



Broken Crayons Still Color

Living a Romans 8:28 Life After Divorce



A 21-Day Devotional & Reflection Journal

for Women Healing After Divorce

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Before You Pick Up the Crayons

A NOTE FOR THE JOURNEY

This 21-day journal grows from *Broken Crayons Still Color: Living a Romans 8:28 Life After Divorce*. The book does not pretend the breaking was good. It bears witness that God can still work through what changed, what hurt, and what remains.

Each day includes a warm thought, a devotional reflection, Scripture, and one fillable writing prompt. The days are not a formula for getting over divorce. They are companions for grief, shame, restoration, boundaries, identity, and the slow return of joy. Move through them in order or begin with the page that meets your present season.

Romans 8:28 is not a command to call everything good. It is permission to believe that God is not wasting anything. You may be holding pieces, but you are still loved. You may be healing, but you are not disqualified. Use what is in your hand. Color honestly. Begin again when you are ready.

HOW TO USE THIS JOURNAL

- Type directly into the fillable writing area, or print and write by hand.
- Let one honest sentence be enough on difficult days.
- Return to pages when grief or milestones circle back.
- Use therapy, pastoral care, legal counsel, and trusted support when needed.

Broken does not mean benched. Keep coloring.

Use What's in Your Hand

TODAY'S THOUGHT

The crayon may be shorter, but the color did not resign.

DEVOTIONAL REFLECTION

Divorce can leave you staring at pieces of a life you expected to remain whole. The picture changed, but God has not asked you to throw yourself away. In the book, the art teacher never stopped the class when crayons broke; she simply invited the children to use what remained. Healing often begins there. You may not have the same title, rhythm, home, or future you once pictured, but you still have wisdom, faith, gifts, relationships, and breath. What is in your hand may look different now, yet it can still create beauty. Broken does not mean useless. It means you are learning to make something honest from what remains.

SCRIPTURE

Exodus 4:2 (WEB) - "Yahweh said to him, What is that in your hand?"

WRITING PROMPT

What remains in my hand that God can still use?

- _____
- _____
- _____
- _____
- _____
- _____

What's Left Is Still Loved

TODAY'S THOUGHT

A changed last name cannot edit God's affection for me.

DEVOTIONAL REFLECTION

Divorce can alter the labels that once helped you understand yourself. Wife may no longer be one of them, and the loss can feel like a crack through your identity. Yet you are still a woman, still beloved, still called, and still held by God. Your value was never created by marriage, so divorce cannot revoke it. You are not damaged goods waiting to be restored to usefulness. You are already useful, already worthy, and already included in God's unfolding work. The pieces you are holding are not evidence that your life is over. They are evidence that you survived what changed it.

SCRIPTURE

Isaiah 43:4 (WEB) - "Since you have been precious and honored in my sight, and I have loved you..."

WRITING PROMPT

Beyond the role of wife, who am I still becoming?

- _____
- _____
- _____
- _____
- _____



The Years Still Count



TODAY'S THOUGHT

The marriage ended, but the calendar did not stamp the years 'wasted.'



DEVOTIONAL REFLECTION

When a marriage ends, it is natural to look backward and ask what all the years were for. You invested time, tenderness, forgiveness, work, prayer, and hope. The ending may tempt you to call the entire chapter a loss. But the years still produced something: children, lessons, endurance, clarity, memories, boundaries, and a deeper knowledge of God and yourself. Redemption does not always return the relationship. Sometimes it returns you to yourself with greater wisdom. You may not receive more years together, but the years you gave are not meaningless. God keeps perfect records of every seed, every tear, and every act of love.



SCRIPTURE

Psalm 138:8 (WEB) - "Yahweh will fulfill that which concerns me."



WRITING PROMPT

What did those years teach, grow, or reveal in me?

- _____
- _____
- _____
- _____
- _____



Redemption May Look Like a Restored You

TODAY'S THOUGHT

Sometimes the prize at the redemption counter is not the marriage back; it is me back.

DEVOTIONAL REFLECTION

You may have prayed for the marriage to be repaired, only to discover that restoration arrived in another form. Perhaps you found your voice, returned to therapy, rediscovered purpose, or learned to sleep without fear. That does not make your original desire foolish. It means God is redeeming what can still bear fruit. A restored you is not a consolation prize. She is a woman who can carry wisdom forward without denying what hurt. Let redemption be larger than one outcome. God can honor the love you gave while leading you into a future that no longer requires you to disappear.

SCRIPTURE

Psalm 23:3 (WEB) - "He restores my soul. He guides me in the paths of righteousness for his name's sake."

WRITING PROMPT

Where can I already see signs of a restored me?

- _____
- _____
- _____
- _____
- _____



- _____
- _____
- _____
- _____
- _____

Walking Into Church Alone

TODAY'S THOUGHT

I did not enter worship half a person; I entered with the whole presence of God.

DEVOTIONAL REFLECTION

Church can feel especially vulnerable after divorce. The sanctuary may hold memories, expectations, and people who knew you as part of a couple. Walking in alone can feel like an announcement you never intended to make. But God has not moved away from you. You are no less loved, credible, spiritual, or capable of nurturing your family because your path changed. The church may overemphasize marriage, but heaven does not reduce your discipleship to marital status. You can worship, serve, parent, and belong without apologizing for the space beside you. God is still beside you, and that presence is not a lesser arrangement.

SCRIPTURE

Hebrews 13:5 (WEB) - "I will in no way leave you, neither will I in any way forsake you."

WRITING PROMPT

What would belonging without shame look like for me?

- _____
- _____
- _____
- _____
- _____

Gratefulness Opens Your Eyes

TODAY'S THOUGHT

Gratitude did not erase the crack; it helped me notice the light coming through it.

DEVOTIONAL REFLECTION

Gratitude is not pretending the divorce was good. It is refusing to let pain become the only evidence you review. You can thank God for the strength that carried you, the children who are growing, the people who showed up, the clarity you gained, and the grace that met you in unfamiliar places. Gratitude loosens shame's grip because it redirects your attention from what ended to what God is still doing. There may be fresh belonging, renewed faith, unexpected community, or a quieter mind. Notice it without minimizing the loss. Praise and grief can share the same room.

SCRIPTURE

1 Thessalonians 5:18 (WEB) - "In everything give thanks, for this is the will of God in Christ Jesus toward you."

WRITING PROMPT

What is God still doing that pain has made hard to see?

- _____
- _____
- _____
- _____
- _____



Restoration May Change Form

 TODAY'S THOUGHT

I asked God for the old picture back; He began restoring the woman who was holding it.

 DEVOTIONAL REFLECTION

Restoration does not always return what was lost in the same shape. The house may be gone. The furniture may be divided. The financial picture may be different. Yet God can restore peace, productivity, confidence, laughter, and purpose before every external detail is settled. Do not dismiss inward restoration because it is harder to photograph. A calm nervous system, a clearer mind, and the courage to create again are holy evidence. God may eventually restore material things too, but your healing is not waiting for a new address. Restoration can begin wherever you are standing now.

 SCRIPTURE

Joel 2:25 (WEB) - "I will restore to you the years that the swarming locust has eaten."

 WRITING PROMPT

What form of restoration do I need to recognize today?

- _____
- _____
- _____
- _____
- _____
- _____



When the House Changes but You Remain

TODAY'S THOUGHT

I may have lost the table, but God did not remove my seat from the future.

DEVOTIONAL REFLECTION

Divorce often dismantles more than a relationship. It touches rooms, routines, holidays, possessions, finances, and the physical evidence of the life you built. Letting go of ordinary things can carry extraordinary grief because they held memories and stability. Honor that loss. Then remember that the framework of a home is not the same as the foundation of your life. You remain capable of building safety, warmth, and belonging again. The next home may look different, and the current season may feel temporary, but you are not homeless in God. He can create sanctuary around you even before every piece is replaced.

SCRIPTURE

Psalms 90:1 (WEB) - "Lord, you have been our dwelling place for all generations."

WRITING PROMPT

What does home mean to me now, beyond an address?

- _____
- _____
- _____
- _____
- _____



Grief Is Proof You Loved



TODAY'S THOUGHT

My tears are not evidence that I am weak; they are receipts for a heart that invested deeply.



DEVOTIONAL REFLECTION

Grieving a person who is still alive is strange. You may mourn the relationship, the future, the family structure, and the version of yourself who lived inside that marriage. None of this means you are stuck. It means you loved deeply and must now learn how to live around an absence that still has a phone number. Grief can come through tears, anger, numbness, laughter, or sudden memories. Let it breathe. You do not have to rush into a polished testimony. God is near to the brokenhearted, not impatient with them.



SCRIPTURE

Psalm 34:18 (WEB) - "Yahweh is near to those who have a broken heart, and saves those who have a crushed spirit."



WRITING PROMPT

What loss within the divorce still needs permission to be grieved?

- _____
- _____
- _____
- _____
- _____



Grieving the Soul Rhythms

TODAY'S THOUGHT

Sometimes I do not miss the person as much as I miss who used to remember the light bill.

DEVOTIONAL REFLECTION

Love becomes woven into daily rhythms: shared meals, ordinary texts, divided responsibilities, inside jokes, and the person who knew what needed attention without being told. When the marriage ends, these small rhythms disappear too. Their absence can feel like losing a limb because your body and mind were trained around them. Do not shame yourself for missing practical familiarity, even when you know the relationship needed to end. Missing a rhythm is not the same as needing to return. You are learning new patterns, and repetition will eventually make them feel less foreign.

SCRIPTURE

Ecclesiastes 3:1 (WEB) - "For everything there is a season, and a time for every purpose under heaven."

WRITING PROMPT

Which daily rhythm do I miss, and what new rhythm could gently replace it?

- _____
- _____
- _____
- _____
- _____

Healing Is Not Linear

TODAY'S THOUGHT

I thought I graduated from grief; grief said, 'This course has surprise quizzes.'

DEVOTIONAL REFLECTION

You may move through shock, denial, anger, bargaining, sadness, testing, and acceptance - then revisit one of them when an anniversary, court date, holiday, or memory surfaces. This does not mean you have failed. Healing is not a straight line; it is a series of waves that gradually lose the power to direct your entire life. Acceptance does not erase pain. It means pain no longer controls the pace. Let yourself have the strange moments, including the ones that make you laugh at your own bargaining. Grace meets you in the return as well as the progress.

SCRIPTURE

Psalm 30:5 (WEB) - "Weeping may stay for the night, but joy comes in the morning."

WRITING PROMPT

Where am I judging myself for revisiting a stage of grief?

- _____
- _____
- _____
- _____
- _____

Stop Performing the Bigger Person

TODAY'S THOUGHT

The high road is not holy when I am abandoning myself to stay on it.

DEVOTIONAL REFLECTION

After divorce, people may praise you for being mature, peaceful, or easy to work with. But performing peace while you are bleeding inside can become another form of self-abandonment. God is not asking you to look impressive. He is inviting you to become whole. Being gracious does not require agreeing to unsafe, unfair, or unsustainable conditions. You can speak truth without cruelty and protect yourself without becoming bitter. The goal is not to win applause for how much you can absorb. The goal is to heal enough that your choices come from wisdom rather than pressure.

SCRIPTURE

Romans 12:18 (WEB) - "If it is possible, as much as it is up to you, be at peace with all men."

WRITING PROMPT

Where have I confused performing peace with pursuing healing?

- _____
- _____
- _____
- _____
- _____

Boundaries Can Be Holy

TODAY'S THOUGHT

A boundary is not bitterness wearing a blazer; it is wisdom with office hours.

DEVOTIONAL REFLECTION

Boundaries after divorce may involve communication, co-parenting, finances, family access, social media, or emotional availability. They are not punishment. They clarify what supports safety, dignity, and healing. You do not have to answer every message immediately, explain every decision repeatedly, or keep offering access that unsettles your peace. Boundaries can be kind, brief, and consistent. They can also change as circumstances change. Let your boundaries serve the healed version of you, not the frightened version trying to avoid disapproval.

SCRIPTURE

Proverbs 4:23 (WEB) - "Keep your heart with all diligence, for out of it is the wellspring of life."

WRITING PROMPT

What boundary would protect my healing in this season?

- _____
- _____
- _____
- _____
- _____



Pain Needs a Safe Place to Go



TODAY'S THOUGHT

Unprocessed pain will eventually schedule its own exit interview.



DEVOTIONAL REFLECTION

Pain that is continually swallowed does not disappear. It can erupt through anger, impulsive decisions, physical symptoms, or words you never expected to say. Healing requires safe places where the pressure can be released before it explodes. Therapy, prayer, journaling, trusted community, movement, and creative expression can help pain become information instead of ammunition. Accountability matters when you have reacted in harmful ways, but shame is not the only response. God can meet you in regret and lead you toward repair. Your worst moment does not have to become your permanent definition.



SCRIPTURE

Psalms 62:8 (WEB) - "Pour out your heart before him. God is a refuge for us."



WRITING PROMPT

Where can my pain go safely before it chooses its own way out?

- _____
- _____
- _____
- _____
- _____
- _____





You Are Starting From Experience

TODAY'S THOUGHT

I am not back at zero. I arrived with wisdom, receipts, and better questions.

DEVOTIONAL REFLECTION

A new beginning after divorce can feel like being returned to the starting line. But you are not beginning empty. You carry lessons about love, communication, finances, faith, boundaries, and yourself. Experience is not a scarlet letter; it is a teacher. You do not need to deny the past to move forward. You can let it become foundation rather than anchor. A growth mindset says, 'This is hard, but I have learned.' The terrain may be unfamiliar, yet your faith has history. God has kept you before, and that memory can steady the next step.

SCRIPTURE

Isaiah 43:19 (WEB) - "Behold, I will do a new thing. It springs out now. Don't you know it?"

WRITING PROMPT

What wisdom am I bringing into this new beginning?

- _____
- _____
- _____
- _____
- _____
- _____



One New Thing at a Time

TODAY'S THOUGHT

I do not have to rebuild my whole life before dinner.

DEVOTIONAL REFLECTION

Divorce may require many changes at once: work, housing, insurance, finances, parenting routines, friendships, and identity. The pressure to overhaul everything can make newness feel like another crisis. You are allowed to move one surrendered area at a time. Stabilize what is most urgent. Ask for help. Let some decisions wait until your nervous system can think clearly. Progress does not have to look dramatic to be real. One form completed, one appointment made, one budget reviewed, or one room made peaceful can be enough for today.

SCRIPTURE

Matthew 6:34 (WEB) - "Therefore don't be anxious for tomorrow... Each day's own evil is sufficient."

WRITING PROMPT

What is the next necessary step - not every step - for me?

- _____
- _____
- _____
- _____
- _____

You Are an Heir, Not a Leftover

TODAY'S THOUGHT

Divorce did not move me to God's clearance aisle.

DEVOTIONAL REFLECTION

It is easy to feel like a leftover from a former life - the woman whose picture changed while everyone else appears to keep theirs. Scripture offers another identity: daughter and heir. You have not lost access to purpose, provision, belonging, or spiritual inheritance. You are not arriving in the future as a rejected stranger. You are entering as someone God already knows and claims. Let that truth change your posture. You can make decisions from dignity rather than desperation, and you can expect God to meet you in unfamiliar territory with grace.

SCRIPTURE

Romans 8:16-17 (WEB) - "The Spirit himself testifies with our spirit that we are children of God; and if children, then heirs..."

WRITING PROMPT

How would I move differently if I fully believed I am an heir?

- _____
- _____
- _____
- _____
- _____
- _____

Your Life Is Not on Hold

TODAY'S THOUGHT

Joy does not need a relationship status update before it can enter the room.

DEVOTIONAL REFLECTION

Waiting for someone to love you again is not the same as living. This day is still your life. You can heal and laugh, grieve and go to brunch, feel uncertain and still make meaningful plans. Singleness is not a suspension of purpose, and marriage is not the only proof that you have been chosen. God is present now. Do not sit in the audience of your own story waiting for a person to invite you back onstage. Take the trip, try the class, wear the color, celebrate the birthday, and let your life be inhabited again.

SCRIPTURE

Psalm 118:24 (WEB) - "This is the day that Yahweh has made. We will rejoice and be glad in it!"

WRITING PROMPT

What part of my life am I ready to stop postponing?

- _____
- _____
- _____
- _____
- _____

Stop Stuffing the Wound

TODAY'S THOUGHT

A new person cannot be used as emotional tissue paper.

DEVOTIONAL REFLECTION

The ache after divorce can create a strong urge to fill the empty space quickly. Attention, dating, work, spending, food, or constant activity may temporarily cover the wound, but covering is not the same as healing. A wound needs air, care, time, and honest attention. Let the ache show you where tenderness is still required. You do not have to rush to prove that you are desirable or over it. The open space may be uncomfortable, but it can become room for realignment, deeper faith, and a healthier future.

SCRIPTURE

Jeremiah 6:14 (WEB) - "They have healed also the hurt of my people superficially, saying, Peace, peace! when there is no peace."

WRITING PROMPT

What have I been using to avoid feeling the wound?

- _____
- _____
- _____
- _____
- _____

Mosaic Grace

TODAY'S THOUGHT

Broken red is still red, and half a crayon can still make a full mark.

DEVOTIONAL REFLECTION

A mosaic does not hide that its pieces were broken. It arranges them so light can reveal a new kind of beauty. This is Romans 8:28 in motion: not calling the breaking good, but trusting God to work through every color, edge, tear, therapy session, prayer, and brave beginning. Your healing may become art, service, wisdom, ministry, or simply a gentler way of living. Pick up what God is asking you to use again - not to pretend you were never broken, but to honor what survived. You are still color. You are still canvas. You are still called. God is not done.

SCRIPTURE

Romans 8:28 (WEB) - "We know that all things work together for good for those who love God, to those who are called according to his purpose."

WRITING PROMPT

What beautiful thing may God be creating from the pieces I still hold?

- _____
- _____
- _____
- _____
- _____

I Am Still Color

AFFIRMATION

I am not the ending of my marriage. I am not a wasted year, a changed title, a court document, or a broken promise. I am a woman God still loves, leads, and uses. I can grieve what ended without surrendering what remains. I can learn from the past without living inside it. I can choose boundaries, receive support, tell the truth, and let joy return. My story may look different, but it is not over. The pieces in my hand still carry color, purpose, wisdom, and grace.

A ROMANS 8:28 DECLARATION

I will not call the breaking good, but I will trust God to work through it for good. I will not throw away the colors that remain. I will keep creating, healing, living, and believing. I am still canvas. I am still called. I am still color. God is not done.

Keep coloring.

By Dr. Caarne L. White