newheiser explores forty crucial questions relating to the complexities of marriage, divorce, and remarriage—unpacking the answers given in God’s Word.”

My blog posts:

[Divorce ... an Unforgivable Sin?](#)

[The Bible and Divorce: My Understanding](#)

Forgiveness

Forgiveness: Finding Peace Through Letting Go by Adam Hamilton, Abingdon Press, 2018
Kindle Edition

“Hamilton argues that revelation comes when we realize that forgiveness is a gift we give ourselves rather than to someone else. He also contends that only when we learn to forgive others and ourselves can we truly receive forgiveness from God.”

Forgive and Forget: Healing the Hurts We Don't Deserve by Lewis B Smedes, New York: HarperOne, 2007, Paperback

“Breaking down the process of healing into four stages and offering stories of real people's experience throughout, this wise book provides hope and solace for all who long for the peace that comes with forgiveness.”

Unpacking Forgiveness: Biblical Answers for Complex Questions and Deep Wounds by Chris Brauns, Crossway, 2008 Kindle Edition

“Helps readers move beyond the wounds and baggage of bitterness, disagreements, and broken relationships.”

My blog post: [Why You Should Forgive Your Ex and How to Do It](#)

The PDF: [Forgiveness Self-Assessment](#)

Personal Divorce & Faith Stories

Ever Faithful to His Lead: My Journey Away from Emotional Abuse by Kathleen Pooler, Open Books Press 2014 Kindle Edition

“Join Kathy on her roller-coaster ride of self-discovery, from shame and guilt to inner strength in her tears to triumph story.”

Unraveling: Hanging On to Faith Through the End of a Christian Marriage, Elisabeth Klein, Abingdon Press, 2013 Kindle Edition

“Elisabeth walks readers through the varied emotions of being newly single in this collection of vulnerable and hopeful essays, expounding on some of the most common struggles of divorce: anger, faith, guilt, loneliness, and more.”

When Happily Ever After Shatters: Seeing God in the Midst of Divorce & Single Parenting by Sue Birdseye, Focus on the Family, 2013 Kindle Edition

“Susan Birdseye[helps] readers learn to honor God when there is no hope of restoration, survive abandonment in and out of marriage, glorify God during a divorce, walk children gracefully through the crisis as a single parent, please God as a single person, again, and truly forgive the one who wronged them.”

My blog post: [Will Divorce Make You Happy?](#)

Meditations and Encouragement after Divorce

Divorce Care: Hope, Help, and Healing During and After Your Divorce by Steve Grissom and Kathy Leonard, Thomas Nelson, 2006 Kindle Edition

“In this 365-day devotional, you will meet men and women who have come through the darkness of separation and divorce and who now walk in the bright hope of God's love and healing.”

From Broken Vows to Healed Hearts: Seeking God After Divorce, Through Community, Scripture, and Journaling by Rebecca L. Mitchell, Kregel Publications, 2018 Kindle Edition

“This unique book covers topics such as depression, loneliness, forgiveness, hope, and even joy [after divorce]. Each of the twelve chapters includes five days of devotionals and journaling questions.”

You Can Survive Divorce: Hope, Healing, and Encouragement for Your Journey by Jen Grice, Surviving + Thriving Ministries, 2017 Kindle Edition

“As Jen shares her personal healing story, she points out God's promises and His healing and protection that will help you not only survive this difficult time, but eventually thrive.”

Divorce Recovery

Christian Chick's Guide to Surviving Divorce: What Your Girlfriends Would Tell You If They Knew What To Say by Suzanne Reeves, Lighthouse Publishing of the Carolinas, 2016 Kindle Edition

“Every year, 900,000 women of faith go through a divorce. This book is full of the wisdom and encouragement that Suzanne received, as well as the lessons she learned while the Lord was exchanging His beauty for her ashes. There is life on the other side. A life full of hope, healing, and triumph.”

Rebuilding When Your Relationship Ends by Bruce Fisher and Robert Alberti, Ataascadero, CA: Impact Publishers, Inc., 2006 Kindle edition

“*Rebuilding* features Bruce Fisher’s “divorce process rebuilding blocks,” a proven-effective, nineteen-step process for putting one’s life back together after divorce.”

When the Vow Breaks by Joseph Warren Kniskern, B&H Books; Revised, 2008 Kindle Edition

“Now an official resource of the nationwide DivorceCare ministry, this new edition offers practical advice to Christians regarding the top five felt needs and issues that result from facing divorce: kids, finances, anger, depression, and loneliness.”

[10 Helpful Divorce Blogs](#) by Live About. A ton of resources on many divorce related subjects. (Not necessarily Christian orientated.)

My blog posts:

[Twelve Things I'm Glad I Did after My Divorce](#)

[Ten Things I Decided Not to Do Upon My Divorce](#)

[How to Choose a Church after Divorce](#)

Divorce Financial Advice

A Better, Not Bitter Divorce: The Fair and Affordable Way to End Your Marriage by Mann, BJ. Hope, Hill Publishing, 2018 Kindle Edition

“Your Go-To Handbook for a Better Divorce. Divorce does not have to be a bitter ordeal—and no one knows this better than BJ Mann, a leading divorce mediator in Upstate New York.”

The Complete Financial Handbook for the Newly Divorced by Jeffrey S. Froshman, AuthorHouse, 2009, Kindle Edition

“A useful, handy, easy-to-read guidebook, full of interesting and meaningful information that most newly separated or divorced individuals should be thinking about and, hopefully, implementing.”

Suddenly Single Woman's Guide to Surviving Divorce of Family & Friends by Lynda Lighthouse Transier, Elite Online Publishing, 2016, Kindle Edition

“Learn the things no one tells you. Get what you deserve: financial security, emotional and physical stability ... manage expectations. A personal reflection on what women have to do to make it through divorce, recover on the other side, and regain their balance in life.”

Dating Again

Finding the Love of Your Life: Ten Principles for Choosing the Right Marriage Partner by Neil Clark Warren, New York: Pocket Books, 1992 (Out of print but worth searching for. I personally used this as a guide when dating again after my divorce.)

“No matter what stage of courtship you are in, whether still looking or think you've found someone, whether you've been married before or not - this clear and reasoned approach will significantly increase your chances of building a happy and enduring bond.”

The Man God Has For You: 7 Traits to Help You Determine Your Life Partner by Stephan Labossiere, Highly Favored Publishing, 2017 Kindle Edition

“[This book] is a guide not just to help determine if the man of your interest is the right one, but also to help you get down to the nitty gritty of any underlying issues that may prevent you from recognizing if this man is truly for you.”

The Wait: A Powerful Practice for Finding the Love of Your Life and the Life You Love by DeVon Franklin, Meagan Good, and Tim Vandehey (Contributor), Howard Books; Reprint, Simon and Schuster, 2016 Kindle Edition

“In this *New York Times* bestseller, Hollywood power couple DeVon Franklin and Meagan Good candidly share their courtship and marriage, and the key to their success—waiting.”

My blog Post: [Meeting the Earthly Love of My Life](#)

Being Single

Kingdom Single: Living Complete and Fully Free by Tony Evans, Focus on the Family, 2018 Kindle Edition

“If you’re single and feeling incomplete or even like a second-class citizen in Christian circles, Dr. Tony Evans wants to encourage you to live fully where you are.”

Single-Minded: Being Single, Whole and Living Life to the Full by Kate Wharton, Monarch Books, 2013 Kindle Edition

“Kate Wharton considers the challenges facing singles, addressing the issues of being complete without an 'other half', staying pure, being single again after divorce or bereavement, and dealing with pressures from both church and society.”

Singled Out: Why Celibacy Must Be Reinvented in Today's Church by Christine Colón, and Bonnie Field, Brazos Press, 2009 Kindle Edition

“Rejecting overly simplistic messages from the church about "waiting for marriage," [the authors] explore a deeper understanding of celibacy that affirms singles' decision to be sexually pure, acknowledges their struggles, and recognizes their importance in the church community.”

My blog post: [30 Things to Do When Your Single](#)

The PDF: [30 Things to do When Your Single](#)

Self Care

Boundaries – When to Say Yes When to Say No to take Control of Your Life by Henry Cloud and John Townsend. Grand Rapids, MI: Zondervan, 1992 Kindle edition

“In the *New York Times* bestseller, *Boundaries*, Drs. Henry Cloud and John Townsend help you learn when to say yes and know how to say no in order to take control of your life and set healthy, biblical boundaries with your spouse, children, friends, parents, co-workers, and even yourself.” Note: These authors also have several YouTube videos of their work.

The Divorce Detox Diet by Dr. Linnea Cohn and Sarah Alfaro. 2018 Kindle Edition

“A powerful guide to releasing, renewing, rebooting, and renewing your life during and after divorce.” Note: I know nothing about this book. I just love the title!

I Deserve a Donut (And Other Lies That Make You Eat): A Christian Weight Loss Resource by Barb Raveling, 2014 Kindle Edition

“[This book] is filled with 150+ Bible verses, 37 sets of questions, and 20 sets of tips—all specifically chosen to help you take off the lies that make you eat and put on the truth that will set you free.”

One Thousand Gifts: A Dare to Live Fully Right Where You Are by Ann Voskamp, Zondervan, 2011 Kindle Edition

“Here you will discover a way of seeing that opens your eyes to ordinary amazing grace, a way of living that is fully alive, and a way of becoming present to God that brings you deep and lasting joy.”

Only Love Today: Reminders to Breathe More, Stress Less, and Choose Love by Rachel Macy Stafford, Zondervan, 2017 Kindle Edition

“Stafford offers you strength and vision for a new and more connected way to live. This is a timeless book of inspiration to remember and live for what really matters.”

Self-Compassion: The Proven Power of Being Kind to Yourself by Kristen Neff, HarperCollins, 2011 Kindle Edition

“[Neff] offers expert advice on how to limit self-criticism and offset its negative effects, enabling you to achieve your highest potential and a more contented, fulfilled life.

My blog post: [Will Divorce Make You Happy?](#)

The PDF: [Resources for Healing from Spiritual Abuse](#)

The PDF: [10 Steps to a More Joyful Life after Divorce](#)

Disclosure: I’ve read some, but not all, of these books. For the ones I did not read, I relied on descriptions and reviews found on Amazon which I’ve quoted here. I’ve also considered the reputation of authors and publishers. Many of these books are available in more than one format.