



# 72 Hours to Resolving Family Conflicts



A focused 3-day study guiding you through biblical principles to heal and restore family relationships.

---



# Table of contents

<u>Introduction</u>	3
<u>Day 1: 🧡 Embracing Humility and Listening</u>	4
<u>Day 2: ❤️ The Power of Forgiveness</u>	10
<u>Day 3: 🕊️ Pursuing Peace and Reconciliation</u>	16



## Introduction

**Family relationships** are among the most profound connections we experience in life, yet they can also be the most challenging. Conflicts within families can leave us feeling hurt, isolated, and uncertain about the future. However, the Bible offers wisdom and hope for resolving these tensions and restoring harmony.

*Over the next three days, we will explore Scripture that provides practical guidance on addressing conflicts, promoting forgiveness, and cultivating peace within our homes.* Whether the issues are long-standing or recent, this study aims to empower you with godly principles to begin healing immediately—within 72 hours.

**Each day**, we'll focus on key biblical truths and reflections to help you approach family disagreements with humility, love, and faith. You are not alone in this journey; God's Word reveals His heart for reconciliation and His desire to make broken relationships whole again. May this time deepen your understanding of God's grace and equip you to be a peacemaker in your family.

Let's commit to these next three days with intentionality, open hearts, and a willingness to allow God to transform our hearts and relationships.





## Day 1: 🤝 Embracing Humility and Listening



Day 1: 🧡 Embracing Humility and Listening

## Your Verse

*Proverbs 18:13 - "To answer before listening—that is folly and shame."*

## Supporting Scriptures

- *James 1:19 - "Everyone should be quick to listen, slow to speak and slow to become angry."*
- *Philippians 2:3 - "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves."*



## Day 1: 🧡 Embracing Humility and Listening

## Devotional: The Power of Listening and Humility

**Family conflicts often escalate when we listen poorly and respond hastily.** Proverbs 18:13 reveals that answering before listening is unwise and can lead to shame. When disagreements arise, our first response should be to listen deeply—not just to words but to the emotions and needs behind them.

*James 1:19 encourages us to be quick to listen, slow to speak, and slow to anger.* This approach fosters understanding rather than inflaming tension. Humility is key—Philippians 2:3 reminds us to consider others better than ourselves. This means putting aside pride and selfishness to truly hear and respect family members, even when we disagree.

As you begin this journey to resolving conflict, ask God to soften your heart, enabling you to listen with genuine care rather than defending your position. Embrace humility as a pathway to peace.



Day 1: 🧡 Embracing Humility and Listening

## Reflect and Apply

1. How can I practice listening more attentively in family conversations?

---

---

---

2. What pride or selfishness might be hindering my ability to seek peace?

---

---

---

3. In what ways does humility open the door for resolution in conflicts?

---

---

---



Day 1: 🧡 Embracing Humility and Listening

## Journaling Prompts

1. Write about a recent family conflict where listening could have made a difference.

---

---

---

2. Describe feelings that arise when you are quick to speak instead of listen.

---

---

---

3. List ways you can intentionally show humility to family members this week.

---

---

---



Day 1: 🧡 Embracing Humility and Listening

## Prayer for Today

**Dear Heavenly Father,** *thank You for reminding me of the importance of listening with humility. Please help me to slow my responses, put aside my pride, and truly hear the hearts of my family members. Teach me to value others above myself as I seek reconciliation. Fill me with Your peace and guide my words and actions towards healing and understanding. May Your love be the foundation in all my relationships. In Jesus' name, Amen.* 🙏💙





## Day 2: The Power of Forgiveness



Day 2:  The Power of 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

- *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 2:  The Power of Forgiveness

# Devotional: Forgiveness: Freedom from Bitterness

**Forgiveness is a cornerstone of resolving family conflicts.** Ephesians 4:32 urges us to be kind and compassionate, forgiving one another just as God forgave us in Christ. Holding onto resentment only deepens wounds; forgiveness liberates both the giver and the receiver.

*Colossians 3:13 reminds us to bear with each other and forgive grievances, reflecting the incredible grace God extends to us.* Forgiving does not necessarily mean forgetting or excusing hurtful actions, but choosing to release bitterness and pursue restoration.

Jesus teaches in Matthew 6:14 that our willingness to forgive others affects our own forgiveness from God. This truth challenges us to reflect God's mercy in our relationships, promoting healing and unity.

Today, pray for the courage to forgive and ask God to soften your heart toward those who have hurt you. Embrace the freedom and peace that come with forgiveness.



Day 2:  The Power of Forgiveness

## Reflect and Apply

1. Is there someone in my family I need to forgive but have held back?

---

---

---

2. What fears or doubts do I have about forgiving hurts?

---

---

---

3. How does remembering God's forgiveness change my view of forgiving others?

---

---

---



Day 2:  The Power of Forgiveness

# Journaling Prompts

1. Write about a time when you experienced forgiveness and how it impacted you.

---

---

---

2. List any barriers you feel toward forgiving a family member.

---

---

---

3. Pray and journal a letter of forgiveness, whether you share it or not.

---

---

---



Day 2: ❤️ The Power of Forgiveness

## Prayer for Today

*Lord Jesus, thank You for the perfect example of forgiveness You have shown us. Help me to extend that same grace to my family members, releasing any bitterness or resentment I may hold. Teach me to be kind and compassionate, carrying Your love into every relationship. Soften my heart and renew my spirit as I step into forgiveness today. Restore peace and unity in our home. In Your merciful name, Amen.* ❤️ 🙏 🌿 ✨





## Day 3: 🕊️ Pursuing Peace and Reconciliation



## Your Verse

*Matthew 5:9 – "Blessed are the peacemakers, for they will be called children of God."*

## Supporting Scriptures

- *Romans 12:18 – "If it is possible, as far as it depends on you, live at peace with everyone."*
- *2 Corinthians 5:18 – "All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation."*



## Devotional: Becoming a Peacemaker in Family Conflicts

**True resolution in family conflicts comes from actively pursuing peace and reconciliation.** Jesus blesses the peacemakers—those who take intentional steps toward healing broken relationships (Matthew 5:9).

*Romans 12:18 challenges us to live at peace with others as much as it depends on us.* Sometimes this requires humility, patience, and seeking forgiveness again. We should not wait for others to initiate; our responsibility is to foster peace wherever possible.

God calls us to be ministers of reconciliation, reflecting the amazing work He has done in restoring our relationship with Him through Christ (2 Corinthians 5:18). In family conflicts, this means becoming agents of forgiveness, understanding, and love.

As you conclude this 3-day study, ask God how He wants you to actively pursue peace today. Trust Him to work through your efforts as you lean on His grace.



## Reflect and Apply

1. What steps can I take right now to promote peace in my family?

---

---

---

2. How do I react when reconciliation seems difficult or unlikely?

---

---

---

3. In what ways can I model God's reconciliation to my family?

---

---

---



# Journaling Prompts

1. Write about a time you acted as a peacemaker and its outcome.

---

---

---

2. Identify any fears that hold you back from initiating peace in family conflicts.

---

---

---

3. Make a plan for practical steps toward reconciliation this week.

---

---

---



Day 3: 🕊️ Pursuing Peace and Reconciliation

## Prayer for Today

**Gracious Father,** *thank You for calling me to be a peacemaker. Empower me with Your Spirit to pursue peace in my family relationships, even when it is difficult. Help me to take responsibility for reconciliation and to act with love, patience, and courage. May Your grace flow through me to restore unity and harmony in our home. I trust Your work in and through me. In Jesus' name, Amen.* 🕊️❤️🙏🌟





## Where God's Word Meets Your Daily Life

### **A Personal Invitation from HolyJot**

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.



What you'll discover when you visit [HolyJot.com](https://www.holyjot.com):




 **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 [free HolyJot account](#). No spam. No gimmicks. Just God's Word.

### **Visit Now:**

 [www.HolyJot.com](https://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](mailto:info@holyjot.com).

 Connect with us at:

[Facebook](#) • [Instagram](#) • [YouTube](#) • [TikTok](#)



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

© 2025 HolyJot LLC. All Rights Reserved.