

APPENDIX 2

SOME HELPFUL FORMS FOR COMMUNICATING WITH FRIENDS AND CHURCH

FORM 1

For someone walking through divorce to give to friends on what would be most helpful.

ALTERNATE FOR FORM 1

If you're the one asking for a "what's helpful" form from your divorced friend, here's a way to preface it.

Dear friend,

I know it can be hard to ask for help—or even to know what kind of help would be helpful right now. This simple form is just a way to name what you're carrying and what kind of support might ease the weight. You don't have to check every box—just the things that feel most needed or doable in this season. This is helpful for friends who want to help but aren't sure what you need. You're not a burden. You're loved. And your honesty will help others walk with you more intentionally.

FORM 2

For Friends on what they are able to offer

ALTERNATE FOR FORM 2

If you're the divorced person asking a friend to fill out the availability form, here's a way to preface it.

Dear friend,

Thank you for your willingness to show up. This short form is a way to clarify what you're able to offer—so that expectations are clear and no one feels overwhelmed. You don't need to do everything to make a real difference. I'm not expecting you to. In fact, naming your availability honestly is one of the most loving things you can do. I'd love to talk about it with you when you've had a chance to fill it out.

FORM 3

From someone walking through divorce on how their church can help.

This form is simply a tool to help you share where you could use care and support. While the church may not be able to meet every need—and we know we'll often fall short—we want to be intentional in how we walk with you. Your responses help us understand what matters most to you, so we can better come alongside you as part of the body of Christ. Please fill it out as you're able, knowing you are seen, valued, and not alone.



Hi friend,

Thank you for being someone I can trust. I know it can be hard to know how to help, so I put together a few things that would be especially meaningful or helpful right now. I'm not expecting you to do everything—just sharing this in case it gives you a clearer idea of where I could use support. I'm so grateful you're walking with me in this.

Name: _____

Preferred way to contact and contact info:

Text Call Email

Best time of day: _____

HOW OFTEN I'D LIKE TO HEAR FROM SOMEONE

- A few times a week
 Weekly
 Monthly

WHAT MIGHT HELP

EMOTIONAL SUPPORT

- Check in with me
 Listen and help me process decisions
 Send encouraging verses or notes

PRACTICAL HELP

- Meals
 Groceries or errands
 Laundry, cleaning, yard work, computer help.

Describe _____

- Childcare
 Budgeting or paperwork
 Résumé or job help
 Gift cards for food, gas, or groceries
 Ride to court, church, school (for kids) or appointments
 Other _____

SPIRITUAL ENCOURAGEMENT

- Read the Bible or a devotional with me
 Invite me to church or Bible study
 Help me navigate spiritual questions
 Pray regularly for me and with me
 Ground me in godly truths and help me battle doubt

SUPPORT FOR MY KIDS

- Spend time with them
 Help with schoolwork
 Attend their games or activities
 Pray for them

SOCIAL SUPPORT

- Invite me for coffee or dinner
 Include me in weekend or holiday plans with your family
 Save me a seat at church
 Include me in singles or 1-1 activities

WHAT'S NOT HELPFUL RIGHT NOW:

IF I HAD TO NAME JUST 2-3 THINGS THAT WOULD BE MOST HELPFUL RIGHT NOW, I'D CHOOSE...

- 1.
- 2.
- 3.

THERE WASN'T A PLACE IN WHICH TO MENTION THIS EARLIER, BUT I'D LIKE YOU TO KNOW...

Hi friend,

I care about you and want to walk with you in this season—but I also know I can't do everything. To make things a little easier on both of us, these are specific things I'm able to offer right now. My hope is that this helps you know what you can count on, and that it brings even a little relief along the way.

Name: _____

Preferred way to contact and contact info:

Text Call Email

Best to reach me: _____

HOW OFTEN I'M ABLE TO CHECK IN OR HELP

A few times a week Weekly
 Monthly As needed

HOW I CAN HELP

TIME-BASED HELP

Drive to appointments or church
 Babysit or give rides to children
 Help with errands
 Drop off meals (fresh or frozen)
 Regular check-ins (text or call)
 Have you over for a meal or coffee at my house

SKILL-BASED HELP

Laundry or housework
 Yard work or small repairs
 Job search or résumé help
 Financial or budgeting advice
 Tech or computer help
 Pastoral/counseling support

SUPPORT FOR CHILDREN

Regularly spend time with one child/mentor
 Occasionally spend time with one or more children
 Help with schoolwork
 Attend games or events
 Take children for outings or weekends

Buy clothes or other necessities for school or sports

SPIRITUAL SUPPORT

Pray with you and share encouragement
 Read Scripture or a devotional together
 Pray. Send me a list of prayer requests weekly
 Be a sounding board to listen and process faith questions

OTHER

Contribute financially to needs (or help pool resources with others)
 Be a point person to organize others (meals, rides, care teams)
 I'm open to being asked about other needs

HOW I PREFER TO HELP

I prefer to give behind-the-scenes help (errands, research, organizing)
 I'm available for in-person support
 I do better with flexible tasks I can do on my own time
 I prefer to respond as needs arise
 I'm fine with a regular rhythm (weekly/monthly check-ins, coffee dates, etc.)

THESE ARE THE 2-3 AREAS OF SUPPORT THAT FEEL MOST DOABLE OR NATURAL FOR ME TO OFFER RIGHT NOW:

- 1.
- 2.
- 3.

BOUNDARIES AND CONSTRAINTS I NEED TO BE HONEST ABOUT:

Name: _____

Preferred way to contact and contact info:

 Text Call Email

Best time of day: _____

1. HOW OFTEN I'D LIKE TO HEAR FROM SOMEONE:

Daily A few times a week
 Weekly Monthly/Occasionally

NAMES AND AGES OF CHILDREN (IF APPLICABLE):

2. WHAT TYPE OF CARE WOULD BE MOST HELPFUL RIGHT NOW? CHECK ALL THAT APPLY

EMOTIONAL/RELATIONAL SUPPORT

Regular check-ins.

Circle preferences: text... call... or in person.
Frequency: weekly... monthly... quarterly

Encouragement
 Help finding a counselor
 Someone to listen

PRACTICAL SUPPORT

Meals (fresh or freezer)
 Childcare or help with school transportation
 Errands (groceries, pharmacy, etc.)
 Housework or laundry
 Yard work or home repairs
 Financial support or help managing a budget
 Résumé help or job-search support
 Gift cards (groceries, gas, takeout)

SUPPORT FOR MY KIDS

Rides to/from activities
 Mentoring or regular time with a trusted adult
 Invitations to family dinners or outings
 Help preparing for milestones (college, jobs, birthdays, etc.)

Help nurturing their faith

SOCIAL SUPPORT

Invitations for holidays or church events
 Someone for our family to sit with at church
 Regular meals or coffee with someone
 Help finding community at church

3. WHAT IS NOT HELPFUL OR WELCOME RIGHT NOW?

This helps us avoid doing things that add stress instead of relieving it.

4. ARE THERE ANY SPECIFIC NEEDS OR CIRCUMSTANCES YOU'D LIKE US TO KNOW ABOUT?

5. HOW CAN WE BEST SUPPORT YOU SPIRITUALLY RIGHT NOW?

Pray for me—by text, call, or in person.
 Invite me to study Scripture or read something together
 Invite me to church or Bible study
 Help me navigate my doubts or questions about faith
 Other _____

6. IF YOU COULD ONLY PICK 2-3 THINGS THAT WOULD BE MOST HELPFUL RIGHT NOW, WHAT WOULD THEY BE?

1.
2.
3.

7. ANYTHING ELSE YOU'D LIKE TO SHARE?