



Heart in a Drawer

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

Episode 9 Meditation Verse:

God the Father knew you and chose you long ago, and his Spirit has made you holy.
As a result, you have obeyed him and have been cleansed by the blood of Jesus Christ.
May God give you more and more grace and peace.

1 Peter 1:2 NLT

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

1.

2.

3.

Reflection Questions:

How does knowing you are cleansed by Jesus' blood help you think differently about forgiveness?

How could imagining the sins of others covered in Jesus' blood help you heal and give you peace?