

Anger

Anger can be a healthy emotion that spurs us to defend ourselves. But anger can also rob us of joy and ruin lives. Read these scriptures on anger:

- In your anger do not sin; when you are on your beds, search your hearts and be silent (Psa. 4:4).
- Refrain from anger and turn from wrath; do not fret--it leads only to evil (Psa. 37:8).
- But you, O Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness (Psa. 86:15).
- A gentle answer turns away wrath, but a harsh word stirs up anger (Prov. 15:1).
- A fool gives full vent to his anger, but a wise man keeps himself under control (Prov. 29: 11).
- Do not be quickly provoked in your spirit, for anger resides in the lap of fools (Eccl. 7:9).
- "In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold" (Eph. 4:26-27).
- Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice (Eph. 4:31).
- I want men everywhere to lift up holy hands in prayer, without anger or disputing (1 Tim. 2:8).
- My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry for man's anger does not bring about the righteous life that God desires (James 1:19-20).

Take the High Road

Sometimes "taking the high road" in dealing with your ex-partner is rocky and difficult. But Dr. Leman says that the low road is even rockier!

When this happens.....

Your ex is 30 minutes late in bringing the children home.

Your ex misses alimony payment & does not explain.

Your ex had a lover spend night while kids were there.

Your ex announces plans to remarry soon.

Your in-laws want to attend birthday party you planned for your child.

High Road Response

Kindly acknowledge lateness and ask for a phone call next time.

Assume that the ex forgot and kindly call and remind them to send.

Talk to kids about how they feel, tell them you will not do that.

Congratulate them, pray for them, talk to kids to see if questions.

Welcome them and include them, thank them for coming.

Sexual Intimacy

Sexual intimacy is an area in which many single parents struggle after a divorce. Having grown accustomed to intimacy in marriage, they find that being deprived of it can make them especially vulnerable. In their haste to restore sexual intimacy in their lives, single parents can make some major mistakes. Remarrying out of a hunger for sexual intimacy is dangerous. If you are struggling with the loss of sexual intimacy due to divorce, consider talking to a Christian psychologist/psychotherapist and participating in a Christian divorce recovery ministry. Seek out a mature person of the same sex who will pray with you and hold you accountable for sexual purity during this vulnerable time in your life.

Dating

Dr. Leman advises against bringing your date around your kids. It is not important for your kids to be around your date. Protect your child from becoming attached to a person that may not be around long-term. If you are going to date, please use dating apps with caution. Dating apps can pose risks such as encountering fake profiles or scammers who attempt to steal personal information or money. Users may also face safety concerns if they meet someone in person without proper precautions. Additionally, there is a risk of emotional distress from misleading profiles or dishonest intentions. Most remarriages fail because partners have not healed from past hurts nor dealt with other issues in their lives. If you are going to date, date at least two years. Experts recommend that you do not get involved in long distance relationships. Do not settle for less.