



Heart in a Drawer

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

Episode 28 Meditation Verse:

Do not be conformed to this world, but be transformed by the renewal of your mind,
that by testing you may discern what is the will of God,
what is good and acceptable and perfect.

Romans 12:2 ESV

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

1.

2.

3.

Reflection Questions:

Which thoughts most need transformation in your mind?

In what practical ways will you apply this verse to reroute your thoughts?