

## APPENDIX 2

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# SOME HELPFUL FORMS FOR COMMUNICATING WITH FRIENDS AND CHURCH

### FORM 1

For someone walking through divorce to give to friends on what would be most helpful.

#### ALTERNATE FOR FORM 1

If you're the one asking for a "what's helpful" form from your divorced friend, here's a way to preface it.

*Dear friend,*

*I know it can be hard to ask for help—or even to know what kind of help would be helpful right now. This simple form is just a way to name what you're carrying and what kind of support might ease the weight. You don't have to check every box—just the things that feel most needed or doable in this season. This is helpful for friends who want to help but aren't sure what you need. You're not a burden. You're loved. And your honesty will help others walk with you more intentionally.*

### FORM 2

For Friends on what they are able to offer

#### ALTERNATE FOR FORM 2

If you're the divorced person asking a friend to fill out the availability form, here's a way to preface it.

*Dear friend,*

*Thank you for your willingness to show up. This short form is a way to clarify what you're able to offer—so that expectations are clear and no one feels overwhelmed. You don't need to do everything to make a real difference. I'm not expecting you to. In fact, naming your availability honestly is one of the most loving things you can do. I'd love to talk about it with you when you've had a chance to fill it out.*

### FORM 3

From someone walking through divorce on how their church can help.

*This form is simply a tool to help you share where you could use care and support. While the church may not be able to meet every need—and we know we'll often fall short—we want to be intentional in how we walk with you. Your responses help us understand what matters most to you, so we can better come alongside you as part of the body of Christ. Please fill it out as you're able, knowing you are seen, valued, and not alone.*



Hi friend,

Thank you for being someone I can trust. I know it can be hard to know how to help, so I put together a few things that would be especially meaningful or helpful right now. I'm not expecting you to do everything—just sharing this in case it gives you a clearer idea of where I could use support. I'm so grateful you're walking with me in this.

Name: \_\_\_\_\_

Preferred way to contact and contact info:

\_\_\_\_\_

☐ Text ☐ Call ☐ Email

Best time of day: \_\_\_\_\_

#### HOW OFTEN I'D LIKE TO HEAR FROM SOMEONE

- ☐ A few times a week  
☐ Weekly  
☐ Monthly

#### WHAT MIGHT HELP

##### EMOTIONAL SUPPORT

- ☐ Check in with me  
☐ Listen and help me process decisions  
☐ Send encouraging verses or notes

##### PRACTICAL HELP

- ☐ Meals  
☐ Groceries or errands  
☐ Laundry, cleaning, yard work, computer help.

Describe \_\_\_\_\_

- ☐ Childcare  
☐ Budgeting or paperwork  
☐ Résumé or job help  
☐ Gift cards for food, gas, or groceries  
☐ Ride to court, church, school (for kids) or appointments  
☐ Other \_\_\_\_\_

#### SPIRITUAL ENCOURAGEMENT

- ☐ Read the Bible or a devotional with me  
☐ Invite me to church or Bible study  
☐ Help me navigate spiritual questions  
☐ Pray regularly for me and with me  
☐ Ground me in godly truths and help me battle doubt

#### SUPPORT FOR MY KIDS

- ☐ Spend time with them  
☐ Help with schoolwork  
☐ Attend their games or activities  
☐ Pray for them

#### SOCIAL SUPPORT

- ☐ Invite me for coffee or dinner  
☐ Include me in weekend or holiday plans with your family  
☐ Save me a seat at church  
☐ Include me in singles or 1-1 activities

#### WHAT'S NOT HELPFUL RIGHT NOW:

\_\_\_\_\_

#### IF I HAD TO NAME JUST 2-3 THINGS THAT WOULD BE MOST HELPFUL RIGHT NOW, I'D CHOOSE...

- 1.
- 2.
- 3.

#### THERE WASN'T A PLACE IN WHICH TO MENTION THIS EARLIER, BUT I'D LIKE YOU TO KNOW...

Hi friend,

*I care about you and want to walk with you in this season—but I also know I can't do everything. To make things a little easier on both of us, these are specific things I'm able to offer right now. My hope is that this helps you know what you can count on, and that it brings even a little relief along the way.*

Name: \_\_\_\_\_

Preferred way to contact and contact info:

☐ Text ☐ Call ☐ Email

Best to reach me: \_\_\_\_\_

#### HOW OFTEN I'M ABLE TO CHECK IN OR HELP

☐ A few times a week ☐ Weekly  
☐ Monthly ☐ As needed

#### HOW I CAN HELP

##### TIME-BASED HELP

☐ Drive to appointments or church  
☐ Babysit or give rides to children  
☐ Help with errands  
☐ Drop off meals (fresh or frozen)  
☐ Regular check-ins (text or call)  
☐ Have you over for a meal or coffee at my house

##### SKILL-BASED HELP

☐ Laundry or housework  
☐ Yard work or small repairs  
☐ Job search or résumé help  
☐ Financial or budgeting advice  
☐ Tech or computer help  
☐ Pastoral/counseling support

#### SUPPORT FOR CHILDREN

☐ Regularly spend time with one child/mentor  
☐ Occasionally spend time with one or more children  
☐ Help with schoolwork  
☐ Attend games or events  
☐ Take children for outings or weekends

☐ Buy clothes or other necessities for school or sports

#### SPIRITUAL SUPPORT

☐ Pray with you and share encouragement  
☐ Read Scripture or a devotional together  
☐ Pray. Send me a list of prayer requests weekly  
☐ Be a sounding board to listen and process faith questions

#### OTHER

☐ Contribute financially to needs (or help pool resources with others)  
☐ Be a point person to organize others (meals, rides, care teams)  
☐ I'm open to being asked about other needs

#### HOW I PREFER TO HELP

☐ I prefer to give behind-the-scenes help (errands, research, organizing)  
☐ I'm available for in-person support  
☐ I do better with flexible tasks I can do on my own time  
☐ I prefer to respond as needs arise  
☐ I'm fine with a regular rhythm (weekly/monthly check-ins, coffee dates, etc.)

#### THESE ARE THE 2-3 AREAS OF SUPPORT THAT FEEL MOST DOABLE OR NATURAL FOR ME TO OFFER RIGHT NOW:

- 1.
- 2.
- 3.

#### BOUNDARIES AND CONSTRAINTS I NEED TO BE HONEST ABOUT:

Name: \_\_\_\_\_

Preferred way to contact and contact info:

\_\_\_\_\_

☐ Text   ☐ Call   ☐ Email

Best time of day: \_\_\_\_\_

**1. HOW OFTEN I'D LIKE TO HEAR FROM SOMEONE:**

☐ Daily   ☐ A few times a week  
☐ Weekly   ☐ Monthly/Occasionally

**NAMES AND AGES OF CHILDREN (IF APPLICABLE):**

**2. WHAT TYPE OF CARE WOULD BE MOST HELPFUL RIGHT NOW? CHECK ALL THAT APPLY**

**EMOTIONAL/RELATIONAL SUPPORT**

☐ Regular check-ins.  
Circle preferences: text... call... or in person.  
Frequency: weekly... monthly... quarterly

☐ Encouragement  
☐ Help finding a counselor  
☐ Someone to listen

**PRACTICAL SUPPORT**

☐ Meals (fresh or freezer)  
☐ Childcare or help with school transportation  
☐ Errands (groceries, pharmacy, etc.)  
☐ Housework or laundry  
☐ Yard work or home repairs  
☐ Financial support or help managing a budget  
☐ Résumé help or job-search support  
☐ Gift cards (groceries, gas, takeout)

**SUPPORT FOR MY KIDS**

☐ Rides to/from activities  
☐ Mentoring or regular time with a trusted adult  
☐ Invitations to family dinners or outings  
☐ Help preparing for milestones (college, jobs, birthdays, etc.)

☐ Help nurturing their faith

**SOCIAL SUPPORT**

☐ Invitations for holidays or church events  
☐ Someone for our family to sit with at church  
☐ Regular meals or coffee with someone  
☐ Help finding community at church

**3. WHAT IS NOT HELPFUL OR WELCOME RIGHT NOW?**

This helps us avoid doing things that add stress instead of relieving it.

**4. ARE THERE ANY SPECIFIC NEEDS OR CIRCUMSTANCES YOU'D LIKE US TO KNOW ABOUT?**

**5. HOW CAN WE BEST SUPPORT YOU SPIRITUALLY RIGHT NOW?**

☐ Pray for me—by text, call, or in person.  
☐ Invite me to study Scripture or read something together  
☐ Invite me to church or Bible study  
☐ Help me navigate my doubts or questions about faith  
☐ Other \_\_\_\_\_

**6. IF YOU COULD ONLY PICK 2-3 THINGS THAT WOULD BE MOST HELPFUL RIGHT NOW, WHAT WOULD THEY BE?**

1.  
2.  
3.

**7. ANYTHING ELSE YOU'D LIKE TO SHARE?**