



Surviving Separation

Shauna Stebler

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As a believing Christian, what do you do with yourself when your spouse leaves you, wants to separate indefinitely, or even wants a divorce? Where do you go? Whom do you turn to? How do you keep going when all you want to do is curl up into a ball and disappear? Your spouse has just left you, and you have no idea whether this separation is going to be temporary or permanent. You are on an emotional roller coaster with ups, downs, twists and turns, and even loops that continue all throughout your day. From one minute to the next, you have no idea where your emotions are going to take you and all you want is some peace and comfort, but you don't know where to find it. It's time to find strength and support, do some self-exploration, find distractions, and most importantly, find God in all of this mess. God is our source of healing and strength and by tapping into that strength; you can survive this and come out on the other side more beautiful and at peace with your life than you were when you started.

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David Manning:

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Daryl Steele:

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