



# Heart in a Drawer

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

## Episode 11 Meditation Verse:

He heals the brokenhearted and bandages their wounds.  
Psalm 147:3 NLT

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

1.

2.

3.

Reflection Questions:

What trauma have you experienced as a child of divorce? How does it get triggered today?

In which ways will you invite God to help you heal from that trauma?