Growth Through Humility: Healing Relationships Touched by Pride



A 21-day journey to recognize how pride disrupts relationships and learn God's truth to heal, restore, and grow closer to Him and others.





Table of contents

Introduction	4
Day 1: B Recognizing Pride's Hidden Roots	6
<u>Day 2: W How Pride Divides Relationships</u>	12
Day 3: O Guarding Your Heart with Humility	18
Day 4: Embracing God's Truth over Self-Justification	24
Day 5: Cultivating a Heart of Repentance	30
Day 6: The Power of Forgiveness in Growth	36
Day 7: Breaking Down Walls with Peace	42
<u>Day 8: PRestoring Relationships by Bearing With One Another</u>	48
<u>Day 9: Q Examining Our Hearts Daily</u>	54
Day 10: Accepting Correction in Love	60
<u>Day 11: Practicing Servanthood to Others</u>	66
Day 12: Trusting God to Restore Relationships	72
Day 13: Communicating with Grace and Truth	78
Day 14: Trowing in Patience with Others	84
Day 15: Day 15: Letting Go of Control	90
Day 16: Cultivating Empathy and Understanding	96











Introduction

Welcome to your 21-day Bible study on Growth through humility and healing in relationships. It's natural for relationships to face challenges, but pride often stands as the invisible wall that divides hearts. When we let pride take root, misunderstandings deepen, forgiveness becomes difficult, and restoration feels unreachable. Yet, *God's Word offers profound guidance and hope to dismantle pride's barriers and cultivate lasting unity.*

Over the next three weeks, we will dive deep into Scripture to uncover how pride functions in our relationships and, more importantly, how humility and God's truth can repair and restore what has been broken. Growth in this context is not just personal but relational—growing closer to God and to those He places in our lives. We will see that true growth requires a willingness to be vulnerable, confess prideful attitudes, and embrace God's power to reconcile.

Each day offers you a primary Scripture passage paired with supporting verses to expand your understanding. The devotionals will help you reflect on both the dangers pride brings and the freedom found in humility. You'll find thoughtful questions to explore your own heart and practical journaling prompts to apply what you learn.

As you walk this journey, allow yourself to be honest and open before God. Growth often hurts because it strips away our self-reliance, but it also leads to deeper peace, restored relationships, and a fuller experience of God's grace.







Let's take this transformative step together, trusting that through Christ, pride loses its power and love wins.















Your Verse

Proverbs 16:18 NIV – "Pride goes before destruction, a haughty spirit before a fall."

Supporting Scriptures

- James 4:6 NIV "God opposes the proud but shows favor to the humble."
- Psalm 10:4 NIV "In his pride the wicked man does not seek him; in all his thoughts there is no room for God."







Devotional: Understanding Pride's Quiet Danger

Pride is often subtle but deeply destructive. Proverbs 16:18 warns us that pride precedes destruction, a truth we can see reflected in many broken relationships around us. Sometimes pride looks like stubbornness or refusing to admit wrongdoing. Other times, it's an inflated sense of self that pushes away others.

In relationships, pride manifests as refusal to listen, hardening of the heart, or valuing our own perspective above others', even God's. Psalm 10:4 reminds us that pride leaves no room for God in our thoughts. If God isn't center, relationships suffer because humility—the soil for connection and love—is missing.

James 4:6 gives us hope that God resists the proud but gives grace to the humble. This means our first step toward healing is recognizing pride's presence in our hearts before God. *Awareness is the beginning of growth.* As you reflect today, ask God to reveal hidden pride and prepare your heart for change.







Reflect and Apply

1.	Where have I noticed pride subtly affecting my relationships?
2.	How do I usually respond when I feel wronged or criticized?
	What fears keep me from being humble and vulnerable before God or others?







Journaling Prompts

Write about a recent situation where pride caused division or pain.
List emotions that come up when you think about admitting fault.
Describe what humility means to you and how it contrasts with pride.







Prayer for Today

Lord, reveal any pride lurking in my heart. Help me see how it damages my relationships and blinds me from Your truth. Grant me humility to confess my faults and courage to seek reconciliation. Teach me to value others above myself and to lean on Your grace daily. May Your love soften my heart and guide my steps toward healing and growth. *Amen.* \bigwedge

















Day 2: W How Pride Divides Relationships

Your Verse

Proverbs 13:10 NIV – "Where there is strife, there is pride, but wisdom is found in those who take advice."

Supporting Scriptures

- Galatians 5:19–20 NIV "The acts of the flesh are obvious: ... discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy."
- Romans 12:10 NIV "Be devoted to one another in love. Honor one another above yourselves."







Day 2: W How Pride Divides Relationships

Devotional: Pride as the Root Cause of Conflict

Strife often originates from unchecked pride. Proverbs 13:10 shows a profound truth: pride fuels division and conflict. When pride governs our hearts, we resist correction, reject others' perspectives, and escalate disagreements into deeper divides.

Galatians 5 lists behaviors that grow from selfishness, including discord and dissensions—fruits of pride that tear relationships apart. Such attitudes harden hearts, leaving little room for grace or unity.

In contrast, Romans 12:10 calls us to love one another deeply and honor others above ourselves. This humility fosters peace and heals breaches caused by pride. The path to restoration is paved with choosing love over ego, listening rather than defending, and valuing relationships more than our own agenda.

Today, reflect on your role in conflicts—how pride contributed and how you might choose humility to restore peace.







Day 2: V How Pride Divides Relationships

Reflect and Apply

	Can I identify moments where pride escalated conflict in my relationships?
2.	What makes it hard for me to 'take advice' or listen humbly?
3.	How would my relationships change if I honored others above myself?







Day 2: V How Pride Divides Relationships

Journaling Prompts

	Recall a conflict where pride caused ongoing hurt—write about your feelings and actions.
2.	List ways pride might have stopped reconciliation in past relationships.
	Write a letter (not to send) to someone you need to forgive or be forgiven by.







Day 2: V How Pride Divides Relationships

Prayer for Today

God, teach me to surrender pride that causes division. Help me listen with a humble heart and seek peace over winning arguments. Fill me with love that honors others above myself, and guide me to be an instrument of Your reconciliation in my relationships. Heal the wounds pride has caused and restore the joy of unity. *Amen.* \heartsuit \diamondsuit







Day 3: • Guarding Your Heart with Humility









Day 3: ① Guarding Your Heart with Humility

Your Verse

Philippians 2:3 NIV – "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves."

Supporting Scriptures

- Colossians 3:12 NIV "Clothe yourselves with compassion, kindness, humility, gentleness and patience."
- Ephesians 4:2 NIV "Be completely humble and gentle; be patient, bearing with one another in love."







Day 3: ① Guarding Your Heart with Humility

Devotional: Choosing Humility to Protect and Unite

Humility is not weakness; it is a spiritual shield. Philippians 2:3 instructs us to reject selfish ambition and vain conceit, choosing instead to value others above ourselves. This choice guards relationships against the corrosive effects of pride.

Colossians 3:12 and Ephesians 4:2 add layers to this picture, describing humility as part of the 'clothing' we wear daily along with compassion and patience. These qualities protect our hearts and foster unity by softening reactions and increasing empathy.

Practicing humility means intentionally stepping back from self-glorification to prioritize reconciliation and understanding. It requires patience when offenses arise and kindness when emotions run high.

Today, consider how embracing humility can safeguard your relationships and lay a foundation for lasting growth.







Day 3: **(**) Guarding Your Heart with Humility

Reflect and Apply

1.	How do I typically respond when someone hurts or disappoints me?
	What does valuing others above myself look like practically in my current relationships?
3.	Where can I practice more patience and gentleness today?







Day 3: **(**) Guarding Your Heart with Humility

Journaling Prompts

1.	Write about a person you find hard to be humble toward and why.
	Describe a time when humility positively impacted a challenging relationship.
3.	List habits or attitudes you can 'put on' to cultivate humility daily.







Day 3: ① Guarding Your Heart with Humility

Prayer for Today

Lord, clothe me with humility and patience. Help me to value others and guard my heart from pride's attacks. Teach me to respond with compassion and gentleness, especially in difficult moments. May my attitudes reflect Your love and bring peace to my relationships. *Amen.* •















Your Verse

John 8:32 NIV - "Then you will know the truth, and the truth will set you free."

Supporting Scriptures

- Psalm 34:18 NIV "The Lord is close to the brokenhearted and saves those who are crushed in spirit."
- Isaiah 55:8-9 NIV "My thoughts are not your thoughts... as the heavens are higher than the earth, so are my ways higher than your ways."







Devotional: Freedom in Truth, Not Ego

Many relationships suffer because we cling to self-justification rather than God's truth. John 8:32 promises freedom through truth—God's truth, not the convenient narratives we create to protect pride.

When we allow God's Word to shape our perspective, we find healing begins even in the brokenhearted. Psalm 34:18 assures us that the Lord draws near when we are crushed in spirit—often the state pride forces us into before surrender.

Isaiah 55:8–9 reminds us God's ways and thoughts transcend ours. Accepting this helps us release the need to defend our every motive and opens us to His higher wisdom for reconciliation.

Today, invite God's truth to challenge your justifications, freeing you to repent and embrace restoration.







Reflect and Apply

What 'truths' do I cling to that actually protect my pride?
How willing am I to be vulnerable with God and others about my faults?
In what ways can God's perspective give me peace amid relational conflict?







Journaling Prompts

Identify a situation where your self-justification prevented healing.
Write a prayer confessing areas where you've resisted God's truth.
Journal about how knowing God's ways are higher can comfort you.







Prayer for Today

Father, set me free with Your truth. Help me to reject false self-justifications and humbly accept Your perspective. Draw near to my broken heart and restore me with Your grace. Teach me to trust Your ways and walk in freedom from pride's chains. *Amen.*

















Day 5: F Cultivating a Heart of Repentance

Your Verse

1 John 1:9 NIV – "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

Supporting Scriptures

- Psalm 51:17 NIV "The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise."
- James 5:16 NIV "Therefore confess your sins to each other and pray for each other so that you may be healed."







Day 5: Cultivating a Heart of Repentance

Devotional: Healing Begins with Confession

Repentance is the gateway to healing pride-wounded relationships. 1 John 1:9 offers the beautiful promise of forgiveness and purification when we confess our sins. The act of confession dismantles pride's defenses and opens the door for restoration.

Psalm 51:17 highlights that God values a broken and contrite heart more than empty rituals; humility and sorrow for sin are precious to Him. James 5:16 beautifully encourages mutual confession and prayer, emphasizing community's role in healing.

Today, open your heart to God, confess any pride and sins, and consider sharing with a trusted believer to experience God's healing power through confession and prayer.







Day 5: **Grant Street** Cultivating a Heart of Repentance

Reflect and Apply

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Day 5: Cultivating a Heart of Repentance

Journaling Prompts

	Write a confession prayer acknowledging ways pride has hurt you and others.
2.	Reflect on how confession can create space for God's forgiveness.
	List barriers that prevent you from confessing and ask God to help you remove them.







Day 5: F Cultivating a Heart of Repentance

Prayer for Today

Lord, I humble myself to confess my pride and sins. Thank You for Your faithfulness to forgive and purify. Create in me a broken and contrite heart. Help me to receive Your cleansing and courage to share with others for healing. Renew my relationships with Your mercy and grace. *Amen.* \bigwedge







Day 6: The Power of Forgiveness in Growth









Your Verse

Ephesians 4:32 NIV – "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

Supporting Scriptures

- Matthew 6:14–15 NIV "For if you forgive other people when they sin against you, your heavenly Father will also forgive you."
- Colossians 3:13 NIV "Bear with each other and forgive one another if any of you has a grievance against someone."







Devotional: Forgiveness, Freedom, and Growth

Forgiveness is essential in overcoming pride and growing in relationships.

Ephesians 4:32 urges us to forgive as God forgave us through Christ—an invitation to extend grace beyond our natural inclinations.

Matthew 6 reminds us of the reciprocal nature of forgiveness in God's kingdom: forgiving others opens the door for our own forgiveness. When pride clings to grudges or justifies withholding forgiveness, spiritual and relational growth stalls.

Colossians 3 portrays forgiveness as an ongoing practice of patience and bearing with one another. It requires humility to release offenses and trust God's justice.

Today, examine your heart for unforgiveness and ask God to empower you to forgive and thus grow beyond pride's bondage.







Reflect and Apply

1.	Where do I struggle to forgive because of pride?
2.	How has unforgiveness affected my spiritual and relational growth?
3.	What practical step can I take toward forgiveness today?







Journaling Prompts

1.	Write about a hurt you are holding onto and the cost it has on your heart.
2.	Compose a forgiveness prayer, whether you intend to share it or not.
3.	List benefits you hope will come from choosing forgiveness.







Prayer for Today

Gracious God, help me extend forgiveness. Break the chains of pride and resentment in my heart. Teach me to forgive as You forgive and to grow in compassion and kindness. Heal relationships and restore peace through the power of Your love. *Amen.* 🐡 💝

















Day 7: Day Breaking Down Walls with Peace

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 NIV "Blessed are the peacemakers, for they will be called children of God."
- Hebrews 12:14 NIV "Make every effort to live in peace with everyone and to be holy."







Day 7: Breaking Down Walls with Peace

Devotional: Choosing Peace Over Pride's Walls

Peace is a deliberate choice that breaks down pride's dividing walls. Romans 12:18 challenges us to seek peace as much as it depends on us, acknowledging our role in fostering harmony.

Matthew 5:9 blesses peacemakers, promising that such individuals reflect God's own character. Pride resists peace, preferring to defend ego over relationship.

Hebrews 12 emphasizes effort in pursuing peace and holiness, recognizing growth requires persistence and intentionality. Humility enables us to relinquish offense and extend peace, even when it's difficult.

Today, pray for God's strength to be a peacemaker, reaching out rather than retreating into prideful separation.







Day 7: Day 7: Peace

Reflect and Apply

1.	What walls of pride am I building in my relationships?
2.	How can I actively pursue peace where conflict exists?
3.	What fears arise when I consider stepping toward reconciliation?







Day 7: Day 7: Peace

Journaling Prompts

1.	Write about a relationship where peace feels distant and why.
2.	Brainstorm practical ways to be a peacemaker in your daily life.
3.	Reflect on how peace aligns with God's holiness and your growth.







Day 7: Day Breaking Down Walls with Peace

Prayer for Today

Lord, help me choose peace over pride. Teach me to be a peacemaker who reflects Your love and mercy. Give me courage to reach out, soften hard hearts, and tear down walls that divide. Let my life glorify You through restored relationships. *Amen.* 😂 📦







Day 8: Æ Restoring Relationships by Bearing With One Another









Day 8: 💋 Restoring Relationships by Bearing With One Another

Your Verse

Ephesians 4:2–3 NIV – "Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace."

Supporting Scriptures

- 1 Corinthians 13:4 NIV "Love is patient, love is kind."
- Galatians 6:2 NIV "Carry each other's burdens, and in this way you will fulfill the law of Christ."







Day 8: Bearing Relationships by Bearing With One Another

Devotional: Patience as a Path to Unity

Restoring relationships requires humility, patience, and love in action.

Ephesians 4 exhorts us to bear with one another, gently and humbly, fostering unity by God's Spirit.

1 Corinthians 13 reminds us that love is patient and kind—qualities needed to navigate pride's aftermath. Growth happens as we move beyond instant judgment toward grace-filled endurance.

Galatians 6 teaches us to carry each other's burdens. This willingness to suffer alongside others builds trust and reflects Christ's compassion.

Today, consider practical ways you can patiently bear with others in your relationships and contribute to God's unifying work.







Day 8: 🥦 Restoring Relationships by Bearing With One Another

Reflect and Apply

1.	How patient and gentle am I with those whose faults irritate me?
2.	What does 'bearing one another's burdens' look like in my life?
3.	Where can I make an effort to promote unity rather than division?







Day 8: 🥦 Restoring Relationships by Bearing With One Another

Journaling Prompts

1.	List relationships that need your patience and gentle bearing today.
2.	Describe what love's patience and kindness mean practically for you.
	Journal a commitment to take a step toward bearing burdens with someone.







Day 8: 💋 Restoring Relationships by Bearing With One Another

Prayer for Today

Father, fill me with humility and patience. Help me to bear with others in love and to strive for unity by Your Spirit. Teach me to reflect Your kindness and to carry burdens with compassion. May my relationships grow in grace and peace. *Amen.*

















Your Verse

Psalm 139:23-24 NIV - "Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."

Supporting Scriptures

- Lamentations 3:40 NIV "Let us examine our ways and test them, and let us return to the Lord."
- Jeremiah 17:9–10 NIV "The heart is deceitful above all things and beyond cure. Who can understand it?"







Devotional: Daily Heart Checks in Humility

Growth requires ongoing self-examination before God's pure light. Psalm 139 invites us to welcome God's searching presence to reveal hidden offenses and anxious thoughts born of pride.

Lamentations echoes the need to test our ways and turn back to the Lord when we discover pride's roots.

Jeremiah warns that our hearts can be deceptive and beyond cure apart from God's intervention. This humbling fact reminds us we need His guidance continually to remain humble and relationally healthy.

Today, make time to ask God to reveal anything prideful in your heart and lead you in the path of everlasting growth and restoration.







Reflect and Apply

1.	How often do I invite God to examine my heart deeply?
2.	What areas might I be overlooking due to pride's deception?
3.	How can regular reflection help me maintain humility in relationships?







Journaling Prompts

1.	Write a prayer asking God to reveal any offensive ways in your heart.
2.	Reflect on times God exposed pride and how you responded.
3.	List ways to build daily heart-check habits.







Prayer for Today

Search me, Lord, and know my heart. Reveal any pride, offense, or anxious thoughts hiding within me. Lead me in Your ways, exposing what needs repentance. Help me walk humbly each day and grow closer to You and others. *Amen.* \bigcirc \bigcirc \bigcirc \bigcirc

















Day 10: Accepting Correction in Love

Your Verse

Proverbs 12:1 NIV – "Whoever loves discipline loves knowledge, but whoever hates correction is stupid."

Supporting Scriptures

- Hebrews 12:5-6 NIV "My son, do not make light of the Lord's discipline... for the Lord disciplines those he loves."
- Proverbs 27:5 NIV "Better is open rebuke than hidden love."







Day 10: FAccepting Correction in Love

Devotional: Growth Through Loving Correction

Embracing correction is a mark of humility and a pathway to growth.

Proverbs 12:1 stresses that loving discipline means loving knowledge and growth, while rejecting correction fosters stubborn pride.

Hebrews 12 implies that God's discipline comes from love and is intended to teach us. Receiving correction—especially from those who care—is a blessing, not a burden.

Proverbs 27 contrasts open rebuke with hidden love, highlighting that honest correction, though sometimes uncomfortable, prevents deeper wounds.

Today, reflect on your response to correction and pray for a humble heart willing to learn and grow through it.







Day 10: 🍪 Accepting Correction in Love

Reflect and Apply

1.	How do I usually respond when someone corrects me?
2.	Where is my pride keeping me from accepting needed discipline?
3.	Who can I trust to lovingly speak truth into my life?







Day 10: 🍪 Accepting Correction in Love

Journaling Prompts

1. I	Recall a time you received correction that helped you grow.
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2. V	Write about obstacles to accepting correction and how to overcome them.
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3. I	List verses or truths to remind yourself of the value of discipline.
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Day 10: Accepting Correction in Love

Prayer for Today

Lord, soften my heart to receive correction. Help me see discipline as love and opportunity to grow. Teach me humility to accept rebuke without offense and wisdom to apply Your truth daily. *Amen.* \square \lozenge \curlywedge

















Your Verse

Mark 10:44–45 NIV – "Whoever wants to be first must be slave of all. For even the Son of Man did not come to be served, but to serve."

Supporting Scriptures

- John 13:14 NIV "Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet."
- Galatians 5:13 NIV "Serve one another humbly in love."







Devotional: Humility Expressed Through Serving

True growth in overcoming pride is reflected in serving others with humility. Jesus exemplifies this in Mark 10, teaching that greatness in God's kingdom means serving all, not seeking status.

John 13 recalls Jesus' humble act of washing His disciples' feet—a powerful symbol of servant leadership and love without pride.

Galatians 5 commands us to serve one another in humility and love, making service a practical antidote to pride's divisiveness.

Today, find ways to demonstrate love through humility by serving others intentionally.







Reflect and Apply

1.	In what ways does pride hinder my willingness to serve?
2.	How can serving others help restore and grow my relationships?
3.	How does Jesus' example challenge my attitudes toward humility?







Journaling Prompts

1.	Write about a recent opportunity to serve and what you learned from it.
2.	List practical ways you can serve someone this week to show humility.
3.	Reflect on the difference between serving for recognition versus love.







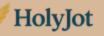
Day 11: <equation-block> Practicing Servanthood to Others

Prayer for Today

Jesus, teach me to serve as You did. Break down prideful barriers and fill me with humble love that seeks others' good. Let my service be genuine and healing in relationships. *Amen.* 😂 💙 🙏







Day 12: Trusting God to Restore Relationships









Your Verse

Joel 2:25 NIV – "I will restore to you the years that the swarming locust has eaten."

Supporting Scriptures

- Psalm 147:3 NIV "He heals the brokenhearted and binds up their wounds."
- 2 Corinthians 5:18 NIV "All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation."







Devotional: Hope in God's Restoration Power

God is the ultimate healer and restorer of broken relationships. Joel 2:25 promises restoration for what was lost, highlighting God's power to redeem even the damage caused by pride.

Psalm 147 comforts us that God heals broken hearts and mends wounds, offering hope beyond our effort and failure.

2 Corinthians reminds us that through Christ, God reconciled us and calls us to be ambassadors of that same reconciliation. We are part of His restorative work.

Today, place your trust in God's promise to heal—ask Him to restore your relationships and empower you to participate in reconciliation.







Reflect and Apply

1.	Where do I feel hopeless about restoration due to pride wounds?
2.	How can trusting God's timing help me release control over outcomes?
3.	How am I called to be a vessel of God's reconciliation today?







Journaling Prompts

1.	Write about ways God has restored relationships in your life or others'.
2.	Journal prayers of surrender for broken relationships you cannot fix.
3.	Reflect on what it means to be a peacemaker and reconciler.







Prayer for Today

God, I trust Your power to restore what pride has broken. Heal my heart and relationships. Help me to be a faithful participant in Your ministry of reconciliation. Renew hope and bring peace where there was division. *Amen.*

















Your Verse

Ephesians 4:15 NIV – "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

- Colossians 4:6 NIV "Let your conversation be always full of grace, seasoned with salt."
- Proverbs 15:1 NIV "A gentle answer turns away wrath, but a harsh word stirs up anger."







Devotional: Healing Words Shape Growth

Communication marked by grace and truth is key to overcoming pride and fostering growth. Ephesians 4 calls us to speak truth in love, helping build up relationships rather than tearing down.

Colossians urges conversations to be full of grace and wisdom, making difficult dialogue life-giving instead of hurtful.

Proverbs highlights how gentle answers can defuse anger, while harsh words often escalate conflict. The way we communicate either bridges gaps made by pride or deepens them.

Today, pray for God's help to choose your words wisely and to listen with grace, promoting healing and understanding.







Reflect and Apply

1.	How does pride influence my communication during conflict?
2.	Where can I improve in speaking truth lovingly?
	What words or tones tend to escalate or calm disagreements in my relationships?







Journaling Prompts

	Write about a recent time when gracious speech helped or could have helped a tough conversation.
2.	List habits to develop for better listening and speaking.
3.	Reflect on biblical examples of communicating with both truth and love.







Prayer for Today

Lord, teach me to speak truth with grace. Help my words heal instead of hurt. Soften my heart to listen and respond in love. Use my communication to grow relationships and glorify You. *Amen.* \wp \wp \wp

















Day 14: 7 Growing in Patience with Others

Your Verse

James 1:19 NIV - "Everyone should be quick to listen, slow to speak and slow to become angry."

Supporting Scriptures

- Ecclesiastes 7:8 NIV "The end of a matter is better than its beginning, and patience is better than pride."
- 2 Timothy 2:24 NIV "The Lord's servant must not be quarrelsome but must be kind to everyone, able to teach, not resentful."







Day 14: 7 Growing in Patience with Others

Devotional: Patience Guards Against Pride

Patience is a vital fruit in the garden of growth. James 1 advises us to be quick to listen and slow to anger, guarding against prideful reactions that escalate conflict.

Ecclesiastes praises patience as better than pride, reminding us that how we finish relationships matters more than how they start.

2 Timothy counsels kindness and teaching with gentleness, not resentment—a patient approach that reflects God's character.

Today, ask God to grow patience in your heart, especially toward those who challenge your pride.







Day 14: 🍞 Growing in Patience with Others

Reflect and Apply

How do impatience and pride interact in my responses to others?
Where can I be more intentional about listening first?
How does patience reflect God's love in my relationships?







Day 14: 🍞 Growing in Patience with Others

Journaling Prompts

1.	Recall a situation where patience prevented conflict or restored peace.
	Write down triggers that cause impatience and pride to rise, and possible responses.
3.	Journal ways to practice kindness and gentleness daily.







Day 14: F Growing in Patience with Others

Prayer for Today

Father, cultivate patience in me. Help me listen more, speak less quickly, and control anger rooted in pride. Shape my heart to reflect Your kindness and gentleness, growing stronger relationships. *Amen.* ?









Day 15: Letting Go of Control









Your Verse

Proverbs 3:5-6 NIV - "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

Supporting Scriptures

- Psalm 46:10 NIV "Be still, and know that I am God."
- Matthew 11:28 NIV "Come to me, all you who are weary and burdened, and I will give you rest."







Devotional: Surrender Over Prideful Control

Often, pride controls relationships by refusing to let go and trust God.

Proverbs 3 calls us to rely fully on God rather than our own understanding—a vital step in healing pride-driven division.

Psalm 46 reminds us to be still before God, recognizing His sovereign control. When we release control, peace replaces anxiety and conflict.

Jesus' invitation in Matthew 11 offers rest to the weary—those burdened by tense relationships or the need to control outcomes.

Today, surrender your need for control to God and receive His peace to grow beyond pride.







Reflect and Apply

1.	In what ways do I try to control relationships out of pride or fear?
2.	How can trusting God change my perspective and actions in difficult situations?
3.	What does 'rest' look like when I let go of control?







Journaling Prompts

Write about a relationship where control has caused stress or division.
Journal a prayer surrendering control and asking for God's guidance.
List practical ways to 'be still' and trust God more daily.







Prayer for Today

Lord, I release my need to control. Help me trust You fully and lean on Your wisdom. Teach me to rest in Your sovereignty and grow through surrendering prideful ways. *Amen.*















Your Verse

Romans 12:15 NIV - "Rejoice with those who rejoice; mourn with those who mourn."

Supporting Scriptures

- Philippians 2:4 NIV "Each of you should look not only to your own interests, but also to the interests of others."
- 1 Peter 3:8 NIV "Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate and humble."







Devotional: Empathy Builds Bridges, Not Walls

Empathy breaks the cycle of pride by helping us connect deeply with others. Romans 12 calls us to share joy and sorrow, stepping into others' experiences.

Philippians calls us to consider others' interests, resisting self-centered pride to embrace care.

1 Peter describes humility, sympathy, and compassion as essential to unity.

Today, practice empathy by listening carefully and responding with genuine care, cultivating growth and restoration.







Reflect and Apply

1.	How easily can I put myself in another's shoes?
2.	Where does pride prevent me from truly caring about others' feelings?
3.	How can empathy soften my heart toward reconciliation?







Journaling Prompts

	Write about a time when someone showed you empathy and how it affected you.
2.	List people with whom you need to practice greater empathy.
3.	Reflect on ways to cultivate humility and compassion daily.







Prayer for Today

Father, grow empathy in my heart. Help me see others as You do, rejoicing and mourning with them. Teach me to set aside pride and embrace compassion and humility. *Amen.* \heartsuit \bigtriangleup















Your Verse

John 13:34–35 NIV – "Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples."

Supporting Scriptures

- Philippians 2:5 NIV "In your relationships with one another, have the same mindset as Christ Jesus."
- 1 John 4:7 NIV "Let us love one another, for love comes from God."







Devotional: Christlike Love Heals and Unites

Jesus' love sets the standard for how we grow in relationships. John 13 commands us to love as Christ loved—selflessly, humbly, and sacrificially.

Philippians calls us to adopt Christ's mindset, putting others first and valuing unity and humility.

1 John reminds us love originates from God and is the mark of true discipleship.

Today, reflect on how embodying Christ's love can dismantle pride and rebuild relationships.







Reflect and Apply

1.	How does Christ's example challenge my prideful tendencies?
2.	In what ways can I better love others as He loves me?
3.	How does practicing Christlike love impact my spiritual growth?







Journaling Prompts

	Write about an experience where Christlike love transformed a relationship.
2.	List attitudes to adopt that reflect Christ's humility and love.
3.	Pray for heart change that enables you to love sacrificially.







Prayer for Today

Jesus, teach me to love as You love. Fill me with selflessness and humility, enabling me to heal and unite relationships. Let my life reflect Your love and bear witness to Your glory. *Amen.* \blacksquare \diamondsuit \triangle







Day 18: A Walking in the Spirit to Overcome Pride









Your Verse

Galatians 5:16 NIV - "So I say, walk by the Spirit, and you will not gratify the desires of the flesh."

Supporting Scriptures

- Galatians 5:22–23 NIV "Fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control."
- Romans 8:6 NIV "The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace."







Devotional: Spirit-Led Growth Defeats Pride

Walking in the Spirit empowers us to overcome the fleshly desires that fuel pride. Galatians 5:16 urges us to live by the Spirit's guidance, which produces fruit contrary to pride and selfishness.

Galatians 5:22–23 lists the fruits—love, patience, kindness, and self-control—that transform our hearts and relationships.

Romans 8 contrasts life and peace from Spirit-led minds with death from fleshly pride.

Today, invite the Holy Spirit to lead you beyond pride toward spiritual growth and healthy relationships.







Reflect and Apply

1.	Where does fleshly pride still influence my actions?
2.	How can cultivating the fruit of the Spirit reshape my relationships?
3.	What daily habits help me walk more closely with the Spirit?







Journaling Prompts

1.	Write about challenges and victories in living by the Spirit over pride.
2.	List fruits of the Spirit you want to grow and how you'll cultivate them.
3.	Reflect on moments when Spirit-led responses improved a relationship.







Prayer for Today

Holy Spirit, lead me daily. Help me resist prideful desires and produce Your fruit in my life. Fill me with love, patience, and self-control to grow in You and bless others. *Amen.* 😢 🐚 🙏















Your Verse

Ecclesiastes 3:1 NIV - "There is a time for everything, and a season for every activity under the heavens."

Supporting Scriptures

- Isaiah 40:31 NIV "Those who hope in the Lord will renew their strength. They will soar on wings like eagles."
- James 5:7 NIV "Be patient, then, brothers and sisters, until the Lord's coming."







Devotional: Waiting and Trusting God's Timing

Growth, especially overcoming pride and healing relationships, is a process that requires patience. Ecclesiastes reminds us that everything happens in God's appointed seasons—not in our rushed timelines.

Isaiah promises renewed strength to those waiting on the Lord, reminding us that patience fuels perseverance.

James encourages perseverance as we await God's perfect timing, trusting He is working even when progress is unseen.

Today, surrender impatience and embrace God's timing for your heart and relationships.







Reflect and Apply

1.	How do I handle delays or setbacks in relational healing?
2.	What parts of growth feel slow or challenging right now?
3.	How can waiting well reflect faith rather than prideful control?







Journaling Prompts

1.	Write about a time God's timing surprised you with good outcomes.
2.	Reflect on impatience triggers and how to pause to trust God.
3.	Journal prayers for strength to wait and hope in God's promises.







Prayer for Today

Lord, teach me to wait patiently on You. Renew my strength and help me trust Your perfect timing in my relationships and growth. Shape my heart to hope fully and surrender control. *Amen.*







Day 20: X Celebrating Growth and Restoration









Day 20: X Celebrating Growth and Restoration

Your Verse

Psalm 92:12-14 NIV - "The righteous will flourish like a palm tree... They will still bear fruit in old age..."

Supporting Scriptures

- 2 Peter 3:18 NIV "Grow in the grace and knowledge of our Lord and Savior Jesus Christ."
- John 15:5 NIV "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit."







Day 20: X Celebrating Growth and Restoration

Devotional: Rejoicing in God's Work Within You

Growth and restoration are reasons to rejoice. Psalm 92 compares the righteous to flourishing trees, bearing fruit continually—a picture of enduring spiritual and relational health.

2 Peter encourages us to grow in grace and knowledge, highlighting lifelong progress in Christ.

John 15 reminds us that abiding in Christ is essential to fruitfulness—our growth is rooted in Him.

Celebrate what God has done, continue to lean into Him, and commit to ongoing growth and restoration.







Day 20: 🎇 Celebrating Growth and Restoration

Reflect and Apply

1.	What growth have I seen in myself during this study?
2.	How has God restored relationships through humble trust?
3.	What steps will I take to continue growing in grace and love?







Day 20: 🎇 Celebrating Growth and Restoration

Journaling Prompts

1.	List specific areas of growth and restored relationships.
2.	Write a thanksgiving prayer celebrating God's work in you.
3.	Plan practical next steps for ongoing growth and reconciliation.







Day 20: 🗱 Celebrating Growth and Restoration

Prayer for Today

Thank You, Lord, for Your faithful work in me. Help me to flourish like a tree planted by Your waters. Keep me rooted in You to bear fruit that blesses others. I celebrate Your grace and commit to continual growth. *Amen.* 💸 <equation-block>















Your Verse

Micah 6:8 NIV - "Do what is right, love mercy and walk humbly with your God."

Supporting Scriptures

- Philippians 3:13–14 NIV "Forgetting what is behind and straining toward what is ahead..."
- 2 Corinthians 3:18 NIV "And we, who with unveiled faces all reflect the Lord's glory, are being transformed into his image..."







Devotional: Continuing the Journey with God

Your 21-day journey concludes with a call to live out humble growth daily. Micah 6:8 summarizes the heart of obedience: act justly, love mercy, and walk humbly with God.

Philippians encourages forgetting past failures and focusing on the future God calls us toward—a continual process of surrender and striving.

2 Corinthians paints a beautiful picture of transformation as we reflect Christ with unveiled faces, growing more into His image.

As you move forward, rely on God's grace and commit to ongoing humility and restoration in your life and relationships.







Reflect and Apply

1.	How will I live out what I've learned about pride and humility?
2.	What goals will I set to maintain relational growth and healing?
3.	How can I remain connected to God to reflect His image daily?







Journaling Prompts

1.	Write a commitment statement for living humbly in relationships.
2.	Reflect on what God has taught you in this study and your hopes.
3.	Pray for strength to continue growing and loving as Christ does.







Prayer for Today

God, guide me to do what is right, love mercy, and walk humbly with You.

Help me to forget past mistakes and focus on Your transforming work. Let my life reflect Your glory as I grow daily in grace and love. *Amen.* 😂 🛡 🙏







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