



72 Hours to Navigating Conflict with a Sibling



A focused 3-day Bible study to guide healing, understanding, and peace in sibling relationships amid conflict.



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Introduction

Relationships with siblings are among the most enduring bonds we experience—a connection that often starts from childhood and can last a lifetime. However, like any close relationship, conflicts can arise and create tension that feels overwhelming. This 72-hour Bible study plan is designed to guide you gently and prayerfully through the process of navigating conflict with a sibling, fostering understanding, and pursuing reconciliation.

Each day focuses on a key spiritual principle drawn from Scripture and practical reflection to help you respond to conflict with love, humility, and wisdom. Whether feelings of hurt, anger, or resentment are prominent, these passages and devotions invite you to lean into God’s truth and grace as a source of strength and clarity.

*Over the next three days, you’ll explore: **honest communication, forgiving with grace, and restoring peace.*** Embrace this time as a sacred opportunity to invite God into your relationship, allowing Him to heal wounds and transform hearts. As you reflect and journal, may you experience renewal and freedom that come from following His guidance.

Remember, conflict does not have to define your sibling relationship. With prayerful intent and Scripture’s wisdom, healing is possible. Let’s embark on this journey together, seeking God’s peace that transcends all understanding.





Day 1: Embrace Honest Communication



Your Verse

Ephesians 4:25 - "Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body."

Supporting Scriptures

- *Proverbs 15:1 - "A gentle answer turns away wrath, but a harsh word stirs up anger."*
- *James 1:19 - "Everyone should be quick to listen, slow to speak and slow to become angry."*



Day 1:  Embrace Honest Communication

Devotional: The Power of Loving Honesty in Conflict

Communication is the bridge that can either widen divides or build understanding, especially in sibling conflicts. Ephesians 4:25 challenges us to speak truthfully, reminding us that honesty rooted in love is essential for unity. When tension runs high, it can feel tempting to withhold our true feelings or express ourselves harshly. But Scripture encourages us to be gentle and slow to anger.

Today's focus is on listening thoughtfully and speaking clearly but kindly. Reflect on your recent interactions with your sibling. Have misunderstandings been clouded by frustration or hurt? Ask God to help you express your feelings without blame, to listen actively, and to communicate with grace. This opens space for healing and demonstrates respect for the relationship's value.

Remember, honesty is not just about stating facts but about sharing your heart with humility and love, seeking to understand and be understood. May God equip you for this courageous step toward peace.



Day 1:  Embrace Honest Communication

Reflect and Apply

1. What truths do I need to express to my sibling honestly and lovingly?

2. How can I practice active listening even when I feel hurt or upset?

3. In what ways might my tone or words escalate conflict rather than ease it?



Day 1:  Embrace Honest Communication

Journaling Prompts

1. Describe a recent conversation with your sibling and what you wish had been different.

2. Write down your feelings about the conflict honestly, without judgment.

3. List ways you can communicate your feelings gently and constructively.



Day 1: 🗣️ Embrace Honest Communication

Prayer for Today

Heavenly Father, thank You for Your Word that guides us in truth and love. Help me to embrace honest communication with my sibling, speaking with kindness and listening with an open heart. Soften my words when frustration tempts me and teach me to respond with grace. May our hearts come closer through honest dialogue, and may Your peace reign in our relationship. In Jesus' name, *amen*. 🙏🕊️❤️





Day 2: ❤️ Forgiveness as Freedom



Day 2: ❤️ Forgiveness as Freedom

Your Verse

Colossians 3:13 - "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."

Supporting Scriptures

- *Matthew 6:14 - "For if you forgive other people when they sin against you, your heavenly Father will also forgive you."*
- *Ephesians 4:32 - "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."*



Day 2: ❤️ Forgiveness as Freedom

Devotional: Choosing Forgiveness to Heal Relationships

Forgiveness is a hallmark of Christian love and a vital step in navigating conflict. Often, sibling disagreements leave wounds that are hard to forget or forgive. Colossians 3:13 calls us to bear with one another and extend forgiveness just as God has freely forgiven us through Christ.

Forgiving a sibling may challenge our natural feelings of hurt or desire for justice, but it releases us from bitterness and opens a path to reconciliation. It does not mean minimizing the pain or pretending the conflict didn't happen; rather, it means choosing to let go of resentment and entrusting justice to God.

As you meditate on forgiveness today, ask God to soften your heart and help you release any grudges. Embrace the freedom that comes with forgiveness and the chance to restore your relationship in His love.



Day 2: ❤️ Forgiveness as Freedom

Reflect and Apply

1. What feelings do I struggle to release toward my sibling?

2. How does God's forgiveness motivate me to forgive others?

3. What steps can I take to move toward forgiveness today?



Day 2: ❤️ Forgiveness as Freedom

Journaling Prompts

1. Write a letter of forgiveness to your sibling (you don't have to send it).

2. List areas where holding on to hurt affects your heart or daily life.

3. Reflect on a time God forgave you and how that felt.



Day 2: ❤️ Forgiveness as Freedom

Prayer for Today

Lord Jesus, thank You for the perfect forgiveness You offer to me. Teach me to forgive my sibling as You have forgiven me, releasing all bitterness and hurt. Heal the wounds between us and renew our hearts with Your love and mercy. Help me to bear with patience and kindness, trusting You to restore what is broken. May forgiveness bring peace and new beginnings. *Amen.* 🙏❤️🕊️





Day 3: 🕊️ Pursuing Peace and Restoration



Your Verse

Romans 12:18 – "If it is possible, as far as it depends on you, live at peace with everyone."

Supporting Scriptures

- *Matthew 5:9 – "Blessed are the peacemakers, for they will be called children of God."*
- *Hebrews 12:14 – "Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord."*



Devotional: Living as a Peacemaker in Sibling Conflicts

Conflict resolution often culminates in the pursuit of peace and restoration. Romans 12:18 encourages us to actively seek peace if it depends on us. After communicating honestly and extending forgiveness, this final step calls us to cultivate harmony—even when circumstances or emotions make it difficult.

Being a peacemaker requires humility, patience, and a hopeful spirit. It means taking positive actions to rebuild trust and demonstrate Christ's love in tangible ways. Restoration may look different for every sibling relationship; sometimes it's a conversation, a gesture, or simply choosing ongoing kindness.

Today, ask God to guide you as you take steps toward peace. Let His Spirit empower you to be a peacemaker who fosters healing and unity, reflecting the heart of God's kingdom.



Reflect and Apply

1. What practical steps can I take to promote peace in my relationship?

2. How does being a peacemaker reflect my identity in Christ?

3. What obstacles might I face in pursuing peace, and how can I overcome them?



Journaling Prompts

1. Commit to one action today that promotes peace with your sibling.

2. Reflect on how peace impacts your spiritual walk and witness.

3. Write about what restoration looks like ideally in your relationship.



Day 3: 🕊️ Pursuing Peace and Restoration

Prayer for Today

Gracious God, thank You for Your call to live in peace with others. Help me to pursue peace with my sibling with courage and humility. Give me wisdom, patience, and a loving heart as I seek restoration. May I be a reflection of Your peace in every interaction, drawing our relationship closer to Your will.

Empower me to be a true peacemaker. *In Jesus' name, amen.* 🙏🕊️💛🌟





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