

A person is seen from behind, sitting on the edge of a boat on a calm lake. The sun is setting in the distance, creating a bright glow on the water's surface that reflects the surrounding mountains. The sky is a clear, pale blue. The overall mood is peaceful and contemplative.

DAILY
INSPIRATIONS
for
DIVORCED
CATHOLICS

TOP 30
Reader
Favorites

VINCE FRESE

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DAILY INSPIRATIONS FOR DIVORCED CATHOLICS

Top 30 Reader Favorites

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The Holy Spirit for His inspiration.

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*My mom for her hard work in editing, compiling and scheduling
the Daily Inspirations.*

*To the many divorced Catholics that I have been privileged to
encourage and guide over the years. You all are an endless source of
inspiration and hope.*

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INTRODUCTION

I never expected to be writing this — or anything else for that matter. You see, I have always considered myself a “math person.” In school, you either were good in math or good in English, but rarely both. I was the guy that was good in math, and anything to do with writing or grammar was like having a root canal. The many positive responses I have received over the years to the *Daily Inspirations* is proof positive that God really does equip the called.

My response to the compliments I receive for the *Inspirations* is to give credit to the Holy Spirit. And that is not just lip service; He truly is the one that inspires me. He takes my life experience, combines it with the truth and wisdom of our Catholic faith, and—presto!—*Daily Inspirations* pour forth. There is no other way I can explain it.

I have been encouraged by many of the *Inspiration* readers to put them into book form. Well, here is my first attempt to compile them into something other than individual emails you find in your Inbox each morning. These were (somewhat) scientifically selected based on the open rates for each *Inspiration*. I am sure there is a more statistically accurate way of selecting them, but this will have to do for now. Maybe one day I will forget statistics and simply select all of them and put them in book form. Who knows...

My prayer for you is that each of these *Inspirations* is a steppingstone down your path to recovering from divorce and claiming the abundant life you were created to live. May each one give you a spark of hope that lights the path ahead of you. And most importantly, may these *Inspirations* help you to more fully learn—and live—your Catholic faith. It is in doing so that you are brought into direct contact with the Divine Physician, Jesus Christ, the source of all healing and renewal. As I often say, “If you have to go through a divorce, thank God you are Catholic!”

Vince Frese
March 19, 2015
Feast of St. Joseph

Day 1

BE NOT AFRAID

ONE OF THE MOST COMMON REACTIONS to divorce is fear. That is very understandable. Who wouldn't be scared if their entire life came crashing in around them? The problem with fear is not being scared, that's normal. The problem is acting on fear. That's when fear becomes a lousy strategy.

Here is a better strategy: hope. Hope is not about ignoring the reality of being afraid. It is not some mind-psych game you play to pretend you are not afraid. Hope is acknowledging your fear and then making a decision to totally trust God. It is putting the fear into God's hands and allowing Him to carry it for you, relieving you of the burden. The fundamental ingredient of hope is trust. It is about trusting that God has not, and never will, abandon you. It is trusting that He is walking with you through this extremely painful, lonely, and discouraging time in your life. It is trusting that He really does want you to have an abundance of peace and joy, and that He has a great plan for you to get it—even though you have no idea what that plan is. Focusing on that really does help to move past the fear of the present and look forward to a very positive, hopeful, future.

We rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us.

—Romans 5: 3-5

