



Heart in a Drawer

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

Episode 8 Meditation Verse:

But now, O Jacob, listen to the Lord who created you.

O Israel, the one who formed you says,

“Do not be afraid, for I have ransomed you. I have called you by name; you are mine.”

Isaiah 43:1 NLT

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

1.

2.

3.

Reflection Questions:

Which teaching of the church has caused you pain in your journey?

How does Isaiah 43:1 break the lies of what you have wrongly believed about yourself?