



# Choosing Love Over Judgment in Relationships



Explore how God calls us to choose love above judgment, cultivating grace-filled relationships that reflect His heart.

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## Introduction

Welcome to this 7-day Bible study on Relationships: Choosing Love Over Judgment. In a world where quick conclusions and harsh judgments abound, God invites us to respond differently — with love, grace, and understanding. Throughout Scripture, we see how Jesus exemplified love even towards those society often judged harshly. As followers of Christ, we are called to extend the same compassion in every relationship we nurture.

*Why focus on love over judgment?* Judgment builds walls and fosters division, but love bridges gaps and promotes healing. This study will guide you through key biblical truths that emphasize God's heart for relational harmony, challenging us to reflect His unconditional love rather than reacting with criticism or condemnation.

Each day you'll engage with scripture passages and devotional thoughts designed to inspire a deeper connection with God and those around you. Reflective questions and journaling prompts will help you apply what you learn, encouraging transformation in how you relate to others — be it family, friends, coworkers, or even strangers.

By choosing love over judgment, you embody the very essence of Christ's message, bringing light into relationships and demonstrating the kingdom of God here on earth. Whether you're dealing with difficult relationships or simply want to grow in your capacity to love, this study will equip and encourage you.



Let's begin this journey of heart change together, opening ourselves to God's love and becoming vessels of His grace. ❤️📖





## Day 1: ❤️ Love Reflects God's Character



Day 1: ❤️ Love Reflects God's Character

## 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 13:34 - "A new command I give you: Love one another. As I have loved you, so you must love one another."*
- *Romans 5:8 - "But God demonstrates his own love for us in this: While we were still sinners, Christ died for us."*



Day 1: ❤️ Love Reflects God's Character

## Devotional: Love as the True Mark of Faith

Our journey starts by understanding that love is not merely an emotion but the very nature of God Himself. When we choose love over judgment, we are reflecting the character of the One who created us. In 1 John 4:7, we're reminded that love is the evidence of knowing God — it's a divine attribute flowing through us.

*Many times, we fall into the trap of criticizing others when they falter or disappoint us. Yet God's love is patient and kind, choosing grace in the face of imperfection. Jesus modeled this beautifully when He loved sinners, extending forgiveness rather than condemnation.*

Today, ask yourself: Are my relationships reflecting God's unconditional love? Where have I been quick to judge instead of showing compassion? Let this be a day of renewal, inviting God to fill your heart with His love so it overflows into every connection you have.



Day 1: ❤️ Love Reflects God's Character

## Reflect and Apply

1. How does understanding God's love change the way I view others?

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2. In what situations am I tempted to judge rather than love?

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3. What practical steps can I take today to show God's love more clearly?

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Day 1: ❤️ Love Reflects God's Character

## Journaling Prompts

1. Write about a time when someone showed you unconditional love despite your faults.

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2. Reflect on relationships where judgment has crept in and how that impacted them.

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3. List ways to demonstrate God's love in your daily interactions.

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Day 1: ❤️ Love Reflects God's Character

## Prayer for Today

**Lord, help me to love as You love — without condition or judgment.** Fill my heart with Your grace so I can see others through Your eyes. Teach me to extend patience and compassion, reflecting Your character in all my relationships. Transform my heart that I may truly choose love over judgment every day. *In Jesus' name, Amen.* ❤️ 🙏 🌿





## Day 2: 🕊️ Embrace Grace, Release Judgment



Day 2: 🕊 Embrace Grace, Release Judgment

## Your Verse

*James 2:13 - "Judgment without mercy will be shown to anyone who has not been merciful. Mercy triumphs over judgment."*

## Supporting Scriptures

- *Matthew 7:1 - "Do not judge, or you too will be judged."*
- *Ephesians 4:32 - "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."*



Day 2: 🕊 Embrace Grace, Release Judgment

## Devotional: Mercy Triumphs When Grace Guides Us

Grace is unmerited favor, and mercy is its companion, reaching out even when we might expect judgment. James 2:13 reminds us that mercy triumphs over judgment — meaning when we extend grace, we disrupt the cycle of condemnation.

*In relationships, it's easy to fall into the habit of assessing others by their failures instead of their potential for growth.* Yet God calls us to mirror His mercy, forgiving as He forgave us through Christ. This empowers us to build relationships founded on restoration rather than rejection.

Consider today what judgments you hold and how you might exchange them for grace and mercy. Grace doesn't ignore wrongs but chooses love as the response, inviting healing and reconciliation.



## Reflect and Apply

1. How have I experienced mercy in my own life?

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2. Where do I find it most difficult to show grace in my relationships?

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3. How does living with mercy change my interactions?

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Day 2: 🕊 Embrace Grace, Release Judgment

## Journaling Prompts

1. Write about someone you struggle to forgive and why.

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2. Explore what mercy means for you personally.

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3. List ways to practice extending grace in challenging relationships.

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Day 2: 🕊️ Embrace Grace, Release Judgment

## Prayer for Today

**Dear God, teach me to be merciful as You are merciful.** Give me the strength to release judgment and instead offer grace freely. Help me forgive those who have hurt me and embrace love over bitterness. May mercy truly triumph in my heart and relationships today. *In Jesus' name, Amen.* ✨❤️🕊️







## Day 3: 🧡 Build Bridges with Compassion



## Your Verse

*Colossians 3:12 - "Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience."*

## Supporting Scriptures

- *Philippians 2:3 - "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves."*
- *Luke 6:36 - "Be merciful, just as your Father is merciful."*



Day 3: 🧡 Build Bridges with Compassion

# Devotional: Compassion: The Bridge Over Troubled Waters

**Relationships thrive when we clothe ourselves with compassion, kindness, and humility.** Colossians 3:12 urges us to embody these traits as those dearly loved by God. Compassion softens hearts and dismantles barriers created by judgment and misunderstanding.

*When we practice patience and gentleness, we create safe spaces for vulnerability and growth.* This is especially critical when conflicts arise. Instead of reacting harshly, compassion invites understanding and grace.

Today, view your relationships through the lens of compassion. Ask the Holy Spirit to help you respond with kindness even when it's difficult. Love seeks to build bridges and unite rather than divide.



## Reflect and Apply

1. What does compassion look like in my daily relationships?

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2. How can humility prevent judgmental attitudes?

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3. Where can I practice patience and gentleness this week?

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## Journaling Prompts

1. Identify a conflict you experienced and how compassion could have changed the outcome.

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2. Reflect on God's compassion toward you in difficult times.

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3. Write ways to show kindness and humility to those you struggle with.

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Day 3: 🧡 Build Bridges with Compassion

## Prayer for Today

**Lord, clothe me with Your compassion and kindness.** Help me to value others above myself and respond in humility and gentleness. May my heart reflect Your mercy and patience, building bridges rather than walls. Teach me to love as You love today. *In Jesus' name, Amen.* 💞 😊 🙏





## Day 4: Speak Life, Not Judgment



Day 4: 🗣️ Speak Life, Not Judgment

## Your Verse

*Proverbs 15:1 – "A gentle answer turns away wrath, but a harsh word stirs up anger."*

## Supporting Scriptures

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





Day 4: 🗣️ Speak Life, Not Judgment

## Devotional: Words That Heal Instead of Hurt

**Our words hold the power to either wound or heal relationships.** Proverbs 15:1 reminds us that gentle answers defuse conflict, while harsh words fuel anger and division. Choosing love over judgment means speaking with intentional grace and kindness.

*The Bible calls us to be quick to listen and slow to speak.* This posture fosters understanding and respects others' feelings. When we consider how our words affect those around us, we become instruments of encouragement instead of sources of pain.

Today, pay attention to your speech. Are you building others up or tearing them down? Allow the Holy Spirit to guide your tongue, transforming your conversations into opportunities for love and reconciliation.



## Reflect and Apply

1. How do my words typically affect the people I interact with?

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2. In what ways can I practice being a better listener?

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3. Where is God calling me to speak more gently with others?

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## Journaling Prompts

1. Recall a time when gentle words soothed a tense situation.

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2. Write about moments you regret harsh words and how you would respond now.

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3. List affirming phrases that can strengthen your relationships.

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Day 4: 🗣️ Speak Life, Not Judgment

## Prayer for Today

**Father, guide my words to bring life and healing.** Help me to listen more than I speak and to choose kindness over harshness. May my speech reflect Your love and build up those around me. Teach me to communicate with grace every day. *In Jesus' name, Amen.* 🗣️💬🙏





## Day 5: 🌟 Extend Forgiveness Freely



Day 5: 🌀 Extend Forgiveness Freely

## Your Verse

*Matthew 6:14 – "For if you forgive other people when they sin against you, your heavenly Father will also forgive you."*

## Supporting Scriptures

- *Colossians 3:13 – "Forgive as the Lord forgave you."*
- *Luke 17:4 – "Forgive them, and if they sin against you seven times in a day and seven times come back to you saying 'I repent,' forgive them."*



Day 5: 🕊️ Extend Forgiveness Freely

## Devotional: Forgiving Freely Reflects God's Heart

**Forgiveness is central to choosing love over judgment.** Matthew 6:14 links God's forgiveness toward us with our willingness to forgive others. This divine cycle breaks the chains of bitterness and restores relationships.

*Forgiveness is not always easy, especially when the hurt runs deep.* Yet Scripture calls us to forgive repeatedly, just as God has forgiven us infinitely. Holding onto judgment or grudges only distances us from God's peace and hinders relational healing.

Today, reflect on anyone you need to forgive. Ask God to soften your heart and help you release any bitterness. Embrace forgiveness as a powerful act of love that frees both you and others.



## Reflect and Apply

1. Who do I need to forgive in order to restore love in a relationship?

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2. What barriers make forgiveness difficult for me?

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3. How does receiving God's forgiveness empower me to forgive others?

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Day 5: 🎯 Extend Forgiveness Freely

## Journaling Prompts

1. Write about a time you experienced healing through forgiveness.

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2. Reflect on any unforgiveness you may be holding and your desire to release it.

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3. List steps you can take to begin forgiving someone today.

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Day 5: 🎯 Extend Forgiveness Freely

## Prayer for Today

**Lord, grant me the grace to forgive as You forgive.** Free me from bitterness and judgment so I can walk in Your peace. I choose love over resentment and ask You to heal my heart and relationships. Help me extend forgiveness freely and fully. *In Jesus' name, Amen.* ❤️👉🙏





## Day 6: 🌱 Nurture Relationships with Patience



## Your Verse

*Galatians 5:22 - "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness,"*

## Supporting Scriptures

- *1 Corinthians 13:4 - "Love is patient, love is kind. It does not envy, it does not boast, it is not proud."*
- *Ecclesiastes 7:8 - "The end of a matter is better than its beginning, and patience is better than pride."*



Day 6: 🌱 Nurture Relationships with Patience

## Devotional: Patience: Growing Love Over Time

**Patience is an essential expression of love, particularly in relationships.**

Galatians 5:22 lists forbearance (patience) as a fruit of the Spirit, showing that it is God's work within us that enables us to endure challenges gracefully.

*True love is not rushed or demanding instant perfection.* Instead, it grows steadily, embracing imperfections and changes with understanding. Patience gives space for others to mature and for relationships to deepen authentically.

Today, examine where impatience has caused relational strains. Invite the Holy Spirit to cultivate patience within your heart, allowing love to flourish gently and steadfastly.



## Reflect and Apply

1. Where do I need to practice more patience in my relationships?

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2. How does impatience undermine love and connection?

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3. What can I do to grow the fruit of patience daily?

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## Journaling Prompts

1. Recall a relationship that improved over time with patient love.

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2. Write about moments you felt impatient and what triggered it.

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3. Describe practical ways to demonstrate patience this week.

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Day 6: 🌱 Nurture Relationships with Patience

## Prayer for Today

**Holy Spirit, grow patience within me.** Help me to love others with enduring kindness and peace. Teach me to wait gracefully and not rush relationships or expectations. May Your fruit of patience deepen the love I share each day. *In Jesus' name, Amen.* 🌿 ❤️ 🙏







## Day 7: ✨ Reflect Christ's Love Daily



Day 7: ✨ Reflect Christ's Love Daily

## Your Verse

*John 15:12 - "My command is this: Love each other as I have loved you."*

## Supporting Scriptures

- *1 Corinthians 16:14 - "Do everything in love."*
- *Romans 12:10 - "Be devoted to one another in love. Honor one another above yourselves."*



Day 7: ✨ Reflect Christ's Love Daily

## Devotional: Living Love as a Daily Choice

**Our study concludes with a call to live out love as a daily, intentional choice.** Jesus commands us in John 15:12 to love as He has loved—a sacrificial, unconditional love. This kind of love transforms relationships and communities.

*Choosing love over judgment isn't a one-time decision but a continual lifestyle.* Whether in small daily interactions or deeper relationships, love calls us to humility, honor, and devotion.

Ask God to empower you to exhibit Christ-like love consistently. Let it become your identity and the legacy you leave in every relationship.



## Reflect and Apply

1. How can I make loving others a daily habit?

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2. In what ways does Christ's love challenge my natural tendencies?

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3. What impact can consistent love have on my relationships and community?

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Day 7: ✨ Reflect Christ's Love Daily

# Journaling Prompts

1. Write about how living in love has changed you.

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2. Reflect on how to apply Christ's love to difficult relationships.

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3. Set goals for daily acts of love for the coming week.

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Day 7: ✨ Reflect Christ's Love Daily

## Prayer for Today

**Jesus, help me to love others as You have loved me.** Make love the foundation of all my relationships and daily choices. Empower me to reflect Your heart through my actions and words. May Your love shine brightly through me to the world. *In Your name, Amen.* ✨ ❤️ 🙏





## Where God's Word Meets Your Daily Life

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