

You're Not Alone

What the Bible says
to those from broken homes.

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Scripture Passages from The Contemporary English Version
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so it's
happened...



You hoped things would change.
You prayed for peace. You wished
your family would be the way it
ought to be.

But now you know. This won't
happen. Dad and Mom aren't together
any more.

You should know this isn't what God
intended. In fact, God's plan is for a
husband and wife to remain together
for life. Listen to what Jesus said,



But in the beginning God made a man
and a woman. That's why a man
leaves his father and mother and
gets married. He becomes like



one person with his wife.
Then they are no longer
two people, but one. And
no one should separate a
couple that God has joined
together." [Mark 10:6-9]

For whatever
reason, one of your
parents has left...and
now **you** are
left with a roller coaster of
emotions: anger, embarrassment, bitterness,
denial, even guilt.

Perhaps you are thinking...

...no one understands me.

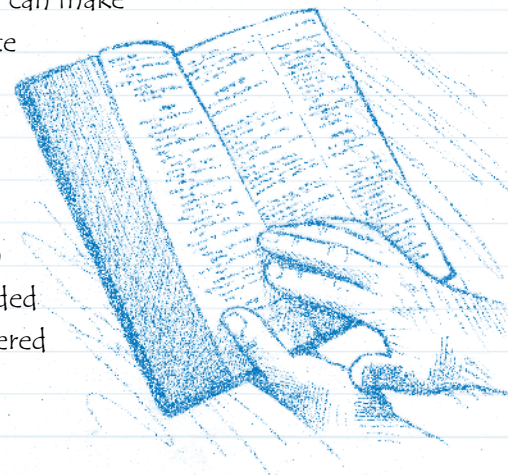
...it's my fault.

...I feel abandoned.

...what lies ahead?

You may not want to talk about these things.
But you need to.

Open up your heart to your pastor, priest
or counselor. It may also help you to write
down your feelings. This booklet can help you
do that. In fact, you can make
this your own private
conversation with
God. Let him speak
to you through his
words in the Bible.
You respond to him
through your recorded
thoughts and whispered
prayers.



By your own hand

you satisfy the desires of all who live.

Our LORD, everything you do is kind and thoughtful,
and you are near to everyone whose prayers are
sincere.

You satisfy the desires of all your worshipers,
and you come to save them when they ask for
help. [Psalm 145:16-19]



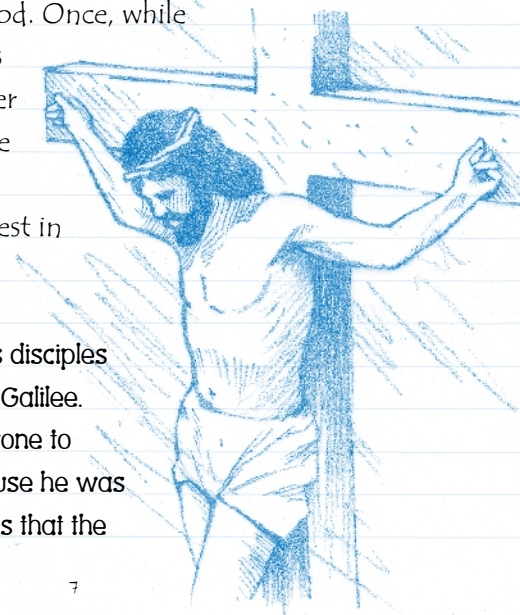
No One Understands Me

Is that how **you** feel?

You may be surprised to know that the Bible describes many people who felt the same way.

Jesus was one of them. He was often misunderstood. Once, while he told his disciples how he would suffer and **die**, they were busy arguing who would be the greatest in his kingdom.

Jesus left with his disciples and started through Galilee. He did not want anyone to know about it, because he was teaching the disciples that the



Ask Yourself:
Jesus spoke about his
suffering while his
followers argued over who
was the greatest. How do
you think he felt?

Son of Man would be handed
over to people who would kill
him. But three days later he
would rise to life. The disciples
did not understand what
Jesus meant, and they were
afraid to ask.

Jesus and his disciples went to his
home in Capernaum. After they were inside the
house, Jesus asked them, "What were you arguing
about along the way?" They had been arguing about
which one of them was the greatest, and so they did
not answer.

After Jesus sat down and told the twelve
disciples to gather around him, he said, "If you want
the place of honor, you must become a slave and
serve others!"

Then Jesus had a child stand near him. He put his
arm around the child and said, "When you welcome
even a child because of me, you welcome me. And
when you welcome me, you welcome the one who
sent me." [Mark 9:30-35]

Others don't see things the way you do.
They don't understand the pain of rejection that
you feel.

But God does.

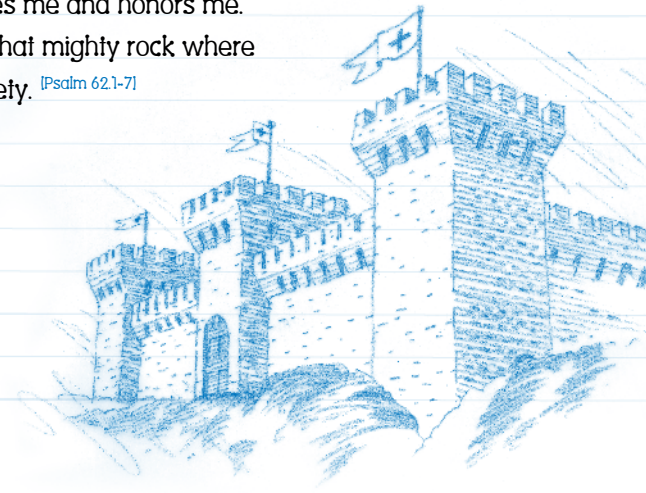
Only God can save me, and I calmly wait for him.
God alone is the mighty rock that keeps me safe
and the fortress where I am secure.

I feel like a shaky fence or a
sagging wall.

How long will all of you
attack and assault me?
You want to bring me down
from my place of honor.
You love to tell lies, and
when your words are kind,
hatred hides in your heart.

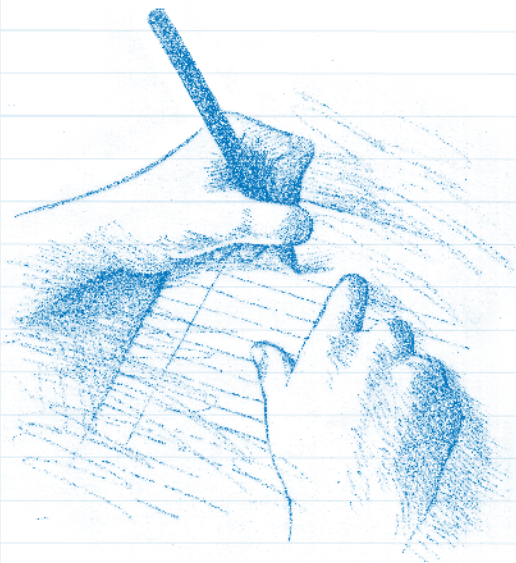
Only God gives inward peace, and I depend on him.
God alone is the mighty rock that keeps me safe,
and he is the fortress where I feel secure.
God saves me and honors me.
He is that mighty rock where
I find safety. [Psalm 62:1-7]

Ask Yourself:
What is God called
three times in these
verses? And what does
that mean to me?

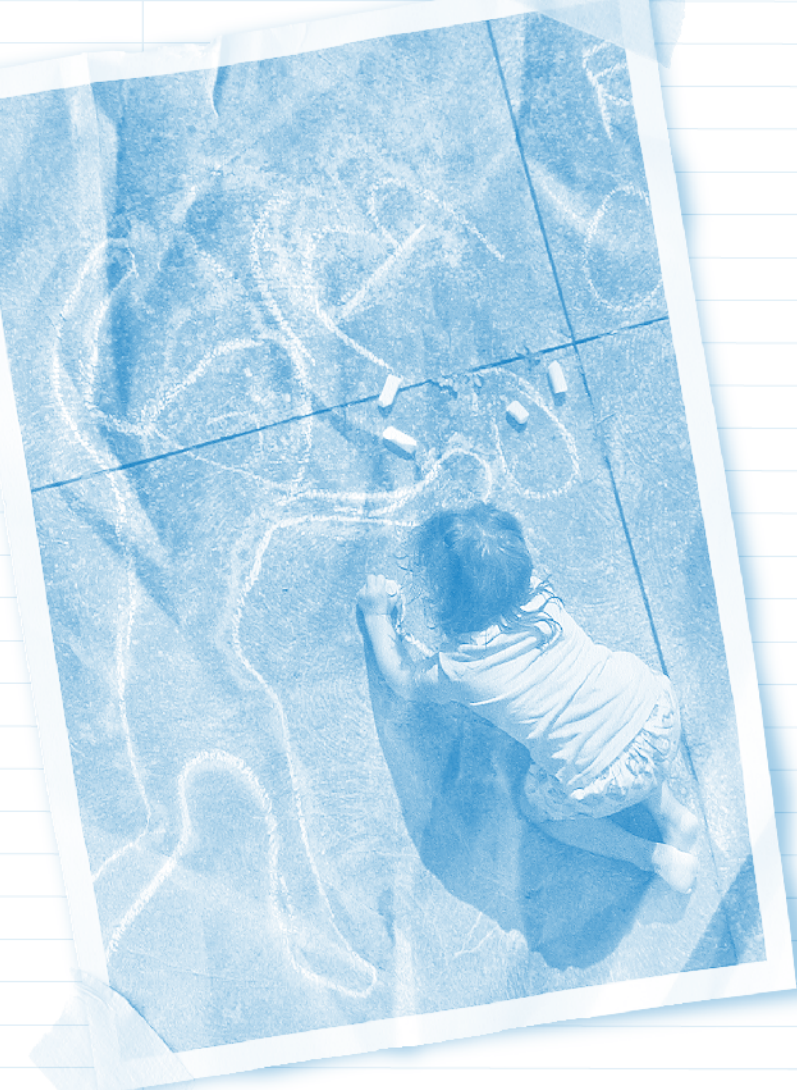


In the space on the next page, open up your heart in a letter to God. Tell him your feelings about what's happened in your family.

He knows what you're going through.



Dear God,

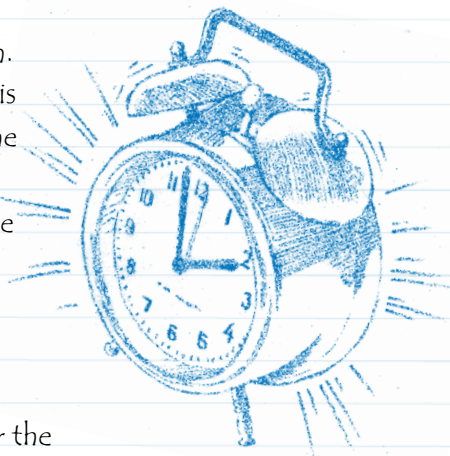


IT'S MY Fault

Don't be mistaken.
Some guilt is real. It is
the alarm clock of the
soul. But not now.
You are not the cause
of the breakdown in
your family.

You are **the**
victim.

Children suffer for the
wrong choices of their parents. Consider
what one biblical writer said about the ruin of his
homeland...



Our LORD, don't forget how we have suffered
and been disgraced.
Foreigners and strangers have taken our land

ASK YOURSELF...
Who suffers for the wrong
choices that you make?
Your friends? Others in your
family?

and our homes.

We are like children whose
mothers are widows.

The water we drink and the
wood we burn
cost far too much.

We are terribly mistreated;

we are worn out and can find no rest.

We had to surrender to Egypt and Assyria
because we were hungry.

Our ancestors sinned, but they are dead,
and we are left to pay for their sins. [Lamentations 5:1-7]

That's why God's commandments carried
consequences both for the parents and
their children...

So remember that the LORD is the only true God,
whether in the sky above or on the earth below.

Today I am
explaining
his laws and
teachings.
And if you
always obey
them, you
and your



descendants will live long and be
successful in the land the LORD is
giving you. [Deuteronomy 4:39-40]

You are suffering today
because of choices one
or both of your parents
have made. It is **not** your
fault and there is no reason to feel guilty.

The hard part is not that you need their
forgiveness, it is that **you** must forgive them,
for it is in forgiving others that we show that we
truly grasp God's mercy toward us.

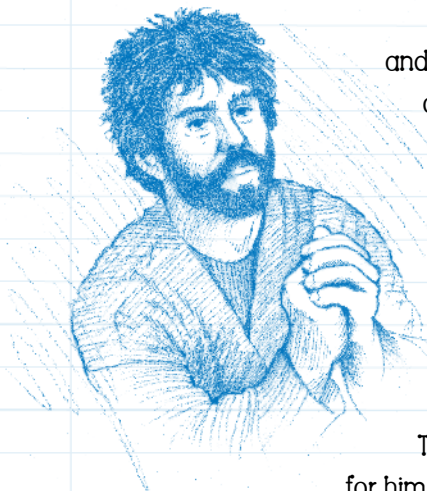
Peter came up to the Lord and asked, "How many
times should I forgive someone who does something
wrong to me? Is seven times enough?"

Jesus answered:

Not just seven times, but seventy-seven times!
This story will show you what the kingdom of heaven
is like:

One day a king decided to call in his officials and
ask them to give an account of what they owed
him. As he was doing this, one official was brought
in who owed him fifty million silver coins. But he
didn't have any money to pay what he owed. The
king ordered him to be sold, along with his wife

ASK YOURSELF...
WHAT KIND OF SUCCESS
ARE THESE VERSES
REFERRING TO? DOES
THIS APPLY TO MY LIFE?



and children and all he owned, in order to pay the debt.

The official got down on his knees and began begging, "Have pity on me, and I will pay you every cent I owe!"

The king felt sorry for him and let him go free.

He even told the official that he did not have to pay back the money.

As the official was leaving, he happened to meet another official, who owed him a hundred silver coins. So he grabbed the man by the throat. He started choking him and said, "Pay me what you owe!"

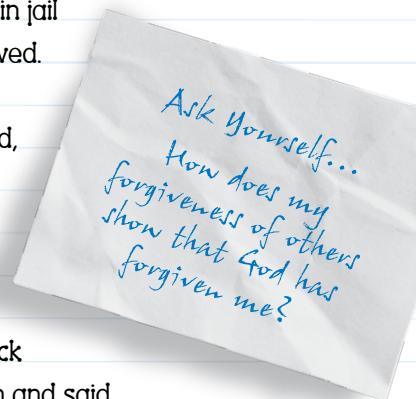
The man got down on his knees and began begging,



"Have pity on me, and I will pay you back." But the first official refused to have pity. Instead, he went and had the other official put in jail until he could pay what he owed.

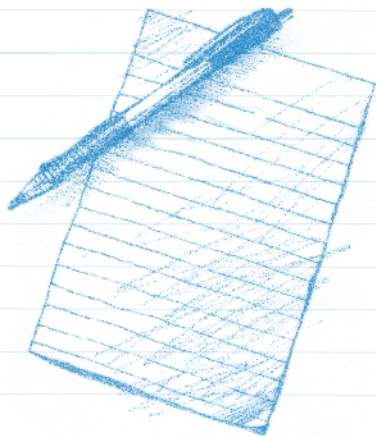
When some other officials found out what had happened, they felt sorry for the man who had been put in jail. Then they told the king what had happened. The king called the first official back

in and said, "You're an evil man! When you begged for mercy, I said you did not have to pay back a cent. Don't you think you should show pity to someone else, as I did to you?" The king was so angry that he ordered the official to be tortured until he could pay back everything he owed. That is how my Father in heaven will treat you,

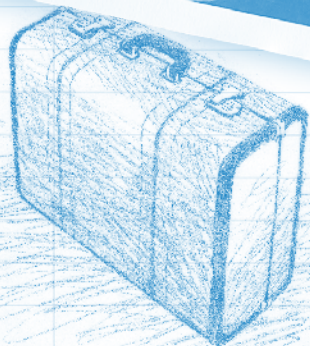


if you don't forgive each of my followers with all
your heart. [\[Matthew 18:21-35\]](#)

In the next page, write a letter to God.
Thank him for his mercy and love, and with
this in mind, write down a statement of
forgiveness to your parents.



Dear God,



feel
abandoned

The empty chair at the table. The empty shelves in the closet. That empty space in the family picture.

It's easy to feel abandoned. Perhaps you know what the writer of this Psalm was going through.

Someone close to his heart had let him down.

I ask for your help, LORD God,
and you will keep me safe.

Morning, noon, and night

you hear my concerns and my complaints.

I am attacked from all sides,

but you will rescue me unharmed by the battle.

You have always ruled,

and you will hear me.

You will defeat my enemies

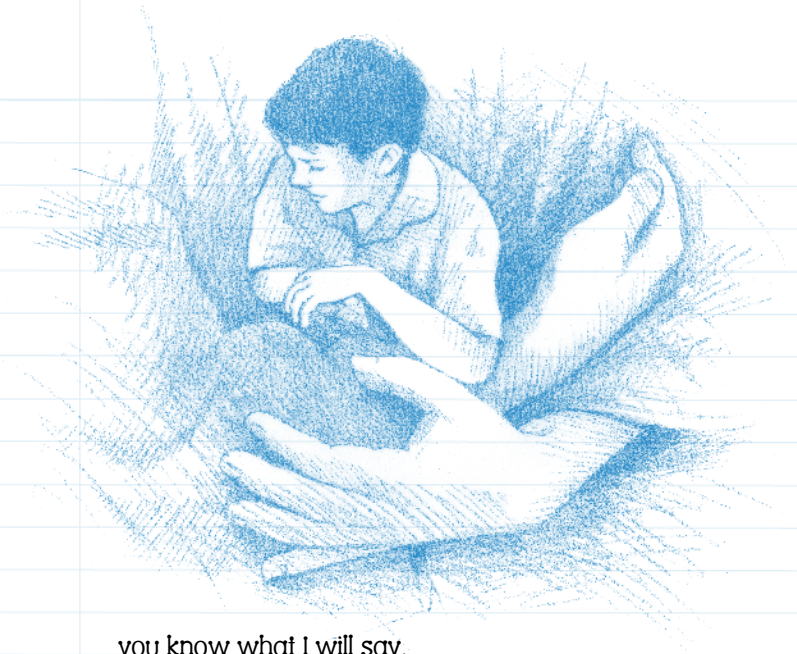
because they won't turn and worship you.

My friend turned against me
 and broke his promise.
 His words were smoother than butter,
 and softer than olive oil.
 But hatred filled his heart,
 and he was ready to attack
 with a sword.
 Our LORD, we belong to you.
 We tell you what worries us,
 and you won't let us fall. [Psalm 55:16-22]

If you ask for his help, God won't let you fall
 either. He will **never** abandon you. He knows
 all about you, including those dark corners no
 one else knows about.
 And yet he still **loves you!**

You have looked deep
 into my heart, LORD,
 and you know all about me.
 You know when I am resting
 or when I am working,
 and from heaven
 you discover my thoughts.
 You notice everything I do
 and everywhere I go.

Before I even speak a word,



you know what I will say,
 and with your powerful arm
 you protect me from every side.
 I can't understand all of this!
 Such wonderful knowledge
 is far above me. . .

Nothing about me
 is hidden from you!
 I was secretly woven
 together
 deep in the earth
 below,
 but with your own eyes

Ask Yourself...
 CONCERNING MY LIFE:
 WHERE DOES GOD LOOK?
 WHAT DOES GOD KNOW?

Ask Yourself...
 What does this writer
 say about God's
 thoughts toward me?

you saw my body being formed.
Even before I was born,
you had written in your book
everything I would do.



Your thoughts are far beyond
my understanding,
much more than
I could ever imagine.

I try to count your thoughts,
but they outnumber the grains
of sand on the beach. [Ps 139.1-6, 15-18a]

Walk out to the beach. Take a handful of sand
and count the grains. If you finish (and you
won't), figure out how many grains of sand are
in the **entire beach!**

That's how many thoughts God has of you!
The prophet Isaiah wrote,

Tell the heavens and the earth
to celebrate and sing;
command every mountain
to join in the song.

The LORD's people have suffered,
but he has shown mercy
and given them comfort.

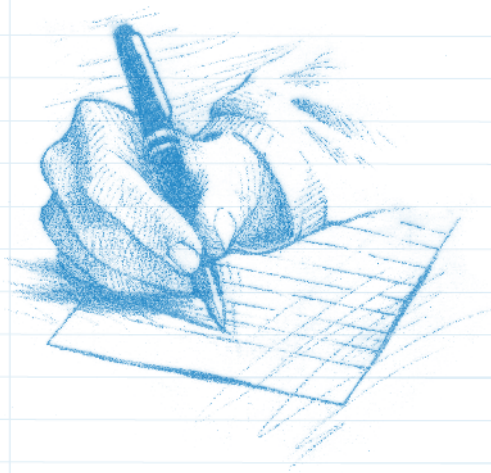
The people of Zion said,
"The LORD has turned away
and forgotten us."

The LORD answered,
"Could a mother forget a child

who nurses at her breast?
Could she fail to love an infant
who came from her own body?
Even if a mother could forget,
I will never forget you. [Isaiah 49:13-15]

Even if a parent could possibly forget a
child, God will **never** forget you.

On the next page, write a letter to God.
Tell him what is in your heart. Thank him for
his promise to never abandon you.



Dear God,

What lies ahead?

Will the pain ever **go away?**

You may carry this wound for a long time. But the Bible has a wonderful promise. One day God will personally wipe away those tears so that sorrows like yours will be remembered no more.

I heard a loud voice shout from the throne:

God's home is now with his people. He will live with them, and they will be his own.

Yes, God will make his home among his people. He will wipe all tears from their eyes, and there will be no more death, suffering, crying, or pain. These things of the past are gone for ever. [\[Revelation 21:3- 4\]](#)

In the meantime, let's be honest. Statistics are

not in your favor. Children from broken homes tend to leave school early. They tend to have broken homes themselves. They are more prone to illness and emotional struggles later in life. But amidst all this gloom there is hope. You don't have to be a statistic. You can rise above the rest by replacing your emotions, doubt, denial and false guilt with the [promises of God](#).

I am at the point of death.

Let your teachings
breathe new life into me.

When I told you my troubles,
you answered my prayers.

Now teach me your laws.

Help me to understand your teachings,
and I will think about
your marvelous deeds.

I am overcome with sorrow.

Encourage me,
as you have promised to do.

Keep me from being deceitful,
and be kind enough
to teach me your Law.

I am determined to be faithful
and to respect your laws.
I follow your rules, LORD.

Don't let me be ashamed.

I am eager to learn all that
you want me to do;
help me to understand
more and more. [\[Psalm 119:25-32\]](#)

Let God speak to you through the Bible, and through others around you who can help. Be open to receive the good things God has for you.

I asked the LORD for help,
and he saved me from all my fears.

Keep your eyes on the LORD!
You will shine like the sun
and never blush with shame.

I was a nobody, but I prayed,
and the LORD saved me
from all my troubles.

If you honor the LORD,
his angel will protect you.

Discover for yourself
that the LORD is kind.
Come to him for protection,
and you will be glad. [\[Psalm 34:4-8\]](#)



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