

Champions Arise Study Guide
Series: Adult Children of Divorce

Program #CA 52 (ACD) – Adult Children of Divorce (ACD): Questions & Answers

Focus passage – 2 Corinthians 1:3-4, *“Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.”*

1) What is the most important thing you’ve learned in this series?

2) Can anything good come out of parental divorce?

“And we know that for those who love God all things work together for good, for those who are called according to his purpose.”

3) Is it okay to love my stepmother more than my mother?

4) How can you help spouses or loved ones that won’t admit there is a problem?

What are four ways adult children of divorce see parental divorce impacting them?

1. _____
2. _____
3. _____
4. _____

5) “What would you say is the biggest issue that affects adult children of divorce?”

6) “What if I think my parents should have divorced?”

Commitment: I commit to learning how to create healthy boundaries.

Adult Children of Divorce: Questions & Answers – 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 these sessions are confidential.
5. Listen to the program: "Adult Children of Divorce: Questions and Answers"
6. After the program is finished, allow time for comments or questions on the program
7. Review the answers to the five remaining questions with the men in the group. Encourage everyone to participate, but never force or shame someone into participating.
 - a. Question #2 answer: Yes. ACD tend to be more empathetic, independent, and resourceful.
 - b. Question #3 answer: Yes. There are circumstances where the stepmother (or stepfather) are closer than the biological parents.
 - c. Question #4 answer: Pray for them. Have them listen to this series.
 - 1) The first group are doing fine *because* they have dealt with the issues caused by their parents' divorce in biblical way. This group has the smallest number of people.
 - 2) The next group includes those who *believe* they are doing ok, but are unaware how the issues talked about in this series are negatively impacting their relationships and marriages. This is the largest number of ACD.
 - 3) The third group are those who know there are problems, have connected them to their parents' divorce, but don't know how to address their issues.
 - 4) The last group includes those people who know there are issues and are actively working to overcome them.
 - d. Question #5 answer: Unexpressed anger.
 - e. Question #6 answer: It's natural to feel this way sometimes, but divorce is not God's desire. (This does not include a marriage where physical or other abusive behavior is occurring or adultery.
8. Ask the men what was most important to them from this teaching.
9. Ask the men to commit to helping each other create healthy boundaries.
10. Confirm the time for the next meeting.
11. Take prayer requests.
12. Close in prayer

Sample prayer: Heavenly Father, thank you for providing tools for me to deal with my parents' divorce or help others who are dealing with parental divorce. In Jesus name, Amen.