# 72 Hours to Restoring a Broken Parent-Child Relationship



A focused 3-day Bible study to guide healing, forgiveness, and restoration between parents and children.





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#### Introduction

Relationships with our parents and children greatly shape our lives, often carrying deep joys but sometimes pain and misunderstanding. When these connections become strained or broken, the heart longs for restoration and peace. **This 3-day Bible study** is designed to help you embark on a 72-hour journey toward healing a broken parent-child relationship through God's Word, prayer, and reflection.

During this time, we will explore biblical principles of *forgiveness, love, humility, and reconciliation*. Scripture offers wisdom and hope, reminding us that God specializes in mending broken hearts and restoring even the deepest wounds. Healing is a process that involves both our heart and actions, and through this study, you will be gently guided to open your heart to God's grace, seek understanding, and take practical steps toward renewed connection.

Each day includes a primary Scripture passage with relevant supporting verses, a devotional thought, reflection questions, journaling prompts, and a prayer crafted to invite God's presence and guidance into your journey. Whether you are a parent desiring to rebuild trust or a child longing to reconnect, God's Word has transformative power to bring peace and new beginnings. Let this time be a sacred pause where you rest in God's love and find the courage to move toward reconciliation.







Remember, restoration does not always happen instantly, but even small steps taken in faith can lead to lasting change. Lean on God as your healer and peacemaker, and trust that He is working in your relationship beyond what you see today. May these next 72 hours be a season of hope, growth, and divine restoration in your family.







# Day 1: Embracing Forgiveness as the First Step









Day 1: **B** Embracing Forgiveness as the First Step

#### Your Verse

Ephesians 4:31–32 NIV — "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: **B** Embracing Forgiveness as the First Step

#### Devotional: Unlock Healing by Choosing Forgiveness Today

Forgiveness is the gateway to healing broken relationships. On this first day, we focus on releasing bitterness and anger that often deepen wounds between parents and children. The Apostle Paul invites us to "get rid of all bitterness" and choose kindness and compassion instead. Forgiving does not mean forgetting the pain or excusing wrongs; rather, it is a conscious decision to release the offense into God's hands and no longer hold it as a weapon against the other.

Why start here? Because forgiveness breaks the cycle of hurt. It frees your heart from the heavy burden of resentment, allowing space for genuine healing to begin. In struggling with damaged relationships, it's easy to carry anger like a shield—but this shields also blocks love. By choosing forgiveness today, you invite God's grace to soften hearts and open doors that seemed closed.

Reflect on the ways bitterness might be affecting your perspective or interactions with your parent or child. Pray boldly for God's help to forgive even when it feels difficult. Remember, forgiveness is a process, and taking this first step honors God's desire for peace and reconciliation in your family.







Day 1: B Embracing Forgiveness as the First Step

### Reflect and Apply

1.	What emotions come up when you consider forgiving your parent or child?
2.	What might be standing in the way of offering true forgiveness right now?
3.	How does God's example of forgiving you inspire you to forgive others?
4.	In what specific ways can bitterness twist your perspective on the relationship?





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Day 1: 💋 Embracing Forgiveness as the First Step

### **Journaling Prompts**

1.	Write about a moment when forgiveness was hard but brought freedom.
2.	List any resentments or anger you feel toward your parent or child.
3.	Describe what forgiveness would mean for your heart and relationship.







Day 1: 💋 Embracing Forgiveness as the First Step

#### Prayer for Today

Heavenly Father, today I come to You with a heavy heart, burdened by anger and hurt. Help me to let go of bitterness and embrace the forgiveness You freely offer. Teach me to show kindness and compassion to my parent/child even when it is difficult. Soften my heart and heal the wounds that divide us. Give me the courage and strength to take this first step toward reconciliation. Lord, I trust Your grace to restore what has been broken. In Jesus' name I pray, Amen.  $\bigwedge$   $\heartsuit$   $\swarrow$   $\swarrow$   $\swarrow$ 















#### Your Verse

James 1:19–20 NIV — "My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires."

#### **Supporting Scriptures**

- Proverbs 15:1 "A gentle answer turns away wrath, but a harsh word stirs up anger."
- Ephesians 4:2 "Be completely humble and gentle; be patient, bearing with one another in love."







# Devotional: Building Bridges through Humble Communication

Communication is the bridge that can either widen the gap or build connection in relationships. After taking the brave first step of forgiveness, today we focus on how we communicate — with humility, patience, and love. The book of James reminds us to be quick to listen and slow to speak, tempering our words and responses so that they don't fuel misunderstandings or anger.

Why is this important? Because much pain in parent-child relationships comes not just from what is said, but how it is said — often in frustration or defensiveness. Choosing to listen actively, without rushing to respond or defend yourself, lays a foundation of respect and openness that invites healing. Soft, humble speech can calm tempers and invite honest dialogue where hearts meet.

Today, consider how you speak and listen. Are you impatient when your parent or child shares their heart? Are your words laced with judgment or frustration? Pray for God's help to humble your heart so you can be a gentle listener and loving speaker, reflecting Christ's patient love. This intentional communication will pave the way for restoring trust and intimacy.







## Reflect and Apply

How do you usually respond when your parent or child expresses omething difficult?
What would it look like to listen without interrupting or judging?
n what ways can your words build up rather than tear down?
How does humility change the dynamics of your conversations?











### **Journaling Prompts**

	Recall a recent conversation that was challenging—what could have gone differently?
2.	Write down ways you can practice active listening starting today.
3.	Describe how you want your words to impact your relationship.







#### Prayer for Today

**Lord Jesus,** teach me to listen with an open heart and to speak with gentleness and love. Help me slow down my words and calm my spirit so that I may reflect Your patience in every conversation with my parent/child. Remove pride and frustration from my heart, enabling me to communicate in ways that build peace and understanding. May the words I speak honor You and draw us closer in love. Thank You for guiding me step by step. In Your precious name, Amen.







# Day 3: Moving Forward Together in Grace









Day 3: Moving Forward Together in Grace

#### Your Verse

Romans 12:18 NIV — "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."
- Philippians 2:3-4 "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others."







Day 3: Moving Forward Together in Grace

# Devotional: Choosing Peace and Grace in Moving Forward

Restoration is both a goal and a journey. On this final day, we focus on moving forward together in peace and grace. Paul reminds us that if possible, we should strive to live at peace with everyone — especially those closest to us. The desire to reconcile is sometimes met with hesitance or wounds that still linger, yet God calls us to be instruments of peace and humility.

What does living at peace look like in a parent-child relationship? It means choosing to prioritize love over pride, grace over grudges, and unity over division. It means valuing each other's perspectives and putting the other's needs alongside your own. It means walking forward even if there are still challenges, trusting God to continue healing what remains broken.

As you step toward restoration, remember God's grace covers imperfect efforts and continual growth. Peace does not require perfection but a willing heart. Pray for courage to keep leaning into grace-filled relationship and for the Holy Spirit to strengthen you to be a peacemaker in your family. May this day mark not just the end of these 72 hours, but the beginning of a renewed journey of love and hope.







Day 3: Ծ Moving Forward Together in Grace

## Reflect and Apply

	What fears or hesitations do you have about pursuing peace in this relationship?
2.	How can you practice humility and prioritize the other's wellbeing?
3.	What ongoing steps will help sustain restoration beyond today?
4.	How does God's grace empower you to keep going despite setbacks?











Day 3: Ծ Moving Forward Together in Grace

### **Journaling Prompts**

	Write about what living at peace with your parent/child would look like realistically.
2.	List ways you can show grace even when challenges arise.
3.	Describe a prayer or commitment for this new stage in your relationship.







Day 3: 🌣 Moving Forward Together in Grace

#### Prayer for Today

Gracious God, thank You for the gift of peace and the call to live in harmony with those we love. Help me to extend grace and humility as I move forward in restoring my relationship with my parent/child. When fears or pride tempt me to pull away, remind me of Your strength and peace that surpasses understanding. Bless us as peacemakers and healers, guiding each step in love and unity. I trust You to continue your work in our hearts and home. In Jesus' name I pray, Amen.







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