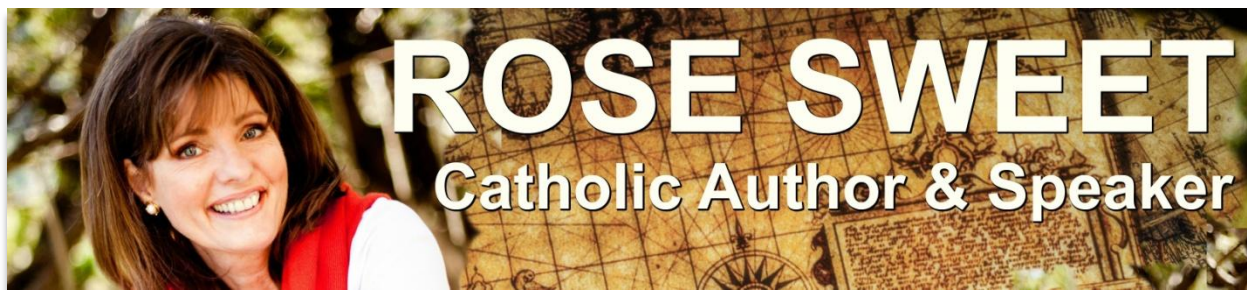


A photograph of a white step ladder on the left and a yellow paint tray with a green-handled roller on the right. The tray is filled with orange paint. The background is a warm, orange-yellow gradient. At the top, there is a purple banner with a dotted line.

Rebuilding after Divorce

Making Your House a Home Again

BOOK STUDY



WELCOME!

I hope you enjoy REBUILDING AFTER DIVORCE and the conversation with each other. I'd love to hear your feedback. Email me anytime at rose@rosesweet.com. And sign up for my FREE monthly newsletter at <https://rosesweet.com>.

Do you want to receive weekly *Video Visits*, *Temperament Tips*, and more from me? Register on my website for my "SWEET TALK" paid monthly subscription (\$10 month) and I'll help you **PUT YOUR RELIGION IN YOUR RELATIONSHIPS!**

Blessings! *Rose Sweet*

HOW TO USE THE BOOK STUDY

I recommend the following format, but you can modify it depending on your group's preferences:

SIX WEEK STUDY – Read & discuss four chapters per week.

This study can be downloaded and printed out or read from your electronic device in a .pdf format. It's up to you! Schedule a **minimum of one hour each week** to allow for everyone to settle in and have time to share. If your group is



larger, stay a little longer! This study includes questions for each chapter to keep the conversation going. **MAKE IT FUN!**

Sip coffee, eat cookies, drink wine and cheese...the rest is up to you!

TABLE OF CONTENTS

INTRODUCTION

The Rejection of Divorce

Part 1 – Get ready to rebuild

- Chapter 1 – See your life as a house
- Chapter 2 – Get ready to relocate
- Chapter 3 – Face the move head on
- Chapter 4 – Let God lead you
- Chapter 5 – Let your Father be your architect
- Chapter 6 – Enjoy making plans
- Chapter 7 – Lay a firm foundation
- Chapter 8 – Work from God’s blueprints
- Chapter 9 – Expect an adequate timeframe
- Chapter 10 – Don’t rush the process
- Chapter 11 – Clear your title
- Chapter 12 – Erect sturdy boundaries
- Chapter 13 – Build a solid roof

Part 2 – Make your new house a home

- Chapter 14 – Clear out your closets
- Chapter 15 – Stock up your kitchen
- Chapter 16 – Make your bedroom special
- Chapter 17 – Keep up on your cleaning
- Chapter 18 – Don’t hide things in the cellar
- Chapter 19 – Learn to love your laundry room
- Chapter 20 – Make the kids’ room safe
- Chapter 21 – Enjoy your living room
- Chapter 22 – Equip your garage
- Chapter 23 – Gather around the fireplace
- Chapter 24 – Look forward to the best

EPILOGUE

The Best is Yet to Come



SESSION 1 - READ AT HOME:

INTRODUCTION

The Rejection of Divorce

Chapter 1 – See your life as a house

Chapter 2 – Get ready to relocate

Chapter 3 – Face the move head on

Chapter 4 – Let God lead you

QUESTIONS FOR DISCUSSION

1 - *Divorce brings many forms of rejection.* What was/ is THE WORST rejection you experienced after divorce? How did you deal with it and eventually come through it?

2 - Do you have a story about a house you lived in that is memorable or remarkable? In comparing your life to a house, what spiritual principle your story illustrate?

3 - Did you ever have to suddenly move to a new home? What was the worst part of it? How did you feel when you moved in and were settled?

4 - How have you seen, felt, or heard God leading you into A NEW LIFE after your divorce?

5 - What lines, story, or point from these chapters most surprised, enlightened or comforted you?

Dear Lord, help me build a beautiful, meaningful, healthy, holy life in YOU.

Amen.



SESSION 2 – READ AT HOME:

Chapter 5 – Let your Father be your architect

Chapter 6 – Enjoy making plans

Chapter 7 – Lay a firm foundation

Chapter 8 – Work from God’s blueprints

QUESTIONS FOR DISCUSSION

1 – What was your relationship like with your father? How may you have projected some of his attributes onto God?

2 - Do you understand God’s “perfect will” versus his “permissive will”? As a parent or caring adult, have you ever helped your/a child learn from sufferings?

3 – What enjoyable activity, practice, hobby, or project would you like to start doing, or resume after having been away from it for a long time?

4 – On Pages 74 – 78 of the book, circle the TOP TEN characteristics of God that you like the most.

5 – Do you own a Catechism of the Catholic Church? What is keeping you from getting one? Do you know what the Catechism (CCC) says about divorce? (CCC 2382 – 2391)

Dear Lord, help me build a beautiful, meaningful, healthy, holy life in YOU.

Amen.



SESSION 3 – READ AT HOME:

Chapter 9 – Expect an adequate timeframe

Chapter 10 – Don't rush the process

Chapter 11 – Clear your title

Chapter 12 – Erect sturdy boundaries

QUESTIONS FOR DISCUSSION

1 – *Rebuilding a life after divorce will take time.* Have you ever built a home from the ground up? Do you watch any of the popular home flipping or rebuilding shows? How long does the process take?

2 - Do you think you have adequately grieved all of the losses from your divorce? What form of mourning most helps you rid yourself of sorrow?

3 – **Have you looked into the subject of “annulment”*** (Decree of Nullity)? Why or why not? If you went through the process, share with the others some of the good that came from it.

4 – **SETTING BOUNDARIES** is one of the most difficult things for people to do. Can you easily set a healthy boundary? If not, why not? If so, can you also follow up with the consequence if someone ignores your boundary?

5 – Can you think of an example where God told someone what they should do and they did not do it? Was there a natural consequence? Was God still good even if he disciplined someone?

*** I have another BOOK STUDY just on annulments: *How to Understand and Petition For Your Decree of Nullity. Contact me.***

Dear Lord, help me build a beautiful, meaningful, healthy, holy life in YOU.

Amen.



SESSION 4 – READ AT HOME:

- Chapter 13 – Build a solid roof
- Chapter 14 – Clear out your closets
- Chapter 15 – Stock up your kitchen
- Chapter 16 – Make your bedroom special

QUESTIONS FOR DISCUSSION

1 – Protecting yourself from bad things is not selfish but prudent. What kind of things have you done after divorce to protect yourself, your finances, or your family?

2 – Do you have a favorite saint you can turn to to help you pray? Tell the group a little about the person and why you have a devotion to him/her.

3 – Do you have a closet or junk drawer that is badly in need of cleaning or purging? Is there any memorabilia from your former marriage that could be given away or thrown out? How can this illustrate other parts of your life that need emptying?

4 – Do you have any “disordered appetites” when it comes to something good that you crave too much? What is your favorite “guilty pleasure” food or drink? How can that hunger or thirst point to the deeper desire of the heart?

5 – Are you familiar with the “spousal analogy” from Scripture? (Page 187 – 189) What are the four ways Jesus loves the Church? What do you think of those?

Dear Lord, help me build a beautiful, meaningful, healthy, holy life in YOU.

Amen.



SESSION 5 – READ AT HOME:

- Chapter 17 – Keep up on your cleaning
- Chapter 18 – Don't hide things in the cellar
- Chapter 19 – Learn to love your laundry room
- Chapter 20 – Make the kids' room safe

QUESTIONS FOR DISCUSSION

- 1 – *Dark, smelly things can linger in our souls like mold in a closet.* Unforgiveness is one of those things. Is there someone you have not yet forgiven after your divorce?**
- 2 – What are the four things that can make forgiveness so difficult? (Page 197) Which ones do recognize?**
- 3 – Have you ever dealt with an addiction? How did you overcome it? Can you share appropriately with the group?**
- 4 – Share with the group your experiences with the Sacrament of Reconciliation (confession) from childhood on.**
- 5 – How have you become a better parent after your divorce? What areas might you still need to work on? (Pages 243 – 255)**

Dear Lord, help me build a beautiful, meaningful, healthy, holy life in YOU.

Amen.



SESSION 6 – READ AT HOME:

Chapter 21 – Enjoy your living room

Chapter 22 – Equip your garage

Chapter 23 – Gather around the fireplace

Chapter 24 – Look forward to the best

EPILOGUE

The Best is Yet to Come

QUESTIONS FOR DISCUSSION

1 – Do you have a good network of friends who hold you accountable to being holy? Do you have any friendships that may need to be ended?

2 – What new weekend, summer, vacation, family, or holiday traditions have you begun after your divorce? How is Christmas different/ better after divorce?

3 – Having read pages 272 – 278, what is YOUR “Purpose?” What is your “Passion?” What is your natural “Personality?”

4 – How have you drawn closer to God through all this? Have you experienced a special time or event with God? How can you make your home and your life more “Catholic?”

5 – If you’re hoping for new romantic love, are you free from anything that would hinder a healthy relationship? What do you still need to work on?

Dear Lord, help me build a beautiful, meaningful, healthy, holy life in YOU.

Amen.

All rights reserved. www.rosesweet.com

www.Catholicsdivorce.com