



Heart in a Drawer

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

Episode 15 Meditation Verse:

And the peace of God, which surpasses all understanding,
will guard your hearts and minds through Christ Jesus.

Philippians 4:7 NKJV

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

1.

2.

3.

Reflection Questions:

How have you experienced a greater measure of God's peace this year?

In which areas as a child of divorce do you want God's peace to guard your heart and mind in the new year?



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Reflecting on Lessons of 2020

How have the lessons of 2020 affected you in these spaces, particularly as a child of divorce?

Mental

Emotional

Physical

Social

Spiritual

Reflect on the pain, healing and hope you experienced in 2020, and write out what changes you would like to see next year.



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The Battle Between Our False Self and Real Self

How comfortable are you in these areas?

Rate yourself on a 10-point scale (1 low/10 high) and make notes.

Living authentically with no pretense

Able to be spontaneous

Caring for and loving others

In touch with one's own feelings

Free to play and have fun

Able to accept nurturing from others

Open and not defensive

Able to be vulnerable

Accepting of oneself

In which areas has God worked in you in 2020?

In which areas do you want to make healthy changes next year?