# How to Disagree Without Division



Explore seven days of biblical wisdom on maintaining unity and love in relationships amid disagreement.





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#### Introduction

Disagreements in relationships—whether with family, friends, or colleagues—are inevitable. But they don't have to lead to division or broken bonds. *God calls us to pursue peace, understanding, and love even when opinions clash.* This Bible study plan will guide you through scripture, helping you discover how to disagree respectfully without damaging relationships.

Disagreement can often ignite conflict and hurt feelings, but the Bible offers timeless principles on how to navigate these moments with grace. It teaches us to listen carefully, speak gently, and seek reconciliation. Through daily reflections and prayer, you'll learn how God wants us to embody humility, empathy, and patience, enabling us to honor others while standing firm in our convictions.

Each day includes primary and supporting scriptures to deepen your understanding, along with practical devotionals, reflection questions, and journaling prompts. As you engage, ask God to soften your heart and grant wisdom, so you can become a peacemaker within your relationships. Let's embark on this journey together to build stronger, healthier connections built on mutual respect and love—even amidst disagreement.









### Day 1: 🂝 Foundations of Unity









Day 1: 🍑 Foundations of Unity

#### Your Verse

Ephesians 4:2-3 - "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**

- Colossians 3:13 "Bear with each other and forgive one another if any of you has a grievance against someone."
- Romans 12:18 "If it is possible, as far as it depends on you, live at peace with everyone."







Day 1: 🌣 Foundations of Unity

# Devotional: Building Relationships on Humility and Patience

Unity begins with humility and patience. Before even addressing disagreements, we must set a foundation rooted in love and gentleness. Paul urges believers in Ephesians 4 to be humble and gentle, advocating for patience as we bear with one another's differences. This intentional effort to preserve peace isn't passive; it's proactive and requires genuine commitment.

Often, pride escalates conflicts, but humility helps us to receive others' perspectives without immediately reacting. Embracing patience means allowing space for imperfection and growth, giving grace where it's needed. Forgiveness plays a critical role, as Colossians reminds us to forgive grievances quickly to prevent bitterness.

Today, reflect on your relationships—are you actively fostering unity through humility, gentleness, and patience? Can peace become a priority even amid disagreement? As followers of Christ, we're called to be peacemakers, mirroring God's love that pursues reconciliation persistently and selflessly.







Day 1: 🎔 Foundations of Unity

#### Reflect and Apply

How do pride or impatience affect my ability to disagree peacefully?
In what ways can I practice more gentleness and humility this week?
Are there unresolved conflicts where forgiveness could restore unity?







Day 1: 🎔 Foundations of Unity

#### **Journaling Prompts**

1.	List recent moments when humility helped you maintain peace.
2.	Write about a time when impatience harmed a relationship.
3.	Create a plan for showing patience in upcoming disagreements.







Day 1: 🍑 Foundations of Unity

#### **Prayer for Today**

**Lord, help me embrace humility and gentleness today.** Teach me patience as I interact with others, especially when we disagree. Soften my heart to forgive quickly and to seek peace above being right. Make me a vessel of Your love that promotes unity, reflecting Your Spirit in every relationship. Strengthen me to be a true peacemaker, honoring You and those around me. *Amen.*  $\swarrow$ 

















Day 2: P Speak with Love and Truth

#### 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."







Day 2: P Speak with Love and Truth

# Devotional: Balancing Honesty and Kindness in Speech

**Disagreement doesn't require silence**— it requires wisdom in how we speak. Paul reminds us in Ephesians 4 to speak the truth in love, balancing honesty with compassion. Truth without love can tear down, while love without truth can condone error. The goal is mature, healthy relationships rooted in both.

Proverbs contrasts a gentle answer with harsh words, illustrating how tone and choice of words impact conflict outcomes. Likewise, James encourages us to listen first and take time before responding, managing our emotions to avoid harmful reactions. This practice fosters understanding rather than defensiveness.

Think about your conversations where disagreement arose—did your words build up or break down? Can you find ways to truthfully address issues while prioritizing kindness and respect? Following Christ means valuing others enough to be honest yet tender with our speech.







Day 2:  $\operatorname{\mathscr{D}}$  Speak with Love and Truth

#### Reflect and Apply

	How can I better align my words with love when expressing disagreement?
2.	Do I listen fully before responding in conversations?
3.	What difference does tone make in how my disagreements are received?







Day 2:  $\operatorname{\mathscr{D}}$  Speak with Love and Truth

#### **Journaling Prompts**

1.	Recall a disagreement where gentle words eased tension.
2.	Write down phrases you can use to speak truth in love.
3.	Identify personal triggers and plan how to respond calmly.







Day 2: P Speak with Love and Truth

#### Prayer for Today

Father, teach me to speak truthfully but with kindness. Help me listen more and respond with gentleness, so my words bring peace and understanding. Guard my heart against pride and anger, and help me mirror Christ's love in every conversation. May my speech build bridges, not walls. Amen.

















#### Your Verse

James 1:19 – "My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry,"

#### **Supporting Scriptures**

- Proverbs 18:13 "To answer before listening—that is folly and shame."
- Philippians 2:4 "Not looking to your own interests but each of you to the interests of the others."







#### Devotional: Listening Well to Bridge Divides

True disagreement can only be healthy when we genuinely listen. James urges us to be 'quick to listen'—meaning we should prioritize understanding the other's perspective fully before speaking. Listening requires humility and patience, and it guards against misunderstandings that fuel conflict.

Proverbs warns us against answering prematurely; haste in response often leads to folly and shame. When we listen well, we communicate respect and care, reflecting Philippians 2's call to value others' interests over our own.

Consider your recent conversations—do you listen deeply or wait just to reply? Practicing attentive listening in disagreements transforms conflict into collaboration, fostering empathy and bridging divides.







#### Reflect and Apply

1.	How often do I listen to understand instead of to reply?
2.	What barriers make it hard for me to listen patiently?
3.	How can focusing on others' interests enrich my relationships?







#### **Journaling Prompts**

Journal a recent time you listened well and how it changed the outcome.
Write down distractions that hinder your ability to listen fully.
Describe how you can show others they are valued during conflicts.







#### Prayer for Today

**Lord, grant me a listening heart today.** Help me to be patient and attentive, putting aside my need to respond quickly. Teach me to value others' perspectives and to consider their needs above my own. May my ears and heart be open so that I may foster understanding and peace. Amen.

















#### Your Verse

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

#### **Supporting Scriptures**

- Ephesians 4:26 "In your anger do not sin: Do not let the sun go down while you are still angry,"
- James 1:20 "Human anger does not produce the righteousness that God desires."







#### Devotional: Choosing Gentle Responses to Anger

Anger is a powerful emotion that can escalate disagreements quickly. Yet, the Bible recognizes anger itself is not sin; it's how we handle anger that determines its impact. Proverbs highlights how gentle responses can defuse wrath, but harsh words fuel it, often leading to damage.

Ephesians counsels not to sin in anger and to reconcile before day's end, emphasizing prompt resolution rather than festering resentment. James reminds us that human anger rarely leads to God-honoring outcomes, often closing our hearts rather than opening them to peace.

Today, seek God's help in managing anger within disagreements. Please Him by choosing calm, gentleness, and swift reconciliation. Such discipline strengthens relationships, reflecting God's grace even when emotions run high.







#### Reflect and Apply

1.	When have I allowed anger to lead to division?
2.	How can I respond gently even when I feel wronged?
3.	What steps can I take to resolve anger quickly in relationships?







#### **Journaling Prompts**

1.	Describe a situation where gentle words calmed an angry moment.
	Write about a time anger caused lasting harm and how you wish you'd responded.
3.	Plan practical ways to turn anger into peace during disagreements.







#### Prayer for Today

**Jesus, help me control my anger according to Your will.** Teach me to respond with gentleness and avoid harsh words. Protect my heart from bitterness and empower me to pursue quick reconciliation. Let my emotions reflect Your peace, not discord. Amen.

















#### Your Verse

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."

#### **Supporting Scriptures**

- Matthew 6:14 "For if you forgive other people when they sin against you, your heavenly Father will also forgive you."
- Ephesians 4:32 "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."







#### Devotional: Freedom Found in Forgiving Others

Forgiveness is essential for unity and healing after disagreement. Bearing with one another means choosing to look past offenses and show grace. Colossians calls us to forgive just as God has forgiven us—a profound, generous forgiveness that frees us from bitterness.

Jesus teaches in Matthew that our willingness to forgive impacts our own forgiveness from God, highlighting the spiritual significance of offering mercy. Ephesians encourages kindness and compassion intertwined with forgiveness, demonstrating God's heart for restored relationships.

Today, identify any grievances you are holding onto. Ask God to help you release them through forgiveness, opening the door to renewed peace and love. Forgiving doesn't mean forgetting but choosing freedom in Christ over division.







#### Reflect and Apply

1.	Do I harbor unforgiveness toward anyone in my life?
2.	How does God's forgiveness motivate me to forgive others?
	What obstacles make forgiveness difficult, and how can I overcome them?







#### **Journaling Prompts**

1.	. Write about a time when forgiveness restored a relationship.
2.	List people you need to forgive and commit to praying for them.
3.	. Reflect on how God's forgiveness changed your heart.







#### Prayer for Today

**Father, teach me to forgive as You forgive.** Help me to bear with others patiently and to release any grudges that divide my heart from peace. Fill me with kindness and compassion so that my relationships reflect Your grace. May forgiveness flow freely through me, bringing healing and unity. Amen.



















Day 6: **Practicing Humble Service** 

#### Your Verse

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."

#### **Supporting Scriptures**

- John 13:14–15 "Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet."
- Romans 12:10 "Be devoted to one another in love. Honor one another above yourselves."







Day 6: **Practicing Humble Service** 

#### Devotional: Serving Others Humbly to Foster Unity

Humility manifests in valuing others above ourselves especially during conflict. Paul encourages believers to reject selfish ambition, focusing instead on the interests of others. This posture minimizes division and fosters unity through service.

Jesus provides the ultimate example by humbly serving His disciples, even performing the lowly task of foot washing. When we imitate this servant heart, disagreements become opportunities to put others first rather than dominate.

Reflect today on how you can serve those with whom you disagree. Practicing humble service shifts perspectives from competition to compassion, cultivating relationships that thrive even through conflict.







Day 6: B Practicing Humble Service

#### Reflect and Apply

1.	How often do I put others' needs before my own during disagreements?
2.	What servant-like actions can I take to heal relational divisions?
3.	Where might pride be hindering my ability to serve others?







Day 6: B Practicing Humble Service

#### **Journaling Prompts**

1.	Write about a time humble service influenced a conflict positively.
2.	List practical ways you can serve those you often disagree with.
3.	Reflect on Jesus' example of service and how to apply it today.







Day 6: **B** Practicing Humble Service

#### Prayer for Today

Lord Jesus, teach me to serve others with a humble heart. Remove selfishness and help me value others above myself, especially in disagreement. May I follow Your example of servant leadership, seeking unity through love and humility. Mold me into a peacemaker who builds up rather than divides. Amen.

















#### Your Verse

Romans 12:18 – "If it is possible, as far as it depends on you, live at peace with everyone."

#### **Supporting Scriptures**

- Hebrews 12:14 "Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord."
- Matthew 5:9 "Blessed are the peacemakers, for they will be called children of God."







#### Devotional: Committing to Be a Peacemaker Always

**Peace requires continual intentionality.** Romans challenges us to do everything possible—within our power—to maintain peaceful relationships. This is not always easy but it reflects mature faith.

Hebrews adds the spiritual dimension of peace tied to holiness, showing that our call to peace aligns with our call to live set apart for God. Jesus blesses peacemakers, promising their identity as His children.

As this week concludes, consider how you can make peace a daily priority. Commit to applying what you've learned about humility, listening, gentle speech, forgiveness, and service. Peace is a pursuit we undertake with God's power, blessed beyond measure.







#### Reflect and Apply

1.	What practical steps can I take to live at peace with others daily?
2.	Where have I seen God bless efforts at peace even amid conflict?
3.	How does striving for peace deepen my relationship with God?







#### **Journaling Prompts**

1.	Write a pledge to pursue peace in your relationships this week.
2.	Reflect on obstacles and how to overcome them to maintain peace.
	Record experiences where being a peacemaker brought unexpected blessings.







#### Prayer for Today

God, empower me to live at peace with everyone. Help me take responsibility for unity where I can, relying on Your strength to overcome challenges. Make me a true peacemaker, reflecting Your holiness and love in every relationship. May I be blessed as Your child and a source of blessing to others. Amen.







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