# 72 Hours to Strengthen Your Relationship with a Coworker



A focused 3-day Bible study to deepen understanding and improve your relationship with a coworker through scripture and prayer.





#### Table of contents

<u>Introduction</u>	3
Day 1: C Embracing Humility and Grace	4
Day 2: Communicating with Love and Truth	11
Day 3: Together in Unity and Respect	18







#### Introduction

**Building strong relationships at work** isn't always easy, but it's deeply rewarding. Our coworkers spend significant parts of our lives alongside us, forming connections that can influence our work environment and personal growth. In this 3-day study, we'll explore biblical principles that help you *strengthen, encourage, and nurture* a meaningful relationship with a coworker.

Whether you want to resolve misunderstandings, foster teamwork, or simply build a genuine friendship, God's Word offers guidance and practical wisdom. Each day, we will focus on foundational teachings like love, patience, humility, and understanding—tools that equip us to love others as Christ loves us.

Through scripture, reflection, and prayer, immerse yourself in this journey of intentional relationship-building, inviting the Holy Spirit to transform hearts and open new doors in your workplace. Let this be a time of renewal and deeper connection, grounded in God's timeless truth. **Let's begin!**  $\triangle$ 







## Day 1: C Embracing Humility and Grace









Day 1: 🂢 Embracing Humility and Grace

#### Your Verse

Ephesians 4:2 - "Be completely humble and gentle; be patient, bearing with one another in love."

#### **Supporting Scriptures**

- Colossians 3:13 "Bear with each other and forgive one another if any of you has a grievance against someone."
- Philippians 2:3 "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves."







Day 1: 🌣 Embracing Humility and Grace

#### Devotional: Walk in Humility and Offer Grace Today

Day 1 invites us to examine the foundation of any strong relationship: humility and grace. In the workplace, tensions arise and disagreements are inevitable. Yet Paul's letter to the Ephesians reminds us to respond with humility, gentleness, and patience. Approaching your coworker not from a position of pride or judgment but from a place of tenderness fosters trust and mutual respect.

Grace is the gift that allows us to bear with one another's shortcomings. Forgiving quickly and looking beyond faults makes room for healing and deepening connection. Today, consider how you might practice humility by listening more and seeking to understand your coworker's perspective. Ask God to soften your heart and help you extend grace freely.

This is not always easy but trusting God to lead your heart will set you apart and invite His peace into your relationships.







Day 1: 🂢 Embracing Humility and Grace

### Reflect and Apply

1.	How can humility change the way you interact with your coworker?
2.	Are there any past grievances you need to forgive to move forward?
3.	In what ways can you show gentleness during difficult moments?
4.	What role does patience play in strengthening workplace relationships?













Day 1: 🌣 Embracing Humility and Grace

### **Journaling Prompts**

	Write about a recent conflict with a coworker and how applying humility might have changed it.
2.	List practical ways you can demonstrate patience and grace tomorrow.
	Reflect on moments when you need to forgive or ask for forgiveness at work.







Day 1: 🌣 Embracing Humility and Grace

#### Prayer for Today

Lord, thank You for Your example of humility and grace. Help me to walk in gentleness and patience with my coworker, even when it's difficult. Teach me to forgive and put others first as You have shown me. Transform my heart to reflect Your love, that my workplace interactions might bring peace and unity. Guide me in strengthening this relationship for Your glory. *In Jesus' name, Amen.* 

















#### Your Verse

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."

#### **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."







# Devotional: Speak Truth with Compassion and Patience

Day 2 centers on communication, where many relationships thrive or stumble. Speaking truth in love is an art that requires wisdom, courage, and humility. The apostle Paul encourages us to communicate honestly but with kindness and respect.

Effective communication builds bridges rather than walls. Proverbs reminds us that gentle answers can diffuse tension, while harsh words ignite conflict. Reflect on how your tone and choice of words impact your coworker. Are you quick to listen and slow to speak as James advises? Listening well invites understanding and shows respect.

Today, ask God to help you speak truth with love, engaging your coworker with sensitivity while remaining honest. Pray also for a listening heart, so you may better understand and encourage your colleague through your conversations.







### Reflect and Apply

1.	How can you balance honesty with kindness in your communication?
	Think of a recent conversation; did you listen effectively or speak impulsively?
3.	What impact can gentle words have on your coworker's heart?
4.	How might God be calling you to improve your listening skills?











## Journaling Prompts

	Write about a time when speaking in love transformed a difficult conversation.
2.	Identify areas where your words could be softer or more encouraging.
	Plan a specific way to practice active listening with your coworker tomorrow.







#### Prayer for Today

Dear God, thank You for teaching me to communicate in love and truth. Help me to be slow to anger and quick to listen, so I may build up rather than tear down. Let my words bring encouragement and peace to my coworker. Give me patience to hear with an open heart and courage to speak with kindness. Fill our dialogue with Your grace and understanding. *In Jesus' name, Amen.* 









# Day 3: F Growing Together in Unity and Respect









Day 3: F Growing Together in Unity and Respect

#### Your Verse

Romans 12:10 – "Be devoted to one another in love. Honor one another above yourselves."

#### **Supporting Scriptures**

- 1 Thessalonians 5:11 "Therefore encourage one another and build each other up."
- Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."







Day 3: Frowing Together in Unity and Respect

# Devotional: Honor and Encourage to Strengthen Bonds

On Day 3, our focus turns to cultivating unity and mutual respect as a pathway to lasting relationship. Paul's encouragement to honor others above ourselves calls us to value our coworker deeply and genuinely. This type of devotion transcends mere politeness; it's active love marked by encouragement and support.

Building each other up strengthens the whole community. When you carry your coworker's burdens—whether through prayer, help, or understanding—you mirror Christ's love. Taking time to encourage and honor their efforts not only fosters goodwill but creates a culture of respect and teamwork.

As you conclude this study, ask God to help you embrace this daily practice of devotion and honor. Consider how you can be a source of encouragement and support, laying a foundation for sustained, healthy relationship growth in your workplace.







Day 3: 🍞 Growing Together in Unity and Respect

## Reflect and Apply

1.	What does it look like to honor your coworker above yourself?
2.	How can you actively encourage and build up your colleague?
3.	Are there burdens you can carry with or for your coworker?
4.	How does devotion in love foster lasting unity at work?













Day 3: 🍞 Growing Together in Unity and Respect

### **Journaling Prompts**

1.	Write down ways you can show appreciation and honor to your coworker.
2.	Reflect on how carrying someone's burden might manifest practically.
3.	Plan specific actions to encourage and uplift your coworker this week.







Day 3: 🍞 Growing Together in Unity and Respect

#### Prayer for Today

Heavenly Father, thank You for showing me how to love through devotion and honor. Help me to lift up my coworker with encouragement and to serve with humility. Teach me to recognize their needs and bear their burdens as an expression of Your love. May our relationship grow strong and unified, reflecting the body of Christ. Fill me with grace to love beyond myself. *In Jesus' name, Amen.* 









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