

DEALING WITH THE EFFECTS OF DIVORCE ON KIDS

A Guide to Dealing With Feelings of Embarrassment

EMBARRASS: to cause confusion & shame to; make uncomfortably self-conscious; disconcert; abash. (from dictionary.com)



KIDS EMBARRASSED BY THEIR PARENS?...SAY WHAT? We know what you're thinking. Kids have been embarrassed by their parents throughout history. That fact is, it's almost a right of passage in our culture. But, imagine if you will, what it would be like to experience something so devastating to your life that it changes your very core being and at the same time feeling like you can't talk to anyone about it because it's embarrassing. Many children who experience the divorce of their parents feel shame and embarrassment. Countless kids never share the fact that their parents are divorced even with their closest friends. Schoolmates are not invited over after school for fear that they may raise questions about why there aren't any pictures of dad on the wall or where mom is. Despite how common divorce has become in our culture, many kids still feel shame and embarrassment when it comes to discussing the fact that their family has fallen apart. On top of everything else going on in their lives, they live in fear that the "secret" of their family may be found out.

WHO I AM IN CHRIST?

Embarrassment often results from a wrong understanding of who we are. When we make Jesus Christ the Lord of our life, he begins to change us from the inside out. When we know who we are in Christ, we have no need to be embarrassed. In Christ, I am:

- ✓ A Child of God (John 1:12)
- ✓ God's workmanship (Ephesians 2:10)
- ✓ Chosen by God (Ephesians 1:4)
- ✓ One with Christ (1 Corinthians 6:17)
- ✓ Complete (Colossians 2:10)
- ✓ Eternally loved (1 Peter 1:5)
- ✓ A citizen of heaven (Philippians 3:20)
- ✓ Chosen by God (Ephesians 1:4)
- ✓ Chosen and adopted by God (Ephesians 1:3-8)
- ✓ Redeemed and Forgiveness (Colossians 1:13-14)
- ✓ Complete (Colossians 2:9-10)
- ✓ Free from condemnation (Romans 8:31-39)
- ✓ Able to do all things through Him (Philippians 4:13)
- ✓ A friend of God (James 2:23)

Scripture References About Embarrassment

Gen. 2:25	Rm. 1:16
Dt. 26:11	Rm. 10:11
Ps. 127:3-5	2 Cor 5:17
Pr. 11:29	2 Cor 6:18
Pr. 19:26	2 Cor 10:4-5
Is. 40:29-31	Phil. 3:13
Is. 43:18	Phil. 4:8
Jer. 17:9	Hb. 12:2
Zeph. 3:17	1 Pt. 4:16

Easing Embarrassment

The root of much embarrassment in children of divorce is the feeling that they are the only ones who have ever been through this. Because embarrassed children are unwilling to talk to others about what is going on, they do not realize that there are others, many others, who are going, or have gone, through the same thing. Find a support group where kids can share with other children who are going through the same thing. Knowing other people are having similar experiences does not ease all the pain of divorce, but it does help with feelings of embarrassment and gives the child someone to talk to who has a better chance of understanding because of their personal experience. When it comes to embarrassment, then, there is comfort in numbers.

