

Champions Arise Study Guide
Series: Adult Children of Divorce
Program #CA 44 (ACD) – Adult Children of Divorce: Issues with Trust

Focus passage – Proverbs 3:5, “*Trust in the LORD with all your heart and lean not on your own understanding.*”

1) Have you ever had someone violate your trust in them?

2) Why is it important to talk about how we were impacted by our parents’ divorce even if it sounds like we are blaming them?

3) How can our mistrust in people become a self-fulfilling prophecy?

4) What three “kid rules” can be broken when divorce occurs?

1. _____
2. _____
3. _____

5) What “God rule” was discussed in the program?

(Read about Adam and Eve’s choice in Genesis 3:1-13.)

Commitment: I commit to removing any obstacles to my trust in God and those I love.

Adult Children of Divorce: Issues with Trust – LEADER’S GUIDE

1. Thank everyone for coming.
2. Open in prayer
3. Read the focus passage.
4. Ask men to answer Question #1. Remind the men that what is said in the meeting is confidential.
5. Listen to the program: “Adult Children of Divorce: Issues with Trust”
6. After the program is finished, allow time for comments or questions on the program
7. Review the answers to the four remaining questions with the men in the group.
Encourage everyone to participate, but never force or shame someone into participating.
 - a. Question #2 answer: Talking about it helps to bring healing and can lower the chance of ACD divorcing themselves due to unknown ACD issues.
 - b. Question #3 answer: For example, an ACD is afraid of their spouse or friend leaving, so they test them to see if they will stay. Eventually, the spouse or friend tires of being tested and sometimes leave.
 - c. Question #4 answer:
 1. The parents don’t stay together.
 2. The household income often drops which can reduce the availability of necessities and wants.
 3. Parents sometimes break “promises.”
 - d. Question #5 answer: God won’t interfere with our choices. If time permits, read about and discuss Adam and Eve’s choice in Genesis 3:1-13.
8. Ask the men what was most important to them from this teaching.
9. Ask the men to commit to help any men who are struggling with trust issues.
10. Confirm the time for the next meeting
11. Take prayer requests.
12. Close in prayer

Sample prayer: Almighty God, You are totally worthy of our trust. Help us to trust You and those we love. In Jesus name, Amen.