



Making Peace in Unchanging Relationships



Explore how to find peace and healing when
someone refuses to change, grounded in Scripture
and God's grace.



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Introduction

Relationships are one of life's greatest blessings and challenges. When faced with someone who refuses to change, it can feel like an unending struggle, leading to frustration, hurt, and even brokenness. How do we respond when the person we love or care for remains unchanged despite our prayers, efforts, and desires for reconciliation?

This 7-day study will guide you through Biblical wisdom and practical insights to find peace in these difficult relationships. You'll learn how God's love, grace, and powerful truths can empower you to release control, forgive genuinely, and foster inner healing—even when the other person remains the same.

Throughout this plan, you'll discover how to: surrender control to God, cultivate a heart of forgiveness, set healthy boundaries, and trust in God's timing for transformation. These days are designed to encourage you, renew hope, and remind you that while you cannot change others, God can change your heart and perspective. **Prepare yourself for a journey of emotional and spiritual freedom, as you embrace peace amid imperfect relationships.** Let's begin with trust—trusting God's plan even when change seems impossible.





Day 1: 🕊️ Trusting God When Others Won't Change



Day 1: 🕊️ Trusting God When Others Won't Change

Your Verse

Proverbs 3:5-6 - "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

- *Jeremiah 17:7 - "But blessed is the one who trusts in the Lord, whose confidence is in him."*
- *Romans 8:28 - "And we know that in all things God works for the good of those who love him."*



Day 1: 🕊️ Trusting God When Others Won't Change

Devotional: Trust God When Change Seems Impossible

Trusting God is the starting point when dealing with someone who refuses to change. We naturally want to fix situations or people, but Scripture invites us to place our confidence fully in God's wisdom and timing. *Proverbs 3:5-6 reminds us not to lean on our limited understanding but to submit our concerns to God.*

When someone remains unrepentant or unchanged, it's tempting to feel powerless or bitter. However, trusting God means believing that He is still working behind the scenes—even if we cannot see it yet. Jeremiah calls this trust a blessing, a firm foundation for our hearts amidst uncertainty.

Romans 8:28 assures us that God can orchestrate all things for good, including painful relationship trials. By surrendering control and replacing frustration with trust, we invite God to lead our steps toward peace. Today, let your prayer be for a heart that fully surrenders the need to change others, anchoring hope solely in God's steadfast love.



Day 1: 🕊️ Trusting God When Others Won't Change

Reflect and Apply

1. How have I tried to control or fix someone instead of trusting God?

2. What does trusting God look like practically when others won't change?

3. Where can I surrender my frustrations about this relationship to God today?



Day 1: 🕊️ Trusting God When Others Won't Change

Journaling Prompts

1. Write about a time you had to trust God in a difficult relationship.

2. List ways you can remind yourself daily to trust God rather than your own understanding.

3. Describe how trusting God affects your feelings toward the unchanging person.



Day 1: 🕊️ Trusting God When Others Won't Change

Prayer for Today

Lord, help me trust You fully in this relationship. When I feel frustrated by unchanged hearts, remind me that You are sovereign and working for good. Give me peace that surpasses my understanding and strength to release control into Your hands. Teach me to rest in Your timing and love. *Thank You for never leaving me alone in these struggles.*





Day 2: 💛 Embracing Forgiveness for Inner Peace



Your Verse

Ephesians 4:31-32 - "Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 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 18:21-22 - "How many times shall I forgive? ...I tell you, not seven times, but seventy-seven times."*



Devotional: Choose Forgiveness to Free Your Heart

Forgiveness is often the hardest yet most freeing step towards making peace with someone who won't change. Ephesians 4 calls us to release bitterness and embrace kindness, reminding us that our willingness to forgive mirrors God's grace toward us. When we hold on to anger, we become prisoners of resentment, damaging our own peace.

Forgiving does not mean excusing wrongdoing or pretending pain doesn't exist. Rather, forgiveness is a conscious choice to release the debtor from their debt, freeing yourself from the burden of ongoing hurt and allowing healing to begin. Jesus' teaching in Matthew shows the limitless nature of forgiveness—a continual process echoing God's infinite grace.

Though challenging, forgiving someone who won't change breaks chains of bitterness in your heart and prevents relational damage from consuming your life. Let God's compassion flow through you, extending mercy just as He does.



Reflect and Apply

1. What bitterness or anger might I be holding onto in this relationship?

2. How can forgiving this person lead to my own peace and healing?

3. What does God's forgiveness toward me teach me about forgiving others?



Journaling Prompts

1. Write about a time you found it hard to forgive and how God helped.

2. List the ways unforgiveness affects your emotions and daily life.

3. Describe what it means to forgive someone "just as God forgave you."



Day 2: 🧡 Embracing Forgiveness for Inner Peace

Prayer for Today

Father, teach me to forgive as You have forgiven me. Help me release anger, bitterness, and resentment that weigh down my heart. Fill me with Your kindness and compassion so I may forgive even when it feels impossible. Grant me the grace to extend mercy to the one who won't change, and in doing so, restore my peace and freedom. *Thank You for Your endless forgiveness and love.*





Day 3: Setting Boundaries Without Bitterness



Your Verse

Proverbs 4:23 – "Above all else, guard your heart, for everything you do flows from it."

Supporting Scriptures

- *Galatians 6:2 – "Carry each other's burdens, and in this way you will fulfill the law of Christ."*
- *Matthew 10:16 – "Be as shrewd as snakes and as innocent as doves."*



Devotional: Healthy Boundaries Protect the Heart

Boundaries are a loving and wise way to protect your heart when dealing with someone who won't change. Proverbs reminds us to guard our hearts carefully because the condition of our hearts influences all we do. Setting boundaries isn't about pushing people away with bitterness; it's about stewardship of your emotional and spiritual health.

Jesus' instruction to be as shrewd as snakes but innocent as doves encourages us to be discerning without losing our kindness. This delicate balance means knowing when to say no, refusing to accept harmful behavior, and choosing peace over confrontation that leads nowhere.

Boundaries allow us to stay compassionate (Galatians 6:2), bearing burdens with others but not enabling harmful patterns. When we set boundaries rooted in love, we protect ourselves and create space for God to work in both hearts.



Reflect and Apply

1. In what areas might I need to set boundaries in this relationship?

2. How can I set clear limits without bitterness or harshness?

3. What does guarding my heart look like practically with this person?



Journaling Prompts

1. Describe emotions you feel when boundaries are crossed.

2. Write a list of healthy boundaries that could help your peace.

3. Reflect on how Jesus modeled wise boundary-setting in relationships.



Day 3: 🛡️ Setting Boundaries Without Bitterness

Prayer for Today

Lord, give me wisdom to set boundaries that protect my heart. Help me balance kindness with discernment so I neither enable harmful behaviors nor become bitter. Teach me to guard my heart diligently while carrying burdens in love. Grant me grace to handle this relationship with patience, courage, and peace. *Lead me as I navigate difficult interactions with Your guidance.*





Day 4: 🌿 Finding Freedom Through Surrender



Your Verse

Philippians 4:6-7 - "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus."

Supporting Scriptures

- *Psalms 55:22 - "Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken."*
- *Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."*



Devotional: Surrender Anxieties and Embrace God's Peace

Surrender of control is essential when making peace with an unchanging person. Philippians tells us not to be anxious but to bring all concerns to God through prayer. Anxiety often arises when we try to force change or demand responses from others. But God invites us to surrender that burden and receive His supernatural peace.

Psalms 55 encourages us to cast our cares fully on the Lord, trusting that He sustains and protects us. Alongside this, Jesus' comforting words in Matthew remind us that rest is found when we come to Him with our weariness.

This kind of surrender does not mean giving up care or responsibility; it means releasing control over outcomes and trusting deeply in God's perfect care. When we do this, peace guards our hearts—peace that no human change can give.



Reflect and Apply

1. What worries or anxieties do I have about this relationship?

2. How can prayer help me release control and receive peace?

3. What does it look like to fully trust God with this struggle?



Journaling Prompts

1. Write a prayer surrendering control of this relationship to God.

2. Describe moments when you felt God's peace amid anxiety.

3. List ways you can remind yourself daily to surrender burdens.



Day 4: 🌿 Finding Freedom Through Surrender

Prayer for Today

Father, I surrender my worries and control to You. When anxiety grips me over this unchanging relationship, remind me to bring my needs to You in prayer. Fill me with Your peace that transcends understanding and guard my heart and mind in Christ. Teach me to rest in You even when things do not change as I hope. *Thank You for being my refuge and strength.*





Day 5: 💖 Loving Without Expecting Change



Your Verse

1 Corinthians 13:4-7 - "Love is patient, love is kind... It keeps no record of wrongs... It always protects, always trusts, always hopes, always perseveres."

Supporting Scriptures

- *John 13:34-35 - "Love one another. As I have loved you, so you must love one another."*
- *Romans 12:9 - "Love must be sincere. Hate what is evil; cling to what is good."*



Day 5: ❤️ Loving Without Expecting Change

Devotional: Love Patiently Without Demanding Change

Love often comes with expectations, especially that others will change or behave differently. However, 1 Corinthians reminds us that true love is patient and kind, not contingent on the other's behavior. It does not keep score or hold grudges, but protects, trusts, hopes, and perseveres.

Jesus' new commandment to love as He loved calls us to a radical, unconditional love. This kind of love chooses to act in kindness and sincerity, even when reciprocation or change is absent. Romans encourages us to hate evil but cling firmly to what is good, exercising a love that is genuine and discerning.

When loving without expecting change, you reflect God's love and open doors for healing in your heart and potentially theirs. It also frees you from the pain of unmet expectations, focusing instead on loving well in the present moment.



Reflect and Apply

1. How have my expectations affected my ability to love this person?

2. What does it look like to love patiently and kindly without conditions?

3. How can I model God's unconditional love in this relationship?



Journaling Prompts

1. Write down ways you can show love without expecting a response.

2. Reflect on how unconditional love changes your heart and mindset.

3. Describe moments when you experienced God's unconditional love.



Day 5: 💖 Loving Without Expecting Change

Prayer for Today

Lord Jesus, teach me to love as You have loved. Help me to extend patient, kind, and unconditional love to the one who remains unchanged. Remove any bitterness or expectation from my heart and fill me with sincere love that mirrors Yours. May my love be a testimony of Your grace and hope, regardless of circumstances. *Thank You for loving me unconditionally.*





Day 6: Healing Your Wounded Heart



Your Verse

Psalms 147:3 - "He heals the brokenhearted and binds up their wounds."

Supporting Scriptures

- *Isaiah 41:10 - "Do not fear, for I am with you; do not be dismayed, for I am your God... I will strengthen you and help you."*
- *2 Corinthians 12:9 - "My grace is sufficient for you, for my power is made perfect in weakness."*



Devotional: Allow God's Healing to Renew You

Relationships that don't change can leave wounds that need healing. God promises in Psalm 147 that He heals the brokenhearted and binds up wounds. Accepting His healing is vital because unresolved pain can impact your spiritual, emotional, and physical well-being.

Isaiah encourages us not to fear because God is with us, strengthening and helping in moments of weakness and hurt. Sometimes our hearts feel weak from ongoing relational strain, but God's grace is perfectly sufficient for these times (2 Corinthians 12:9).

Healing is a process that requires patience and inviting God's touch into the hurt places. Allow yourself to release pain to God and accept His gentle restoration. He cherishes you and longs to renew your heart so you can move forward with peace and strength.



Reflect and Apply

1. What wounds have this relationship left in my heart?

2. How can I invite God's healing into those broken places?

3. In what ways has God shown His strength through my weakness?



Journaling Prompts

1. Write about areas where you sense God's healing touch already at work.

2. List ways you can care for your emotional and spiritual health.

3. Describe how God's grace sustains you during hard relational seasons.



Day 6: 🌸 Healing Your Wounded Heart

Prayer for Today

Heavenly Father, heal my broken and wounded heart. Bind up the hurts I carry from this difficult relationship. Strengthen me when I feel weak and filled with fear or pain. Pour out Your grace that is sufficient to restore me fully. Help me to rest in Your loving care as You renew my spirit day by day. *Thank You for Your incredible healing power and relentless love.*





Day 7: ✨ Renewed Hope for Ongoing Peace



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 by the power of the Holy Spirit."

Supporting Scriptures

- *Psalm 33:22 – "May Your unfailing love be with us, Lord, even as we put our hope in You."*
- *Isaiah 40:31 – "Those who hope in the Lord will renew their strength."*



Devotional: God's Hope Sustains Ongoing Peace

Hope is essential to sustaining peace when relationships remain unchanged. Romans 15:13 paints a beautiful picture of God filling us with joy and peace through trust, resulting in overflowing hope empowered by the Holy Spirit.

Psalm 33 reminds us that God's unfailing love accompanies us as we place our hope in Him. Hope is not wishful thinking but a confident expectation rooted in God's character and promises.

Isaiah encourages renewal of strength when we hope in the Lord—strength needed to continue loving, forgiving, setting boundaries, and surrendering. As we finish this study, embrace this hope daily, knowing that God's peace can remain steady amid unchanged people and circumstances. Rest in His faithfulness and allow His Spirit to empower your journey toward lasting peace.



Reflect and Apply

1. How does hope in God give me strength for this relationship?

2. What role does the Holy Spirit play in maintaining my peace?

3. How can I keep my hope alive when situations seem unchanged?



Journaling Prompts

1. Write about what it means to overflow with hope by the Holy Spirit.

2. Describe how trusting God has renewed your strength during this study.

3. List practical ways to remind yourself daily of God's unfailing love.



Day 7: ✨ Renewed Hope for Ongoing Peace

Prayer for Today

God of hope, fill me with joy and peace today. Strengthen my trust in You so that I may overflow with hope through Your Spirit. Help me to rest in Your unfailing love even when relationships don't change as I wish. Renew my strength and keep my heart steadfast as I continue to seek peace and love. *Thank You for being my anchor and my guide.*





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