



Heart in a Drawer

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

Episode 6 Meditation Verses:

Father to the fatherless, defender of widows— this is God, whose dwelling is holy.
God places the lonely in families; he sets the prisoners free and gives them joy.
Psalm 68:5-6 NLT

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

1.

2.

3.

Reflection Questions:

How does knowing God is Father to the fatherless encouraging to you in your hurt?

Which "family" has God set you in to heal your loneliness? If you aren't part of one now, what can you do this week to reach out?