



Heart in a Drawer

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

Episode 19 Meditation Verse:

Lord, you know the hopes of the helpless.
Surely you will hear their cries and comfort them.
You will bring justice to the orphans and the oppressed,
so mere people can no longer terrify them.

Psalm 10:17-18 NLT

Write the verses out three times below to hide them in your heart and mind.

1.

2.

3.

Reflection Questions:

Have you felt oppressed as a scapegoat? Where do you need God's healing?

Have you treated someone else as a scapegoat? In what ways do you need God's grace?