



# Heart in a Drawer

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

## Episode 21 Meditation Verse:

For we are not fighting against flesh-and-blood enemies,  
but against evil rulers and authorities of the unseen world,  
against mighty powers in this dark world,  
and against evil spirits in the heavenly places.

Eph. 6:12 NLT

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

1.

2.

3.

Reflection Questions:

In which ways have you wrongly seen your spouse as your enemy?

Where do you need God's help in fighting spiritual battles in your marriage?



# *Heart in a Drawer*

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

## **Putting on Spiritual Armor**

As you fight for your marriage with the truth of God's Word, list in which ways you can put on this spiritual armor, as described in Eph. 6:14-18 NLT.

Stand your ground

Put on the belt of truth

Body armor of God's righteousness

Shoes of the peace of the Gospel

Shield of faith to stop fiery arrows

Helmet of salvation

Sword of the Spirit (Word of God)

Pray in the Spirit at all times

Stay alert