



Endurance in Broken Friendships



Discover biblical wisdom to endure and heal relational strains, finding hope and strength in God through broken friendships.



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Introduction

Enduring broken friendships is one of life's toughest challenges. When close relationships strain or break, emotions run deep—hurt, confusion, sadness, even anger. Yet, the Bible teaches us that endurance through relational trials is both possible and godly. This study invites you on a 5-day journey to explore what it means to bear relational pain *biblically* and to grow in grace, forgiveness, and hope.

Broken friendships force us to wrestle with our emotions and our faith. We often want quick fixes, but God's Word shows endurance is about steadfast love, patience, and trust in His timing and wisdom. Jesus demonstrated endurance in all relationships, even with those who rejected Him, modeling perfect grace and mercy.

Through scripture, we will see how to handle relational strain without bitterness, how to pursue peace and reconciliation when possible, and how to rest in God's sustaining presence when friendships remain broken. Endurance is not just passive waiting—it is a powerful, active trust in God's promises.

As you engage in this study, *you are not alone*. The Lord walks with you through every painful moment of relational strain. May you find courage to face brokenness with faith, strength to forgive, and hope for restoration or healing. Let's begin this journey of endurance together, rooted in God's unchanging love. 🙏





Day 1: Standing Firm in Pain



Your Verse

James 1:12 – Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him.

Supporting Scriptures

- *Romans 5:3-4 – Suffering produces perseverance; perseverance, character; and character, hope.*
- *Psalms 34:18 – The Lord is close to the brokenhearted and saves those who are crushed in spirit.*



Devotional: Persevering When Friendships Hurt Deeply

Broken friendships often bring deep emotional wounds. In these moments, the tendency is to withdraw, feel bitter, or give up. But God calls us to endure with steadfast faith.

James 1:12 reminds us that persevering under trial is blessed, not just because we survive pain, but because it refines us and strengthens the soul. Relational strain is a trial, but it is also an opportunity to develop Christlike endurance.

Romans 5

The psalmist offers a divine comfort: God is close to the brokenhearted. You are not abandoned in your grief over lost companionship. Instead, He draws near to help you stand firm.

Today's challenge is to welcome God's strengthening presence amid hurt and to stand firm, trusting His promises. Endurance isn't merely waiting it out—it's active faith grounded in the sure love of God.




Reflect and Apply

1. How have you responded in the past to broken friendships?

2. In what ways can you invite God to strengthen you amid relational pain?

3. What does endurance look like in your current friendship struggles?



Day 1:  Standing Firm in Pain

Journaling Prompts

1. 1. Write about a broken friendship that still weighs on your heart.

2. 2. Reflect on how endurance could change your view of that pain.

3. 3. List ways you can seek God's help to stand firm today.



Day 1: 🛡️ Standing Firm in Pain

Prayer for Today

Lord, when friendships fracture, my heart aches deeply. Help me to stand firm without bitterness or despair. Teach me to endure with a spirit rooted in Your love and hope. Draw close to my broken heart and fill me with Your peace. May I trust Your presence even when I cannot see the way forward. Strengthen me to carry this relational strain patiently, knowing You work all things for good. In Jesus' name, *Amen*. 🙏💪❤️





Day 2: 🌿 Embracing Forgiveness in Brokenness



Day 2: 🌿 Embracing Forgiveness in Brokenness

Your Verse

Ephesians 4:31-32 – Get rid of all bitterness, rage and anger... 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.*
- *Matthew 6:14 – For if you forgive other people when they sin against you, your heavenly Father will also forgive you.*



Day 2: 🌿 Embracing Forgiveness in Brokenness

Devotional: Choosing Forgiveness to Heal Pain

Broken friendships often leave wounds of bitterness, anger, and betrayal. These emotions are natural but can imprison our hearts if left unchecked. Scripture calls us to cast off bitterness and choose forgiveness.

Ephesians 4:31-32

Colossians 3:13

Jesus teaches in Matthew 6

Today, ask God to help you forgive even the deep hurts in broken friendships. Let forgiveness be a step toward healing and freedom, demonstrating the love of Christ despite pain.



Reflect and Apply

1. What feelings of bitterness or anger have you held onto in broken friendships?

2. How does understanding God's forgiveness motivate you to forgive others?

3. Are there practical ways you can begin to show kindness to someone who hurt you?



Journaling Prompts

1. 1. Write a letter (not sent) forgiving your friend for specific hurts.

2. 2. Reflect on times God has forgiven you and how that changes your heart.

3. 3. Identify any barriers that make forgiveness difficult for you.



Day 2: 🌿 Embracing Forgiveness in Brokenness

Prayer for Today

Gracious Father, Your forgiveness is boundless and frees me from chains of bitterness. Help me to forgive those who have hurt me, even when it feels impossible. Fill my heart with kindness and compassion, reflecting Your loving character. Teach me to release anger and embrace Your peace that surpasses understanding. May forgiveness be a healing balm in my broken relationships. I trust Your grace to renew my heart. In Jesus' name, *Amen.* ❤️





Day 3: 🐦 Pursuing Peace Wisely



Your Verse

Romans 12:18 – 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.*
- *Hebrews 12:14 – Make every effort to live in peace with everyone and to be holy.*



Devotional: The Balance of Peace and Wisdom

Enduring broken friendships does not always mean immediate reconciliation. Scripture teaches us to pursue peace *as far as it depends on us*, recognizing that peace requires willingness from both sides.

Romans 12:18

Jesus calls peacemakers blessed because they reflect God's heart. Peace is a fruit of the Spirit that fosters healing when combined with wisdom.

Hebrews 12:14

Today, pray for God's guidance to discern when and how to pursue peace in broken friendships, trusting His timing and sovereignty over outcomes.



Day 3: 🕊️ Pursuing Peace Wisely

Reflect and Apply

1. What efforts have you made toward peace in broken friendships?

2. How can you balance pursuing peace and protecting your own heart?

3. What does it mean to you that peace depends partly on others and partly on you?



Journaling Prompts

1. 1. Write about a time you sought peace and what you learned.

2. 2. Explore feelings about trusting God with the outcome of strained relationships.

3. 3. List practical steps you can take to promote peace today.



Day 3: 🕊️ Pursuing Peace Wisely

Prayer for Today

Lord of Peace, grant me wisdom to know when and how to seek peace with those I am estranged from. Help me to do my part without forcing outcomes beyond my control. Teach me humility, patience, and courage to be a peacemaker even when it is difficult. Guard my heart from bitterness, and fill me with faith that Your peace reigns eternally. Let me find rest in You as I trust Your perfect timing. In Jesus' name, *Amen*. 🕊️ 🙌 💡





Day 4: 🌱 Growing Through God's Strength



Day 4: 🌱 Growing Through God's Strength

Your Verse

Isaiah 40:31 – But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary.

Supporting Scriptures

- *2 Corinthians 12:9 – My grace is sufficient for you, for my power is made perfect in weakness.*
- *Philippians 4:13 – I can do all this through him who gives me strength.*



Day 4: 🌱 Growing Through God's Strength

Devotional: Renewed Strength in Relationship Trials

Broken friendships can drain our emotional and spiritual energy, leaving us weary. Yet, God promises renewed strength to those who put their hope in Him.

Isaiah 40:31

Paul's words in 2 Corinthians 12

Philippians 4:13

Today, lean into God's strength as your source of endurance, asking Him to uplift your weary spirit and to equip you for the journey of restoration or peace.



Reflect and Apply

1. Where do you feel weakest in your relational struggles?

2. How can resting in God's strength change your perspective?

3. What practical ways can you rely on God daily to renew your endurance?



Journaling Prompts

1. 1. Describe how you sense God's strength during difficult times.

2. 2. Reflect on a moment when God's grace sustained you.

3. 3. Write prayers asking for renewed hope and energy.



Day 4: 🌱 Growing Through God's Strength

Prayer for Today

Father God, I confess my weariness from the pain of broken friendships. But I choose hope in You, the source of all strength. Renew my spirit each day so I can rise above discouragement. Help me to rely fully on Your grace that works perfectly in my weakness. Empower me to endure with faith, knowing You never leave me nor forsake me. Fill me with courage to continue trusting You.

In Jesus' name, *Amen*. 🕊️💪🌟🙏





Day 5: Embracing Hope for Restoration



Day 5: 🌈 Embracing Hope for Restoration

Your Verse

Romans 15:13 – May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope.

Supporting Scriptures

- *Joel 2:25 – I will restore to you the years that the swarming locust has eaten.*
- *Revelation 21:4 – He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain.*



Day 5:  Embracing Hope for Restoration

Devotional: Hope Anchored in God's Restoration

Enduring broken friendships concludes with the hopeful promise of restoration—whether in this life or the next. God is the ultimate restorer of broken hearts and shattered relationships.

Romans 15:13

Joel 2:25

Revelation 21:4

Today, embrace this hope as a firm foundation to face the ongoing challenges relational strain brings, trusting in God's power to bring about healing and peace.



Reflect and Apply

1. How can hope in God's restoration shape your current emotional state?

2. What difference does eternal perspective make in your understanding of broken friendship?

3. How might you share this hope with others who are hurting?



Journaling Prompts

1. 1. Write about what hope looks like for your friendships moving forward.

2. 2. Reflect on God's promises of restoration in your life.

3. 3. Journal prayers asking God to fill you with joy and peace through trust.



Day 5: 🌈 Embracing Hope for Restoration

Prayer for Today

God of Hope, fill me today with joy and peace as I trust in Your restoring power. Even when friendships remain broken, help me anchor my heart in the hope of Your healing and perfect plan. Remind me that You restore all that is lost and wipe away every tear. Strengthen me to wait patiently, confident that Your love never fails. May my life reflect this hope to others who suffer relational pain. In Jesus' name, *Amen*. 🌈 ❤️ 🙏 ✨





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