



Heart in a Drawer

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

Episode 7 Meditation Verse:

Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.

Hebrews 12:15 NLT

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

1.

2.

3.

Reflection Questions:

Which recent happenings have revealed a hidden place of bitterness in your heart?

Which healing step in the podcast/video will you take this week to root out bitterness over being an adult child of divorce?