



Heart in a Drawer

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

Episode 22 Meditation Verse:

Do nothing out of selfish ambition or vain conceit.
Rather, in humility value others above yourselves,
not looking to your own interests but each of you to the interests of the others.
Philippians 2:3-4 NIV

Write the verses out three times below to hide them in your heart and mind.

1.

2.

3.

Reflection Questions:

In which ways has selfishness affected you as a spouse?

Where do you want God to help you fight selfishness in your marriage?