



Heart in a Drawer

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

Episode 17 Meditation Verse:

Trust in the Lord with all your heart and lean not on your own understanding;
in all your ways submit to him, and he will make your paths straight.

Proverbs 3:5-6 NIV

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

1.

2.

3.

Reflection Questions:

In which ways was your trust broken when your parents divorced?

How do you envision these verses teaching you to trust God more, day by day?



Heart in a Drawer

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

Comforting Characteristics of God

As you grow in your trust of God, meditate on these comforting characteristics. Look up these psalms, then jot down one-sentence prayers to God based on these names.

Father to the fatherless - Psalm 68:5 NLT

Refuge - Psalm 62:8 NLT

Rock - Psalm 18:2 NLT

Shepherd - Psalm 23 NIV

Healer - Psalm 147:3 NIV

Deliverer - Psalm 34:17 NIV

Shield - Psalm 5:12 NLT

Savior - Psalm 6:4 NLT

Friend - Psalm 25:14 NLT