




# 72 Hours to Healing After an Argument with a Friend



A focused 3-day Bible study guide to restore broken friendships through God's guidance and grace after conflict.

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## Introduction

Conflict, especially with close friends, can leave our hearts burdened and relationships strained. When hurt feelings run deep, it's tempting to avoid confrontation or let silence fester, but God invites us to pursue restoration and peace.

*"72 Hours to Healing After an Argument with a Friend"* is a meaningful three-day Bible study designed to walk you through the essential steps of reconciliation. Through Scripture, reflection, and prayer, you'll learn how to process emotions, seek forgiveness, and rebuild trust in a God-honoring way.

Whether the disagreement was your fault or theirs, the Bible provides wisdom and encouragement to mend friendships. Remember, healing takes time and humility. With God's guidance, each of these days will help you move closer to peace, revealing how love triumphs over strife.

As you commit to these 72 hours, press into God's heart and ask Him to soften yours. May you experience the freedom found in forgiveness and the joy of restored connection.





## Day 1: Day 1: Reflect and Release



Day 1:  Day 1: Reflect and Release

## Your Verse

*Ephesians 4:31-32 - "Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."*

## Supporting Scriptures

- *Colossians 3:13 - "Forgive as the Lord forgave you."*
- *James 1:19 - "Everyone should be quick to listen, slow to speak and slow to become angry."*



Day 1:  Day 1: Reflect and Release

## Devotional: Letting Go of Bitterness and Anger

When conflict happens, emotions often run high—hurt, anger, frustration. Day 1 focuses on the crucial first step: reflecting deeply on your own feelings and releasing any bitterness or resentment. **God commands us to rid ourselves of harmful emotions** that can poison a relationship beyond repair. Holding onto anger only builds walls between friends.

Take time to pray and honestly assess your heart. Are you harboring unforgiveness or blame? Ask God to cleanse you from those feelings and fill you with His kindness and compassion. *Remember, forgiveness is not about excusing wrong behavior but freeing your heart to heal.* Be honest about your part in the argument. A humble spirit opens the door for reconciliation.

Listening is also key. **James reminds us to be slow to anger and quick to listen.**

Today, commit to releasing your hurt to God and preparing your heart for restoration.



Day 1:  Day 1: Reflect and Release

## Reflect and Apply

1. What emotions are you currently holding onto after the argument?

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2. How might holding onto bitterness affect your healing and friendship?

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3. In what ways can you humble yourself before God and your friend today?

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Day 1:  Day 1: Reflect and Release

## Journaling Prompts

1. Write about the emotions you're feeling from the disagreement.

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2. List any grudges or resentments you need to release.

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3. Describe how you want to feel toward your friend by the end of these 72 hours.

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Day 1:  Day 1: Reflect and Release

## Prayer for Today

Lord, I come to You burdened with anger and hurt. Please help me release all bitterness and resentment I am holding onto. Cleanse my heart and fill me with kindness and compassion so I can forgive as You have forgiven me. Give me a humble spirit to recognize my own faults, and prepare me to listen and understand. Thank You for being the ultimate source of healing and peace. Guide me step by step as I choose restoration over division. In Jesus' name, Amen. 🙏❤️✨🕊️





## Day 2: Day 2: Seek Reconciliation Courageously



Day 2:  Day 2: Seek Reconciliation Courageously

## Your Verse

*Matthew 5:23-24 - "Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift."*

## Supporting Scriptures

- *Proverbs 15:1 - "A gentle answer turns away wrath, but a harsh word stirs up anger."*
- *Romans 12:18 - "If it is possible, as far as it depends on you, live at peace with everyone."*



Day 2:  Day 2: Seek Reconciliation Courageously

## Devotional: Courageously Pursuing Peace and Understanding

After reflecting and releasing, day 2 calls you to take the courageous step toward reconciliation. Jesus teaches us that restoring relationships holds such importance that worship and offerings are incomplete without it.

**Seeking reconciliation requires humility and boldness.** It means initiating a conversation even when it's uncomfortable, aiming to understand before being understood. Proverbs reminds us that gentle words can diffuse anger, opening the door to healing instead of deeper conflict.

Remember, reconciliation is a process; it may not be fully achieved in one moment. But your willingness to lovingly reach out demonstrates your commitment to peace and honor for God's design in friendship.

Today, pray for wisdom to approach your friend with grace, seek to listen deeply, and speak the truth in love. Trust God to soften hearts and guide the dialogue.



## Reflect and Apply

1. What fears or hesitations do you have about reaching out to your friend?

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2. How can you use gentle words to invite healing rather than create distance?

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3. In what ways can you take responsibility for peace ‘as far as it depends on you’?

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## Journaling Prompts

1. Write a draft of how you want to initiate reconciliation with your friend.

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2. Reflect on any previous experiences where gentle words helped restore a difficult relationship.

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3. List practical steps you can take today to live at peace with your friend.

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Day 2: 📅 Day 2: Seek Reconciliation Courageously

## Prayer for Today

Father, I know restoration begins with me. Please give me courage to reach out and wisdom to speak with gentleness and love. Help me listen deeply to my friend's heart and respond with grace. Teach me to pursue peace and reconciliation as You have called me. May our conversation honor You and point us both toward healing. Thank You for Your steadfast love and power to mend what is broken. In Jesus' name, Amen. 🙏💬💛🕊️





## Day 3: Day 3: Embrace Forgiveness and Renewal





## Your Verse

*Luke 17:3-4 - "If your brother or sister sins against you, rebuke them; and if they repent, forgive them. Even if they sin against you seven times in a day and seven times come back to you saying 'I repent,' you must forgive them."*

## Supporting Scriptures

- *1 Corinthians 13:4-7 - "Love is patient, love is kind... it always protects, always trusts, always hopes, always perseveres."*
- *Philippians 4:7 - "The peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*



## Devotional: Forgiveness as the Pathway to Renewal

Today wraps up your 72-hour journey by focusing on forgiveness and renewal. Forgiveness is the cornerstone of all restored relationships. Luke tells us that forgiveness should be generous and continual, reflecting God's own heart toward us.

**Embracing forgiveness doesn't mean forgetting the hurt or excusing wrongdoing.** It means choosing to release the offense and allow God's healing peace to guard your heart. As you forgive, love grows stronger—patient and kind, protective and hopeful.

Renewed friendships reflect God's grace and resilience, resembling the perfect love described in 1 Corinthians. *Let His peace envelop your mind and heart.* Whether you receive forgiveness fully or only partially, commit to moving forward with a spirit of grace and restoration.

Thank God for the work He has done in you and for the promises of renewed connection.



## Reflect and Apply

1. What does forgiveness mean to you in the context of this friendship?

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2. How can you extend grace even if complete restoration takes time?

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3. In what ways can God's peace guard your heart moving forward?

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## Journaling Prompts

1. Write a letter of forgiveness to your friend, even if you don't send it.

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2. Reflect on how God has forgiven you and how that influences your ability to forgive.

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3. Describe your hopes for the friendship after healing and renewal.

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Day 3:  Day 3: Embrace Forgiveness and Renewal

## Prayer for Today

Lord Jesus, thank You that Your forgiveness teaches me how to forgive others. Help me embrace forgiveness fully and freely, releasing all bitterness and hurt. Fill my heart with Your love that is patient and kind, and guard my mind with Your peace that surpasses understanding. Restore my friendship and renew it with grace and hope. Even if healing takes time, I trust in Your power to bring about reconciliation. In Your name, Amen.    





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