



Heart in a Drawer

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

Breath Prayers

As we learned in Episode 37, deep breathing can help you stay calm when your trauma is triggered. These are some breath prayers I like to use when I feel stressed. On the inhale, say the first portion/on the exhale, say the final portion.

Be still / and know I am God. Psalm 46:10 NIV

My God is my rock/ in whom I take refuge. Psalm 18:2 NIV

With my God / I can scale any wall. Psalm 18:29 NLT

When I am afraid / I put my trust in you. Psalm 56:3 NIV

My help comes from the Lord / the Maker of heaven and earth. Psalm 121:2 NIV

Your works are wonderful / I know that full well. Psalm 139:14b NIV

Search me God / and know my heart. Psalm 139:23a NIV

Test me and know / my anxious thoughts. Psalm 139:23b NIV

Set a guard / over my mouth. Psalm 141:3 NIV

Speak, Lord / for your servant is listening. 1 Samuel 3:9 NIV

Here I am / Send me. Isaiah 6:8 NIV

Lord Jesus / have mercy on me, a sinner. Luke 18:13 NIV

Not my will / but yours be done. Luke 22:42 NIV

Come / Lord Jesus. Revelation 22:20 ESV



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Biblical Affirmations

As we learned in Episode 37, biblical affirmations can strengthen your faith and validate your identity in Christ, not in your past trauma. Use these biblical affirmations when you need a boost of faith. Declare them out loud to yourself and before the enemy Satan so that you can stand firm in the spiritual warfare you face.

I am accepted.
Romans 15:7

I am chosen.
1 Peter 2:9

I am redeemed.
Galatians 3:14

I am set apart.
Psalm 4:3

God holds me close.
Psalm 27:10 NLT

I am fearfully and wonderfully made.
Psalm 139:14

I am called to higher purposes.
Romans 8:28

I have victory in Jesus.
1 Corinthians 15:57

I am a child of God.
1 John 3:1