



# Heart in a Drawer

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

## Episode 23 Meditation Verse:

Get rid of all bitterness, rage and anger, brawling and slander,  
along with every form of malice.  
Ephesians 4:31 NIV

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 erred in getting angry at your spouse?

What practical steps will you take the next time you are flooded with anger?