72 Hours to Reconnect with Your Sibling



A 3-day Bible study designed to help you rebuild and deepen your sibling relationships through God's Word and prayer.





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Introduction

Welcome to your 72-hour journey to reconnect with your sibling.

Relationships with siblings are some of the longest-lasting connections we experience in life. However, even these cherished bonds can grow distant due to misunderstandings, time, or life's busyness.

This study invites you to pause, reflect, and intentionally rebuild your sibling relationship grounded in Scripture. Over the next three days, you'll explore God's Word about love, forgiveness, communication, and unity—foundations that restore and strengthen relationships.

Each day includes a powerful primary scripture, supportive verses to deepen your understanding, and a devotional to encourage practical application. Reflection questions will challenge you to think deeply about your own heart and actions, while journaling prompts help you process what God is teaching you.

Whether you want to heal past wounds, reconnect from a distance, or simply grow closer, God's Word provides wisdom and grace. Embrace this time with an open heart and be encouraged that God is present to guide you toward reconciliation and renewed love. \triangle

















Your Verse

1 John 4:7 – "Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God."

Supporting Scriptures

- John 15:12 "My command is this: Love each other as I have loved you."
- Colossians 3:14 "And over all these virtues put on love, which binds them all together in perfect unity."







Devotional: Choosing Love as the Foundation

Love is the cornerstone of all healthy relationships, especially with siblings. In 1 John 4:7, we are reminded that love originates from God. When we choose to love others, including our siblings, we participate in God's nature and reflect His character.

Sometimes sibling relationships carry hurt or rivalry, making love a challenging choice. Yet, God calls us to love intentionally, just as Jesus loved us — selflessly and sacrificially. By focusing on love, we begin to dismantle barriers and open pathways for reconciliation.

Paul's words in Colossians highlight how love is the unifying thread that holds many virtues together. This means that without love, qualities like kindness, patience, and forgiveness lose their power in relationships.

Today, consider how you can actively choose love toward your sibling. Pray for God to soften your heart and help you to love even when it's difficult. Remember, love is not only a feeling but a deliberate decision to seek the good of the other.







Reflect and Apply

In what ways have I experienced God's love to model how I should love my sibling?
Are there barriers or past hurts blocking my ability to love my sibling fully?
How can I intentionally show love to my sibling today, even in small ways?







Journaling Prompts

	Write about a time when love improved your relationship with your sibling.
2.	List ways you can demonstrate love in your sibling relationship this week
3.	Reflect on any negative feelings you need to release to love more freely.







Prayer for Today

Heavenly Father, thank You for being the source of true love. Please help me to mirror Your love in my relationship with my sibling. Soften my heart where I have been hurt or hard. Teach me to love as You love—unconditionally and sacrificially. Guide my actions and words to build bridges rather than walls. Thank You for the gift of family and the chance to renew these precious bonds. In Jesus' name, Amen.



















Day 2: W Embracing Forgiveness

Your Verse

Ephesians 4:32 – "Be kind and compassionate to one another, forgiving each other, just as in Christ God 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."
- 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."







Day 2: W Embracing Forgiveness

Devotional: The Power of Forgiveness

Forgiveness is essential in healing broken sibling relationships. Ephesians 4:32 encourages us to be kind and compassionate, emphasizing forgiveness as Christ has forgiven us. Holding onto resentment or anger only deepens wounds and builds walls between hearts.

Forgiveness does not excuse wrongs or erase memories, but it releases us from the burden of bitterness. It's a courageous act of grace that opens the door to restoration. God's forgiveness toward us is the ultimate example—unmerited and complete.

Jesus taught in Matthew that forgiveness is tied to receiving forgiveness from God, highlighting its spiritual significance in our lives. When we forgive siblings, we participate in God's redemptive work, creating space for love and peace to grow.

Today, examine whether there are hurts you need to release through forgiveness. Ask God to help you forgive genuinely and pray for the strength to reconcile. Remember, forgiveness is a process and often requires patience and God's help.







Day 2: 😂 Embracing Forgiveness

Reflect and Apply

1.	Who in my sibling relationship do I need to forgive, and why?
2.	What are the obstacles I face when trying to forgive?
3.	How does understanding God's forgiveness help me forgive others?







Day 2: W Embracing Forgiveness

Journaling Prompts

1.	Write a letter of forgiveness to your sibling—even if you don't send it.
2.	Recall a time when you experienced God's forgiveness vividly.
3.	Identify any bitterness in your heart and ask God for help to release it.







Day 2: W Embracing Forgiveness

Prayer for Today

Gracious Lord, thank You for the forgiveness You freely offer. Help me to forgive my sibling as You have forgiven me. Remove any bitterness or unforgiveness in my heart and replace it with kindness and compassion. Give me the strength to reconcile and the humility to seek peace. May Your Spirit guide our hearts toward healing and renewed connection. In Jesus' name, Amen.









Day 3: Building Unity and Communication









Day 3: 🍑 Building Unity and Communication

Your Verse

Philippians 2:2 - "Then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind."

Supporting Scriptures

- James 1:19 "Everyone should be quick to listen, slow to speak and slow to become angry,"
- Ephesians 4:29 "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs."







Day 3: 🍑 Building Unity and Communication

Devotional: Cultivating Unity Through Communication

Unity and communication breathe life into sibling relationships. Paul's plea in Philippians calls believers to be like-minded and unified in love and spirit. Achieving this requires intentional listening, patience, and building one another up.

James instructs us to be quick to listen and slow to speak, qualities that promote understanding and peace. Communication that honors God avoids harmful words and encourages growth.

We can build bridges with our siblings by fostering open, respectful dialogue and focusing on shared love rather than differences.

Take time today to evaluate your communication patterns with your sibling. Are you listening well? Do your words uplift and encourage? Seek the Holy Spirit's help to cultivate unity and a renewed closeness.







Day 3: 🌣 Building Unity and Communication

Reflect and Apply

	How do I currently communicate with my sibling, and how could it improve?
	Am I quick to listen and slow to speak in challenging moments with my sibling?
3.	What practical steps can I take to build unity and foster like-mindedness?







Day 3: 🌣 Building Unity and Communication

Journaling Prompts

1.	Describe your ideal conversation with your sibling and how it would feel.
2	Write about barriers to communication and how to overcome them.
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3.	List ways you can encourage and build up your sibling today.







Day 3: 🎔 Building Unity and Communication

Prayer for Today

Lord God, thank You for Your desire for unity among Your children. Help me to listen well and speak words that build up my sibling. Remove any pride or impatience that hinders our connection. Fill us with Your Spirit to be one in love and purpose. May our relationship reflect Your grace and peace. In Jesus' name, Amen.









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