



Heart in a Drawer

EXPLORING HURT, HEALING AND HOPE AS AN ADULT CHILD OF DIVORCE

Episode 12 Meditation Verse:

A person's wisdom yields patience; it is to one's glory to overlook an offense.
Proverbs 19:11 NIV

Write the verse out three times below to hide it in your heart and mind.

1.

2.

3.

Reflection Questions:

To decide whether to confront a hurt or offense, run it through this guide:

Level 1-3 Best to let it go. Release your frustration in prayer.

Level 4-6 Handle it by talking to God and trusted friends. May need to confront.

Level 7-10 Deep hurt/offense that needs to be confronted. Seek wise counsel first.

Which past situations did you handle well? Which needed a different approach?