72 Hours to Rebuild Trust in Your Friendship



A transformative 3-day Bible study to guide you in restoring trust and strengthening your friendships through God's wisdom.





Table of contents

<u>Introduction</u>	3
Day 1: Toundations of Forgiveness	4
Day 2: W Honest Communication	10
Day 3: Commitment to Growth	16







Introduction

Friendship is a gift from God, designed to bring joy, support, and encouragement into our lives. Yet, even the closest friendships can face challenges that test the foundation of trust. Whether through misunderstanding, hurt, or broken promises, trust once fractured can seem difficult to rebuild. But the Bible offers us profound insights and practical guidance on how to restore and strengthen these vital bonds.

This 3-day study invites you to embark on a journey of healing and renewal in your friendships. Over the next 72 hours, we will explore Scripture that teaches forgiveness, honesty, grace, and commitment — essential elements for rebuilding trust with intentionality and love.

Through daily reflection, prayer, and action, you will be encouraged to cherish your friends while fostering integrity and vulnerability. It's not always easy to admit wrongs or to forgive, but God's Word reminds us that healing begins with humility and a willing heart.

As you engage with these studies, **open your heart to God's transforming power and allow Him to guide your steps toward restoration**. Trust can be rebuilt when grounded in God's truth and grace. Let's step forward with hope and courage together.

















Day 1: 🌣 Foundations of Forgiveness

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 Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.
- Matthew 6:14 For if you forgive other people when they sin against you, your heavenly Father will also forgive you.







Day 1: 🎔 Foundations of Forgiveness

Devotional: Begin Rebuilding by Forgiving

Forgiveness is the cornerstone of restoring trust in any relationship. Without it, wounds fester and barriers grow. The Apostle Paul reminds us in *Ephesians 4:31–32* to rid ourselves of bitterness and anger, replacing those negative feelings with kindness and compassion.

To rebuild trust with a friend, first ask yourself if there is any bitterness or resentment you need to release. Holding on to these emotions only prevents healing. Just as God has freely forgiven you through Christ, He calls you to extend that same grace to others.

Consider how forgiveness is not about excusing wrong behavior but about choosing peace over ongoing hurt. It creates room in our hearts for renewed understanding and reconciliation. **Today, focus on embracing God's forgiveness and look for ways to communicate it to your friend.**







Day 1: 🌣 Foundations of Forgiveness

Reflect and Apply

1.	What bitterness or anger might I be holding onto in this friendship?
	How has God shown forgiveness to me, and how can I reflect that toward my friend?
3.	What practical steps can I take today to express forgiveness?







Day 1: 🎔 Foundations of Forgiveness

Journaling Prompts

1.	Write about a time when you experienced forgiveness in a friendship.
2.	List any feelings of hurt or betrayal you want to release.
3.	Describe what forgiveness means to you in rebuilding trust.







Day 1: 🎔 Foundations of Forgiveness

Prayer for Today

Dear Heavenly Father, thank You for Your boundless forgiveness that covers all my faults. Help me to release any bitterness or anger I am holding onto in my friendship. Teach me to be kind and compassionate, and grant me the courage to forgive as You have forgiven me. Heal the wounds that have come between us, and knit our hearts together in Your love. May Your peace rule in our relationship as trust begins to blossom anew. In Jesus' name, Amen. 🙏























Your Verse

James 1:19 – "My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry."

Supporting Scriptures

- Proverbs 12:22 The LORD detests lying lips, but he delights in people who are trustworthy.
- Ephesians 4:15 Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.







Devotional: Speak Truth with Love and Listen Well

Restoring trust requires open, honest, and loving communication. James 1:19 gives timeless wisdom: be quick to listen, slow to speak, and slow to anger. Too often, misunderstandings arise when we fail to truly hear one another or speak defensively.

Healthy communication honors both truth and grace. Proverbs reminds us that God delights in trustworthy speech — not lies, exaggerations, or half-truths. At the same time, Ephesians encourages us to speak our truth in love, balancing honesty with kindness.

When rebuilding a friendship, take the time to listen without interrupting or judging. Reflect on your words before speaking, aiming to build rather than break down. Practice humility and patience, remembering that trust grows gradually through consistent, sincere dialogue.







Reflect and Apply

1.	How well do I listen to my friend without interrupting or making assumptions?
2.	Where might I need to speak more truthfully and lovingly in this relationship?
3.	What barriers to honest communication do I need God's help to overcome?







Journaling Prompts

	Describe a moment when honest communication improved a relationship for you.
2.	Write down fears or challenges you face when trying to speak the truth.
3.	List ways you can improve your listening skills with your friend.







Prayer for Today

Gracious God, thank You for guiding me toward truthful and loving communication. Please soften my heart to listen deeply and speak with grace. Help me to set aside defensiveness and impatience, allowing Your wisdom to shape my words. Restore understanding and trust in my friendship through honest conversations. May Your Spirit bring peace and unity as we seek to rebuild in Your love. In Jesus' name, Amen.

















Your Verse

Proverbs 27:17 - "As iron sharpens iron, so one person sharpens another."

Supporting Scriptures

- Ecclesiastes 4:9-10 Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up.
- 1 Corinthians 13:7 Love always protects, always trusts, always hopes, always perseveres.







Devotional: Nurture Friendship Through Intentional Growth

Trust rebuilt is trust renewed through commitment and perseverance.

Proverbs 27:17 beautifully illustrates that true friends sharpen each other — growing together in character, faith, and love.

A restored friendship requires intentional effort. It's not just about repairing damage but embracing a new season of mutual support, encouragement, and accountability. Ecclesiastes reminds us that companionship helps us rise when we stumble and multiply our blessings.

Love that rebuilds trust is patient, hopeful, and steadfast. It chooses to protect the relationship, put in consistent work, and carry one another through setbacks. As you conclude this study, commit to nurturing your friendship daily — in prayer, truth, and kindness — trusting that God will bless these steps forward.







Reflect and Apply

	How can I actively contribute to growing this friendship beyond restoration?
2.	What does perseverance in love look like for me in this relationship?
3.	Who in my life can I rely on as I seek to rebuild trust and grow?







Journaling Prompts

1.	Write about how your friendship can sharpen and encourage you.
2.	List practical actions you can take to strengthen trust daily.
3.	Reflect on the role of hope and perseverance in renewing friendships.







Prayer for Today

Father God, thank You for the gift of friendship that sharpens and sustains us. Help me to commit wholeheartedly to nurturing and growing my relationships with intentional love. Teach me to persevere through difficulties and to always protect the bonds You have created. May Your grace empower me to be a faithful friend who builds trust day by day. I place my friendships in Your hands, trusting Your perfect plan. In Jesus' name, Amen.







Where God's Word Meets Your Daily Life



We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a <u>free HolyJot account</u>. No spam. No gimmicks. Just God's Word.

Visit Now:

- * www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at info@holyjot.com.



Connect with us at:

<u>Facebook</u> • <u>Instagram</u> • <u>YouTube</u> • <u>TikTok</u>

You are welcome to share this PDF with others. ase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.