

Workbook

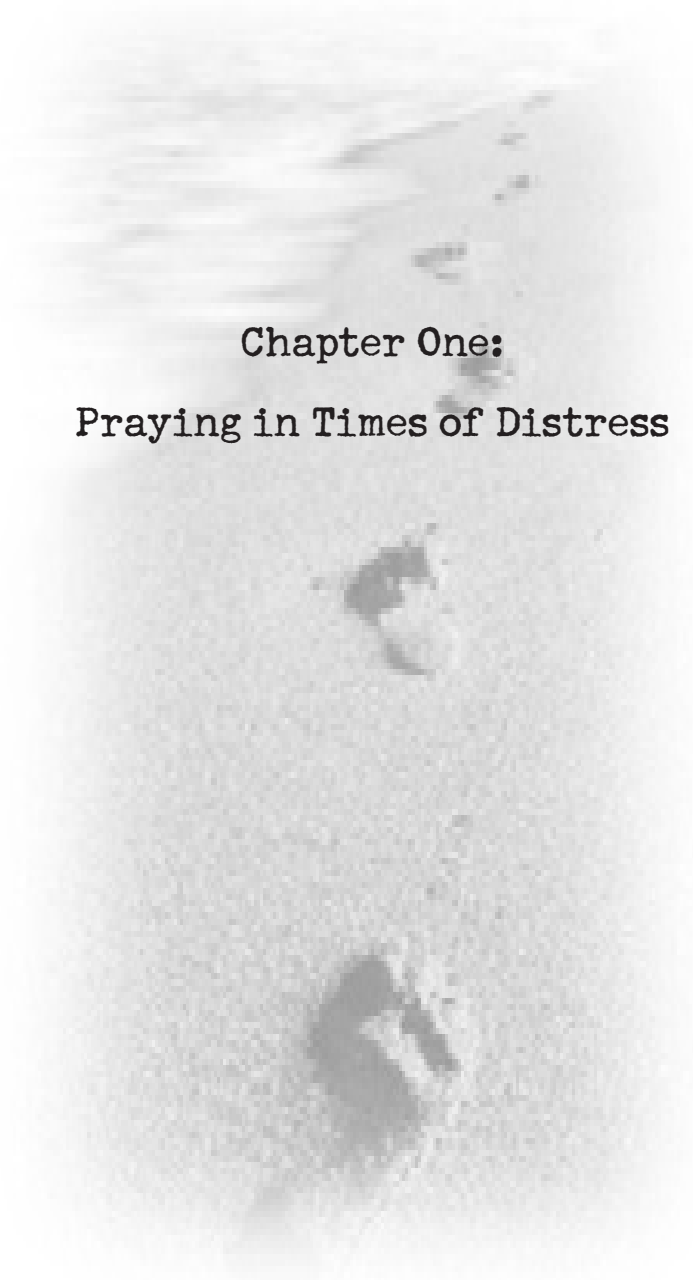
companion to

Divorced. Catholic. *Now What?*

Navigating Your Life After Divorce

by Lisa Duffy and Vince Frese

A Journey of Hope Publication



Chapter One:
Praying in Times of Distress

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Journey of Hope Productions
12460 Crabapple Road
Suite 202 Box 113
Alpharetta, GA 30004

ISBN 978-0-9718234-1-9

Implementation Questions

Are you finding it easy or difficult to include God in your life and talk to him about the way you feel? How seriously do you believe that God can help you through this situation?

Suppressing your anger is not healthy, nor is expressing it in a destructive or a negatively aggressive manner. Make a list of some constructive ways to channel your anger.

Meditation Notes

Other Insights or Inspirations
