



Heart in a Drawer

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

Episode 27 Meditation Verse:

For you have been my refuge,
a place of safety when I am in distress.
Psalm 59:16b NLT

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

1.

2.

3.

Reflection Questions:

What are your trigger ages for past trauma? How have you been triggered before?

How can remembering Jesus was sitting right beside you in those past traumas help you process them today?