

impacts of
DIVORCE
and death of a partner



COACH OWIDI

Impacts of
DIVORCE
and Death of a Partner

By Coach Charles Owidi



The fear of the Lord is the beginning of wisdom
(Proverbs 9:10)

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Impacts of **DIVORCE** *and Death of a Partner*

Introduction:

Welcome to a journey of faith, resilience, and transformation. This book is crafted to inspire and uplift, particularly for Christian counselors, mentors, and pastors. I hope that through sharing my experiences, you will find encouragement and practical insights for navigating life's challenges. My motivation for writing stems from a deeply personal journey, one that I invite you to explore further in my video.

https://youtu.be/FtXLqM0i_0w

Donate @ coachowidi.org find more details there.

Note:

This book has been divided into 4 main sections.

Section 1: Why is biblical coaching the best solution for your future?

Section 2: Impacts of Divorce and separation on children:

Section 3: Handling Divorce or Death of a Partner In A Manner That Glorifies God / The Biblical Way"

Section 4: 31 Day Devotional for Divorced and Widowed Parents and Children



Section 1:

Why is biblical coaching the best solution for your future?

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**Title: "Handling Divorce or Death of a Partner
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Proverbs 14:12 NKJV ¹² There is a way that seems right to a man, But its end is the way of death.

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(Restored & Anchored through a daily Healing Journey with
God)

Chapter 1

My story my motivation:

Who is coach Owidi and what motivated me to be a mental health coach?

My Life Story

In January 2001, I embarked on a path of pastoral ministry, serving in Rwanda and later in Ethiopia. These years were filled with joy and purpose, but they also laid the groundwork for a profound transformation that would come in 2011.

In December of that year, during a family funeral, my uncle, the late Dr. T. J. Were Omollo, expressed concern over my unusual physical changes. His words led me to undergo an MRI, which revealed a pituitary adenoma—a brain tumor.

The diagnosis was a shock, but it was also a catalyst for a deeper spiritual awakening.

As I faced the reality of my condition, I turned to prayer and fasting, seeking God's intervention. I rallied my church community to pray for a miraculous healing. However, when I returned for a follow-up MRI, the news was devastating: the tumor had grown larger, and surgery was now urgent.

The Surgery Journey

The day of surgery was filled with anxiety and hope. I was aware of the risks, yet my faith in God provided a sense of peace. The surgery lasted seven hours, and I awoke in the ICU, battling pain and uncertainty. My recovery was complicated by a malfunctioning drainage tube, leading to a terrifying experience where I felt I was suffocating. In that moment, I surrendered completely to God, praying for my family and accepting whatever fate awaited me.

Miraculously, I survived that night, but the journey was far from over. The neurosurgeon later informed me that the surgery had failed; my condition remained unchanged. This news plunged me into despair, igniting a battle within my

mind. I wrestled with doubt, fear, and the temptation to abandon my faith.

The Turning Point

In the depths of my struggle, I realized that pain can either break us or build us. I chose to fight back. With the encouragement of my mother, I prayed earnestly, asking God for restoration. That night, I experienced a profound spiritual breakthrough. I felt a weight lift from my spirit, and my heart began to beat normally again. It was a moment of divine intervention that reaffirmed my faith.

Despite my ongoing health challenges, I was determined to seek further treatment. With the support of my community, I traveled to India for a second surgery. This time, the operation was successful, and I returned home with a renewed sense of purpose.

Lessons Learned

Through this harrowing experience, I learned invaluable lessons:

1. The Power of Community: The love and support of family, friends, and my church community were

instrumental in my healing. Their prayers and encouragement reminded me that I was never alone in my struggles.

2. Faith in Adversity: Pain can be a powerful motivator for spiritual growth. It forces us to confront our deepest fears and rely on God's strength. I learned that true faith is not the absence of doubt but the courage to trust God despite it.
3. The Value of Life: My near-death experience shifted my perspective on what truly matters. I realized that material possessions pale in comparison to the love of family and the importance of relationships.
4. Mental Health Awareness: My journey ignited a passion for mental health and counseling. I became a Board Certified Master Mental Health Coach, dedicated to helping others navigate their own struggles.
5. I believe that while doctors treat, God heals, and I strive to integrate biblical principles into my coaching practice.

My Mission

Today, I am committed to empowering individuals through counseling and support. I have established a medical tourism company to assist patients seeking treatment abroad, I also offer biblical life coaching/counseling services to those in need under coachowidi.org.

Am currently running a restorative group to unique people in our society, that's for divorcees and widowed My vision is to create a community where faith and mental health intersect, providing hope and healing to those who are hurting.

In Conclusion

As you embark on this journey through my story, I hope you find inspiration and strength. Remember, pain can be a powerful catalyst for spiritual growth, leading us closer to God and one another. Embrace your struggles, for they may be the very thing that propels you toward your purpose.

May this book serve as a reminder that no matter how dark the night may seem, joy comes in the morning.

Trust in God's plan, and know that you are never alone.

Q, What is Relationship life coach?

Please watch this short clip <https://youtu.be/cGDBMij3PzI>

As a Christian relationship coach, I do both one on one and group coaching, teaching and preaching depending with the needs.

I am specialized in biblical based principles on relationship coaching which includes:

- Singles and dating
- Premarital classes (deep talks before engagement, purity, conflict resolution and many others)
- Guidance on appropriate dressing and purity.
- Marriage partner advice.
- Character molding/mentorship.

Experience:

My motivation: comes from my life experience

https://youtu.be/FtXLqM0i_0w

Marriage and divorce seminar:

<https://youtu.be/DVXpdkQ6AJ0>

Radio program on relationships:

<https://youtu.be/9JUV5JsWDyI>

Genz related programs: https://youtu.be/pMXt_d7WSo8

Topical guest speaker: walking in step with Holy spirit
<https://youtu.be/YdjXimYvocE>

Just to mention a few.

Success rate: <https://youtu.be/1ZYYqxJE9xI>

Bible based coaching has the best reliable God given life solutions and experience, Having worked with mental health related problems like stress, anxiety, worry, depression, drug and alcohol addicts, I have seen close to 90+% growth by those committed and trusting to implementing the principles of God to their problems.

Seeing those who had given up on life overflowing with joyful and living their lives to the full all over again brings an eternal and never ending Joy.

Our focus is to show, teach Christ as the only source of life. It's said that coaching or counselling an individual without giving them Christ is empty and a waste of time.

John 14:6: Jesus said, "I am the way, the truth, and the life. No one comes to the Father except through me" in

Q, what is biblical life counselling or professional Christian coaching?

Biblical Counseling/coaching is the process where God's Word, is related individually to a person or persons who are struggling/suffering under the weight of transferred/personal sin, mental health problems leading restoration/transformation.

The main aim is to help the individual seek a genuine change within in order to please God hence restoration.

Biblical counseling sees Scripture as sufficient to equip the child of God for every good work (2 Timothy 3:17). Biblical counselors teach that man's basic problem is spiritual in nature and that God has eternal power over all problems.

My Beliefs or core value:

First, I believe that the Bible, given by God, is sufficient for life when properly interpreted, it reveals to the believer all the information necessary for one to understand his need for Christ, how he can please the Lord, and how to live in a

God-honoring way regardless of the circumstances whether comfortable or oppressive.

Second, the Bible is also the authoritative source with which all truth claims including claims made by psychiatrist, counselors, science and history must be evaluated.

Third, I believe that genuine heart change is totally dependent on the ministry of the Holy Spirit. Thus, my view of counseling practice includes the importance of prayer, dependence on God, a thorough knowledge of the Word of God, and an understanding of ministering to people.

To this while at times I use secular principles which I still believe are God given skills, but any that contradicts the inherent word of God is considered as none valid for use.

Chapter 2

Starting Coaching/Counselling isn't easy

Below are some reasons why the majority, esp. men, find it difficult to sign in for counselling.

Many end up enrolling when it's almost too late.

Proverbs 11:14 For lack of guidance, a nation falls, but with many counselors comes deliverance.

Starting counselling or life coaching can feel like a huge step. For many of us, it's easier to stay in the familiar rhythms of family life—even when those rhythms are painful or limiting. I know that feeling well. There's comfort in what we've always known, even if it's weighing us down.

But I've also learned that staying in those patterns doesn't mean we're okay—it just means we're used to surviving, not necessarily thriving.

Here's why taking that step toward support—whether through counselling or life coaching—can feel so hard, but also so worth it.

1. Stigma and Shame

In many families or cultures, seeking help is still misunderstood. Going to counselling can be seen as a weakness, and hiring a coach can feel self-indulgent. I used to worry people would think something was wrong with me. But now I see that asking for help is one of the most courageous things you can do.

2. Loyalty to Family Patterns

We often grow up with silent rules: don't talk about problems, don't show vulnerability, keep things in the family. Reaching out for support can feel like breaking some sacred code. But healing doesn't mean turning your back on your family—it means choosing to live differently, with intention.

3. Fear of Change

Counselling and coaching both ask us to grow. To reflect. To challenge the narratives we've held for years. And

change is hard, especially when it means letting go of parts of ourselves we thought were “just who we are.” But growth doesn’t mean losing yourself. It means finding yourself beneath the layers.

4. Not Knowing It’s an Option

For a long time, I didn’t even realize I could talk to someone. I didn’t know what coaching was, and therapy seemed like something “other people” needed. But the truth is—these supports are for anyone who wants clarity, healing, or even just someone to walk alongside them for a while.

5. Practical Barriers

Access isn’t always easy—cost, time, and finding the right fit are real challenges. But there are options. Some therapists and coaches offer sliding scales, online sessions, or culturally informed support. You deserve to find one that fits you.

6. Beliefs We’ve Internalized

I used to believe I had to figure it all out alone. That needing help meant I wasn’t strong enough. But strength isn’t about doing it all by yourself. It’s about knowing

when to reach out. Coaching helped me clarify my goals. Counselling helped me heal. Both helped me come home to myself.

7. Fear of Not Being Understood

Being vulnerable is scary, especially with someone new. I worried that a therapist or coach wouldn't understand my background, my story, my values. But when I found someone who really listened, who held space without judgment, it changed everything. It reminded me that I don't have to carry it all alone.

Whether you choose counselling to heal from the past, or life coaching to build your future, or both, you're choosing yourself. That's not selfish. That's self-respect.

You can honor where you come from and still want more for your life. You're not broken. You're human. And you deserve support.

If you're thinking about that first step, I promise—it's okay to be scared. But it's also okay to be ready. And there are people out there who genuinely want to help you get where you want to go.

I'm here if you need help exploring what that next step could look like.

Chapter 3

From Faithfulness to Fruitfulness

How Coaching Ignites Spiritual Growth and Opens the Door to Kingdom Wealth

In today's fast-paced world, many believers struggle to find balance between spiritual growth and success in life. This booklet offers a practical, biblical look at how coaching can help you walk faithfully with God, grow spiritually, and steward your life and resources wisely, leading to true, holistic wealth.

1. Clarifying Purpose: Coaching and God-Given Vision
"The purposes of a person's heart are deep waters, but one who has insight draws them out." – Proverbs 20:5
2. A coach helps you uncover your true calling—not just your career, but your Kingdom assignment. Coaching

brings clarity, helping you align your work and life with God's design for you.

3. Building Faithfulness through Consistent Habits

"Whoever can be trusted with very little can also be trusted with much..." - Luke 16:10

4. Faithfulness starts with daily discipline. Coaching provides structure, accountability, and support so that you can become more consistent in both your spiritual and personal life.

5. Healing Identity and Restoring Confidence

"You will know the truth, and the truth will set you free." - John 8:32

"As a man thinks in his heart, so is he." - Proverbs 23:7

6. Many people carry hidden wounds or limiting beliefs. Coaching helps you identify and uproot these lies, restoring your confidence in who you are in Christ.

7. Activating Stewardship: Coaching for Strategic Living

"Commit your work to the Lord, and your plans will be established." - Proverbs 16:3

"The plans of the diligent lead surely to abundance..." - Proverbs 21:5

Stewardship is managing what God has placed in your hands—your gifts, time, resources, and influence. Coaching empowers you to multiply what you've been given.

8. Staying Spiritually Centered While Growing

"Seek first the kingdom of God and His righteousness, and all these things will be added to you." - Matthew 6:33

Coaching rooted in faith keeps you grounded. As you grow, coaching helps ensure that your progress doesn't pull you away from God, but draws you closer.

9. Ministering to the Brokenhearted: Creating Support Groups

"The Lord is close to the brokenhearted and saves those who are crushed in spirit." - Psalm 34:18

"Carry each other's burdens, and in this way you will fulfill the law of Christ." - Galatians 6:2

Pastors are uniquely positioned to shepherd those who have experienced deep loss. Divorcees and widowed individuals often feel isolated, overlooked, or even stigmatized in church communities. Yet, God is especially close to them.

Creating empowering, faith-based support groups for divorcees and widows within the church allows these individuals to heal, grow, and rediscover purpose in community. Coaching and counseling can help them navigate grief, rebuild identity, and step into new seasons with hope.

Encourage these groups as safe spaces where spiritual encouragement and personal development can flourish—where the brokenhearted are seen, heard, and uplifted.

Conclusion: Faithfulness Leads to Fruitfulness

Faithfulness in the small things opens the door to abundance. Spiritual maturity and coaching go hand in hand—building not just success, but significance.

Key Takeaway: Coaching doesn't replace faith—it deepens it. And as your faith matures, so does your capacity to steward and multiply Kingdom wealth.

Reflection Questions:

What has God placed on your heart that feels too big or unclear?

What habits or beliefs are holding you back from living faithfully?

How would your life change if you had consistent support and clarity?

Are there people in your congregation who could benefit from a healing group?

Next Steps

Pray about starting a coaching journey.

Reach out to a certified, faith-based coach.

Start or support a church-based group for those who are divorced or widowed.

Encourage others in your church or community to grow through coaching.

"Plans fail for lack of counsel, but with many advisers they succeed." - Proverbs 15:22

Closing Encouragement

Dear Reader,

You are not alone on this journey. God sees your heart and honors your desire to grow, to heal, and to serve His Kingdom faithfully. Coaching is not a worldly trend—it's a tool that, when rooted in faith, becomes a vessel for transformation. It empowers you to walk in purpose, recover what was lost, and build a life of deep spiritual and practical fruitfulness.

As you prayerfully consider the next step, may you be filled with courage, wisdom, and the assurance that God is walking with you every step of the way.

May this resource serve as a catalyst for breakthrough—not just for you, but for your church, your family, and your community.

With grace and purpose.

Chapter 4

Why don't men go for counseling?

Why I Didn't Want to Go to Counselling – and Why I Finally Did

A Faith-Based Reflection for Men

I'll be honest — I never thought I'd be the kind of man who needed counselling.

I grew up hearing things like:

“Man up.”

“Don't cry.”

“Push through.”

And somewhere along the way, I started to believe that real men don't talk about pain — they just survive it.

But when life started falling apart — when the stress, the grief, the guilt, and the silence got too loud — I hit a wall. And no matter how much I tried to fix it alone, I couldn't. Still, counselling felt like failure.

Until I remembered something deeper:

“God is our refuge and strength, an ever-present help in trouble.” – Psalm 46:1

That verse doesn’t say we have to be strong all the time — it says God is.

That was my first breakthrough: I didn’t have to carry this weight alone.

Not spiritually. Not emotionally. Not even mentally.

Q, Why do We Resist Counselling?

It’s not just me. A lot of us men avoid counselling — not because we don’t need help, but because we’ve been taught not to ask for it.

Here’s what’s often standing in the way:

We Think Asking for Help Is Weakness

But even Jesus — the Son of God — cried out in Gethsemane and let His disciples see Him in deep anguish.

“My soul is overwhelmed with sorrow to the point of death.” – Matthew 26:38

If Jesus could express grief, so can we.

We Fear Being Vulnerable

But God never shames us for our struggles. He meets us in them.

“The Lord is close to the brokenhearted and saves those who are crushed in spirit.” – Psalm 34:18

We Don't See Other Men Doing It

But maybe God is calling you to be the one who breaks the cycle — for your own healing and for others who are watching.

“Carry each other's burdens, and in this way you will fulfill the law of Christ.” – Galatians 6:2

We Carry Silent Pressure

And without an outlet, it shows up in our bodies, relationships, and spirit. Counselling is not just for venting - it's for healing.

“Confess your sins to each other and pray for each other so that you may be healed.” – James 5:16

How Counselling Helped Me

I went to that first appointment anxious and guarded. I didn't know what to say. But eventually, I talked. I cried. I breathed again.

The counsellor didn't try to fix me. He just listened. And God met me there.

I realized that counselling isn't about being fixed — it's about being seen, known, and guided toward healing.

Redefining Strength, God's Way

We often think strength means *"holding it all together."* But God's definition of strength is different:

"My grace is sufficient for you, for my power is made perfect in weakness." - 2 Corinthians 12:9

"Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me."

That verse changed everything for me.

God wasn't asking me to hide my pain. He was inviting me to bring it to Him — and to others who could help.

Brother, You're Not Alone

If you're reading this and you're carrying more than you can handle, let me say this:

You are not less of a man for needing help.

You are not less of a believer for going to counselling.

You are not beyond healing.

You're human. You're loved.

And God still has plans for you — good ones.

A Final Encouragement

Counselling isn't a sign of defeat.

It's a step of courage, an act of humility, and a tool God can use to restore what's been broken.

So if you're tired, hurting, or overwhelmed, take that step. And remember:

"Come to me, all you who are weary and burdened, and I will give you rest." - Matthew 11:28

That invitation includes you, too.

Chapter 5

Word of advice to men:

I want to say something to the men who feel like they have to hold it all together.

You've been carrying so much—quietly, steadily, without complaint. Maybe you've told yourself: *"I've got this,"* even on the days you feel like you don't. Maybe you've learned to keep your head down, push through, and handle things on your own—because that's what you were taught a *"real man"* does.

But here's the thing:

Even the strongest men need space to breathe, reflect, and refocus.

And that's exactly what life coaching can offer.

Life coaching isn't therapy.

It's not about fixing you—because you're not broken.

It's about helping you figure out what's next.

It's about getting unstuck, rediscovering your confidence, and creating a version of life that actually feels good—not just “fine.”

So many men avoid seeking support, not because they don't want change—but because they don't realize there's a safe, practical, forward-focused way to get it. Coaching is that space.

Why Coaching works for men:

To men who love setting goals: It's goal-oriented and solution-focused.

- It respects where you're coming from, but helps you focus on where you're going.
- It gives you a place to talk things through without judgment, pressure, or pretense.
- Whether it's your career, relationships, identity, or just feeling lost in the noise of life—coaching can help you cut through the fog and find clarity.
- This isn't about being soft.
- It's about being smart.
- It's about choosing to live with intention, rather than on autopilot.

You don't have to keep carrying everything by yourself.

You don't have to have it all figured out.

But you can choose to step into something better.

Note: If something in this hits home, maybe that's your sign.

And if you're ready to talk – coaching is ready to meet you where you are.

You deserve to thrive, not just survive.

Chapter 6

Why do Pastors and Bishops often resist Counselling or Coaching?

Disclaimer: this topic is from a personal experience having been a pastor since 2001

Things I shared are mostly those I have struggled with and since repented of when Scripture is full of wisdom about seeking guidance, accountability, and growth?

Briefly: Because it's hard to be seen as the one who needs help when you're always expected to give help.

Here's what many church leaders quietly carry:

- The pressure to appear spiritually strong, emotionally unshakable, and always "together."
- The fear that admitting struggle will damage their credibility or the congregation's trust.

- The belief that faith alone should be enough to overcome personal or leadership challenges.

But the truth is: even the most faithful leaders are human. And the Bible never calls leaders to be perfect—it calls them to be wise, humble, and teachable.

Scripture Supports Seeking Wise Counsel

“Without counsel plans fail, but with many advisers they succeed.” – Proverbs 15:22

“Plans are established by counsel; by wise guidance wage war.” – Proverbs 20:18

“Where there is no guidance, a people falls, but in an abundance of counselors there is safety.” – Proverbs 11:14

God never intended for spiritual leaders to carry the burden of ministry – or life – alone.

Q, Why does coaching and counselling matter for church leaders:

Coaching provides clarity, support, and fresh perspective for navigating leadership challenges.

Counselling offers healing and restoration from personal struggles, burnout, or unprocessed pain.

Both create space to grow — not just in role, but in soul.

Jesus Himself regularly withdrew to pray, reflect, and connect with the Father. He modeled rest, vulnerability, and dependence — not just relentless output.

To every pastor or bishop reading this:

- Seeking help isn't weakness.
- It's wisdom.
- It's stewardship of your calling, your health, and your future.

You can't pour from an empty cup — and you were never meant to.

If God uses others to bless, guide, and support the body, why wouldn't He do the same for you?

Maybe this is your moment to step into something deeper — not just for your church, but for your own heart.

To continue reading the rest of this book, kindly purchase the full copy by visiting: <https://coachowidi.org/book-launch/>

You can also pay directly via M-Pesa:

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Relationship coach

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impacts of **DIVORCE** *and death of a partner*

In a world where broken relationships, divorce and the loss of a partner can leave deep emotional wounds,

From Faithfulness to Fruitfulness offers a biblical pathway to healing, restoration and renewed purpose. Coach Charles Owidi draws from his personal journey of pain, resilience, and spiritual transformation to guide readers – especially Christian counselors, pastors and families – through life's most painful seasons.

This powerful resource explores the profound impact of divorce and separation on children, how to support them through age-appropriate conversations and how widowed or divorced parents can find strength and hope in God. With biblical wisdom, real-life insights and a 31-day healing devotional. This book equips you to rise from brokenness to beauty – moving forward with faith, grace and fruitfulness.

Whether you are navigating loss or helping others through it, this book is your companion toward a Christ-centred recovery.



Coach Owidi, a certified mental health coach and christian mentor, has served in the ministry for 25 years, teaching, counselling and guiding others through life's trials. He blends biblical truths with practical coaching to help singles, couples and divorcees find healing, hope and purpose.



COACH OWIDI
CHRISTIAN LIFE COACH