



# Heart in a Drawer

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

## Episode 34 Meditation Verses:

For you created my inmost being; you knit me together in my mother's womb.

I praise you because I am fearfully and wonderfully made;  
your works are wonderful, I know that full well.

Philippians 3:13b-14 NIV

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

1.

2.

3.

Reflection Questions:

What do you like about being a highly sensitive person? What do you dislike?

How do these verses affirm you as a highly sensitive person?