



Heart in a Drawer

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

Episode 26 Meditation Verse:

If it is possible, as far as it depends on you, live at peace with everyone.
Romans 12:18 NIV

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

1.

2.

3.

Reflection Questions:

What have you learned about the do's and don'ts of step-parenting in your own journey?

In which trigger situations can this verse help you guard your heart and mind?