

Lessons Learned Through the Journey of “Divorce!”
A Personal Reflection! “*Just Sayin’!*” March, 2019



- ✓ *Life's not fair!* Get used to it, get over it and move on with your life!
- ✓ *It's not easy!* So don't try to rush anything. Healing is a process. Take your time!
- ✓ The *greatest loneliness* you will experience comes from living with someone who disregards your worth and shows it by being indifferent to your values and needs.
- ✓ Your *emotional health* is paramount above the marriage.
- ✓ Your *spiritual health* is paramount above your emotional health.
- ✓ It's *okay to be alone*, living your life in the solitude of singleness is much better than living in abuse or neglect.
- ✓ And, eating most of your *meals alone* isn't necessarily a bad thing.
- ✓ Carrying on a conversation with yourself is actually rather pleasant. It's probably the only time you'll have your own, or anybody else's *undivided attention*.
- ✓ If your spouse won't protect your backside, you better make sure that you've got it covered. You need to be *your own best friend!*
- ✓ *Love* without *works* is *dead*.
- ✓ *Works* without *love* is *dead*.
- ✓ Saying “I love you” without showing love is *dead and buried*.
- ✓ Unconditional love is a mythical creature within human terms. Only through the Divine nature of God can we find *Unconditional Love*.
- ✓ *Wedding vows* can be a mythical creature too.
- ✓ If your spouse isn't willing to *laugh* at themselves, don't be naïve enough to think that you can ever laugh with them!
- ✓ *Little Red Flags* should never be taken lightly or ignored. Those little indicators in the beginning can become monster issues after you say “I do!”

- ✓ Minimizing *expectations* about your spouse regarding how you would like to be treated doesn't minimize your personal needs that aren't being met in the relationship.
- ✓ If your spouse tells you it was a *mistake to marry you*, go ahead and believe them. In fact, it's probably okay to start agreeing with them. Turn it back onto them, insisting they reveal solutions to the issue. Actually, they don't have a way to resolve the issue other than making sure you put up your white flag, then surrender all power, and control into their manipulating little hands. That's their definition of happiness and it's also the only way they will ever feel loved. This is not healthy for you!
- ✓ If they constantly bring up the *word divorce* whenever there's any type of heated discussion then prepare yourself for the inevitable.
- ✓ *Trust is critical* for the success of a marriage. In other words, if your spouse is constantly telling you that the marriage was a mistake, or they should have never married you, or even if they consistently threaten you with divorce, TRUST is not a part of the marriage. Always waiting for the next threat to fall or the fulfillment of those threats to prevail is emotional abuse, it is not trust. In fact, this is a self-fulfilling prophecy!
- ✓ If you can't trust them to be committed to the marriage for the *long haul*, you can't trust them with anything. In other words, if you can't trust your spouse with the little things, you can never trust them with the big things!
- ✓ You have to learn to *trust yourself*! Part of that requires you to once again trust your own intuition, instincts and perceptions of people and situations.
- ✓ There is *peace in solitude*. There's never peace living with an emotionally abusive or neglectful spouse.
- ✓ If "both" parties in a marriage aren't willing to own up to their mistakes, and try to understand the impact those mistakes have on their partner, there will never be any forward progress. *Love means you have to say you're sorry*: Not tell your spouse how sorry they are! That is another example of emotional abuse!
- ✓ Mistakes in a marriage is a *two-way street*. Always blaming the other person is an example of control and manipulation! Did I mention that this too is a form of emotional abuse?
- ✓ It *takes two* committed individuals to make a relationship work. It only takes one to blow it out of the water!
- ✓ *Marriage is a partnership!* It requires 100% effort and commitment from both individuals to make it work!
- ✓ A spouse always demanding to be accepted for who they are is a *smoke-screen* for the real issues in the marriage! These tactics are intended to force you to accept their bad habits, attitudes and behaviors without question. That's not acceptance, its brainwashing and manipulation. It could be considered "Blind Allegiance!" It's also a perfect example of their intolerance for not reciprocating true acceptance back onto you.
- ✓ Being married to a liberal, pro-choice feminist or an arrogant chauvinist pig is a *doomed relationship* from the get-go.

- ✓ *Don't go to your pastor* for marriage advice, in most cases he's the self-appointed, spiritual judge, jury and executioner of your life.
- ✓ Find a competent *licensed counselor* that will focus on your emotional health before proceeding to a marriage counselor. Did I mention you should never attempt to go to your pastor for counseling?
- ✓ If every time you get into a disagreement with your spouse and they threaten to "*rat you out*" to either your counselor, your pastor or your pastor's wife, you know that your spouse is the president of the neighborhood Manipulator's Club. It's a tactic to shame you into submission!
- ✓ Going to a marriage counselor with a *manipulative spouse* is merely their attempt to try to have the counselor agree that all blame belongs on your shoulders.
- ✓ If your spouse hands you the *divorce papers* all filled out and ready for you to sign, just sign them and let the freedom begin.
- ✓ Never expect anyone other than a *few close friends* or family members to stand by your side through the darkest moments of your life.
- ✓ The few people who stick by your side truly do care for you and are genuinely concerned. *Invest your energy* in those relationships and let the others go by the wayside.
- ✓ The *Jezebel Spirit* is alive and well in marriage today (and also the church).
- ✓ The Jezebel Spirit can't exist without an *Ahab Spirit* enabling it.
- ✓ These spirits are *gender neutral* and influence both husbands and wives.
- ✓ If your spouse is a Jezebel, then you are the *Ahab*.
- ✓ If your spouse is the Ahab, then you are the *Jezebel*.
- ✓ Most so-called friends (not all), especially many from church are only interested in what you're going through from a *gossip perspective*. They really have no concern about you as a person.
- ✓ The church's definition of "*Unbiblical Divorce*" never takes into consideration whether the marriage was living as an example of biblical principles. Therefore, how can an unbiblical marriage ever have anything other than an unbiblical divorce?
- ✓ If you're married to a Jezebel and you're foolish enough to go to your pastor for guidance, don't expect him to take your side. Most of the time the pastor will *side with the abuser or instigator*. These folks are masters at preserving their image and making you the culprit. They play everybody like a fiddle! So do many pastors!
- ✓ If you happen to go to your pastor for guidance and he tells you that it's better to stay in an emotionally or physically abusive relationship rather than seeking a divorce, ask him this: *What should Ahab have done with Jezebel?* Was it better for him to stay married to her, or would he have been better off divorcing her, then proceeding to repent for the sins they had committed collectively? After all, by sticking by the side of an unrepentant spouse, didn't they both meet their untimely demise? In fact, Ahab's death in battle happened through the means of a happenstance arrow that by mere coincidence provided the mortal blow to this wicked King of Israel. Jezebel's fate was even more unpleasant.

- ✓ If you try to talk to your pastor about the challenges you are facing, and he states, “I know your spouse too well to listen to any of this!” Just shut up, find a **qualified counselor** and never confide in your pastor again!!!
- ✓ If you go to your church asking for **grace and mercy** and they give you a stone or a serpent instead, wipe the dust off your sandals then walk away. Never look back! Trust the Lord and be thankful that you were shown the true colors of these people. Obviously it wasn't a body of grace! Also, it wasn't a true church of the Gospel, because the Truth of the Gospel embraces profound forgiveness and grace!
- ✓ There's a fine line between the **corporate church** and the secular world. There's a tendency for many churches to step over the line in order to survive in this secular world. Don't let this misrepresentation of the Gospel interfere with your personal relationship with Christ.
- ✓ In the long run, most churches love and value you as long as you're committed to their mission, which includes supporting them financially and giving of your time, efforts and energy. But when your spouse divorces you for unbiblical reasons, you will be shunned, rejected, judged and betrayed. Again, don't let this experience **interfere with the foundation of your faith** in God - Who loves you unconditionally!
- ✓ Learn to not worry about what other **people think** or say. If people you thought were friends turn against you, let them go. Learn to set boundaries to keep those folks out of your life. Unfriend them. Delete their contact information. After all, you are an overcomer and these type of people have chosen the role of being someone else's flying monkey.
- ✓ Stay true to yourself. You have to live with yourself regardless of the final outcome. **Listen to your conscience** and let the Holy Spirit be your guide. Don't let others dictate what you need to do or how you need to respond. This is all between you and the Lord. Not anybody else, including your pastor or his flying monkeys.
- ✓ **Faith in Jesus Christ** is the only thing that will get you through the darkest times of life. Tie a knot at the end of your rope, hang on tight to the promises of God. Ask forgiveness for the wrongs you've committed and the regrets you've carried! Then, pull yourself back up to your feet, get back on the narrow way and bask in the grace that God provides through His Son! In-spite of all the mistakes and failures we make in this life God's grace and mercy are freely given – Unconditionally!
- ✓ Through Christ you will not only survive your ordeal, but you will be delivered from the torment. Will you have some scars? Of course! Will they be mortal wounds? No way! **You can be victorious** through Christ! What your enemies intended for harm, God will turn into good!

- ✓ There is consolation in realizing that there was nothing you could ever do to change the treatment, the neglect or the abuse you've received from a feministic or a chauvinistic spouse. Your ***emotional health is dependent*** upon your choice to distance yourself from the behaviors that focus on destroying your value, your self-worth, and the very essence of your life!
- ✓ Never let your mind trick you into thinking "***if only I had...***" because those who inflict emotional abuse do so with calculated pleasure and purpose. There's nothing you could have done to change any of that. Other than maybe standing up for yourself earlier in the process. But even that, can be excused since most of what abusers do to their victims is beyond a rational person's ability to understand or imagine.
- ✓ Divorce should always be the ***last resort***. But that doesn't mean because of a divorce you're damaged goods. ***It's not an unforgivable sin***. God will turn all things into good for those who call upon Him. Your life still has a purpose and a future. Don't ever let anybody tell you otherwise! Including your former pastor! "***Just Sayin'!***"

