

QUESTIONS FOR PERSONAL REFLECTION OR DISCUSSION

This guide can be used for either personal reflection or discussion—you can go through it on your own, with a friend, or as part of a group. Don't feel you have to answer every question; focus on the ones that feel most helpful or relevant right now.

CHAPTER 1: THE UNDOING

1. What parts of this chapter could you most relate to, and why?
2. When have you felt most unseen or misunderstood in the aftermath of your divorce?
3. What moments have unexpectedly stirred grief—perhaps a place, a movie scene, or a casual comment? How did you respond in that moment?
4. What questions about faith or God have surfaced for you since your divorce?
5. In what ways have you found yourself “explaining” your divorce—to others or to yourself?
6. How is your relationship with the Lord? Is it closer, more distant, or the same as it was before the divorce? Where do you want it to be?
7. What would progress look like for you in this season? Using the check-in chart, which area feels most in need of attention—and what's one small step you can take?

CHAPTER 2: TEARS, FEARS, AND THE TENDERNESS OF GOD

1. Which emotions described in this chapter—shock, anger, shame, doubt, sadness, relief, grief, or fear—most resonate with you right now?
2. What messages have you internalized from others (or from yourself) since your divorce?
3. How have your emotions caught you by surprise—either with their intensity or timing? What did those moments reveal about your grief?
4. In what ways have you experienced ambiguous loss in your divorce?
5. What fears are you facing? List all that you can think of. What would it look like for you to replace those “what ifs” with “even if”?
6. Have you ever practiced lament? If so, how did that impact your faith? If not, what's held you back, and how do you think that might have impacted your faith?
7. If you're up to it, use the format in this chapter (p. 45) to write your own lament. Reflect on what you're feeling and bring it honestly before God.

CHAPTER 3: LETTING GO WITHOUT GIVING IN

1. What does “detaching” look like in your life right now?
2. When you think about forgiveness, what’s your immediate reaction—resistance, guilt, longing, confusion? How does the chapter’s definition of forgiveness affect the way you think about it?
3. Has bitterness taken root in your heart in any way? If so, what have the effects been?
4. Where are you on the journey of forgiveness?
5. Boundaries are important but can feel difficult to establish. What boundaries might help protect your peace or support your healing?
6. What has been your biggest challenge in navigating conflict with your ex-spouse? What strategies from the chapter could help you approach future conflicts more calmly and with greater wisdom?
7. What could healing look like for you? What would freedom from the past mean for your future?

CHAPTER 4: THE LIES WE BELIEVE AND THE GRACE THAT WE NEED

1. What untrue beliefs about your worth or identity have taken root after your divorce? What truths from Scripture speak directly to those lies?
2. Do you tend to blame yourself for too much or excuse yourself too quickly? How can you begin to sort through what’s truly yours to own and what isn’t?
3. What are some of the unhealthy ways you’ve tried to find relief or comfort?
4. How has your pain impacted your relationships—with your children, friends, or community? What might you need to repair?
5. What does repentance mean to you right now? Is there anything you feel nudged to surrender?
6. Have you found it hard to trust God since your divorce? What questions or doubts are you carrying? Take some time to talk to God about them.
7. As you reflect on the parable of the prodigal son, which son do you identify with most? What does it look like for you to “come home” to the Father—not in shame, but in trust and repentance?

CHAPTER 5: REASSESSING, REBUILDING, AND REKINDLING JOY

1. How does the image of hidden roots and unexpected regrowth in that chopped-down camellia encourage or challenge you right now?
2. Where are you in the rebuilding process—pausing, planning, grieving, resisting, or slowly laying bricks? What does it look like day to day?
3. Where have you sensed God inviting you to settle into your current place rather than longing for the past? In what areas are you still waiting to return to “what was” instead of asking God what might be next?
4. As you reflect on the six areas (Faith, Fun, Fitness, Finances, Family, and Friendships), what feels most draining? What areas sound easiest to start rebuilding in, even in small ways?
5. What parts of your situation would it be helpful to reframe—not to minimize the loss but to recognize God’s work in it?
6. How would you describe your relationship with God right now? Dutiful? Distant?

Growing? Honest? Have you been able to carve out time to linger with God instead of rushing past him?

7. What brings you joy—or used to? If you had a “fun brainstorm” session like the one described in this chapter, what would be on your list?

CHAPTER 6: PARENTING ON EMPTY

1. What have been your biggest fears for your children through this season? How have those fears shaped the way you parent or pray for them?
2. How has divorce impacted your children? What have been their greatest fears and struggles?
3. Where have you seen God give you wisdom or strength as a parent? Think about specific moments, large or small, where you sensed God helping you.
4. What role has prayer played in your parenting? What Scripture(s) could you pray specifically for your children’s needs?
5. What parenting expectations—of yourself or your children—do you need to release? Do you feel pressure to “prove” that you’re doing okay or that your children are fine?
6. How can you nurture your children through this season? What intentional steps can you take this week to encourage connection, express love, or offer grace?
7. What have been the most difficult parts of coparenting for you? Are there any changes you want to make after reading this chapter?

CHAPTER 7: THE CHURCH, THE CROWD, AND THE FRIENDS WHO STAYED

1. When do you feel most lonely these days? How has that changed since the divorce—and what has helped (or might help) to ease that loneliness?
2. Have you experienced the difference between loneliness and solitude? What helps you move from feeling alone to feeling grounded in God’s presence?
3. In what ways has misplaced shame tried to define you? What truths from this chapter—or from Scripture—can help you reframe your identity in Christ?
4. How has the church supported or hurt you during this season? If you’ve been wounded, what might help you reconnect—or seek healing?
5. What has community looked like for you in this new season of life? Have certain relationships faded or deepened? What kind of support do you need most right now?
6. What voices are shaping you most right now—friends, social media, podcasts, books? Are they drawing you closer to God or pulling you away? If you sense a drift, what practical changes could help you re-center your focus?
7. Where are you still longing to belong? What’s one brave step you could take toward finding connection, whether in your church, friendships, or neighborhood?

CHAPTER 8: DATING AND THE R WORD

1. Do you feel pressure—internally or externally—to get remarried? What do you think is motivating that pressure? How is it impacting you?
2. If you’re considering dating, what values or boundaries do you want to hold on to? What would it look like to honor God and yourself in a future relationship?
3. Would you be willing to invite a trusted friend to help hold you accountable in your dating

relationships—or even help you write a profile, if you’re considering online dating? If so, jot down a few possible names and what you’d ask them to do.

4. Some believe you should only date if you’re ready to remarry; others see dating as part of figuring that out. Where do you land? If you’re unsure about remarriage, how might you communicate that clearly—and why does that matter?
5. What’s your personal mission statement for this next chapter of life? If you haven’t written one, what core values or priorities would you want it to include?
6. How do you feel about the idea of staying single—either for now or for good? Is there fear, peace, or something in between?
7. What does it look like to trust God with your future relationships—or your singleness? What would help you live with hope while staying rooted in contentment?

CHAPTER 9: HOPE ON THE HORIZON

1. Where have you seen evidence of God working through the “fires” in your life? What have you learned, even through pain, that you may not have seen otherwise?
2. What verses, promises, or pictures of hope are helping you hold on? Is there a “Song of Solomon” moment you’ve clung to—or one you’re still waiting to see?
3. Is walking away from faith tempting for you? What is fueling that, and how can you resist that temptation? What truths do you need to remind yourself of in those moments?
4. What’s one area of your life where you long to see God restore what was lost? Are there any small signs of that restoration already—or anything you hope to see in time?
5. If you were to write an honorable discharge for yourself, what would it say?
6. How might God use your healing to encourage someone else? What have you walked through that could become a gift to others? Is there anyone you can encourage right now?
7. Can you trust that God is still writing a good story with your life—even after divorce? How could believing that shift the way you see your past, your present, and what’s still ahead?



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