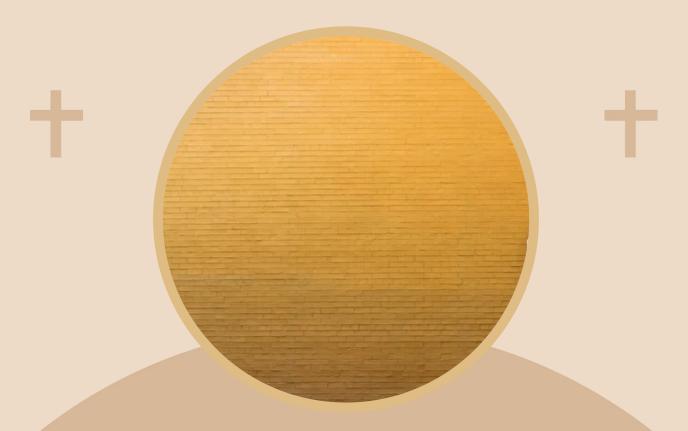
Marriage Restored: Healing After Hurtful Words



A 21-day journey for couples seeking healing from verbal abuse through faith, reflection, and biblical wisdom toward renewal and redemption.





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Introduction

Marriage is one of God's greatest gifts, designed as a sacred covenant reflecting His love and grace. Yet, when verbal abuse enters the relationship, the deep wounds caused by hurtful words can threaten that bond and leave lasting scars. Healing from verbal abuse requires intentional steps towards forgiveness, understanding, and redemption within the marriage.

This 21-day Bible study plan serves as a gentle guide for couples seeking restoration in their marriage after experiencing verbal harm. Each day offers Spirit-led scriptures, devotional wisdom, and reflective questions to encourage open communication, cultivate empathy, and renew commitment to one another. We also emphasize journaling throughout the journey, which helps partners express their pain, acknowledge responsibility, and process emotions with honesty and grace.

Faith is the foundation of healing, and God's Word is the balm for wounded hearts. By inviting God into this painful space, couples can grow closer not only to each other but also to their heavenly Father. This plan will encourage couples to replace words of hurt with words that build up, to surrender bitterness and anger to God's healing power, and to rebuild their relationship on trust, respect, and love.

Whether you are the one who has been hurt or the one who has hurt, God's merciful and transformative love is available to both. It is our prayer that by completing this study, couples will emerge with renewed hope, increased







understanding, and practical tools for maintaining a healthy, loving marriage where difficult pasts no longer define the future.

May this journey bring light into dark places and bring peace where there has been pain.







Day 1: V Establishing a Safe Foundation









Day 1: ① Establishing a Safe Foundation

Your Verse

Ephesians 4:29 - "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs."

Supporting Scriptures

- Colossians 3:13 "Bear with each other and forgive one another if any of you has a grievance against someone."
- Proverbs 15:1 "A gentle answer turns away wrath, but a harsh word stirs up anger."







Day 1: ① Establishing a Safe Foundation

Devotional: Building Safety Through Words

The words we speak have immense power. They can heal or wound, build up or tear down. When verbal abuse occurs in marriage, trust and safety feel shattered. However, God calls us to speak life-giving words that minister grace and healing to each other.

Today, consider the importance of creating a verbal sanctuary—where both partners feel valued and safe. In Ephesians 4:29, Paul instructs believers to avoid unwholesome talk and instead speak in ways that build others up. This is the standard God desires for marriage communication.

Forgiveness and patience are also crucial components. Colossians 3:13 reminds us to bear with one another and forgive grievances. Though this can be challenging when words have caused pain, God's grace empowers us to move forward with mercy.

Ending with Proverbs 15:1, you see how a gentle answer diffuses conflict rather than escalating it. Today's focus invites you to envision a marriage where words bring safety and healing instead of harm.







Day 1: **(**) Establishing a Safe Foundation

Reflect and Apply

	How do your current words contribute to creating or breaking safety in your marriage?
2.	What unwholesome words do you need to surrender to God's healing?
	In what ways can you practice gentleness when communicating difficult feelings?







Day 1: **(**) Establishing a Safe Foundation

Journaling Prompts

1.	Write about a recent conversation where words either hurt or helped your spouse. How did it impact your relationship?
	Reflect on what a verbal sanctuary looks like for your marriage. Describe what safety sounds like.
	Journal your fears or hopes about changing how you communicate moving forward.







Day 1: **(**) Establishing a Safe Foundation

Prayer for Today

Dear Lord, thank You for reminding us of the power of words. Help us to speak in ways that build up rather than tear down. Teach us patience and forgiveness as we strive to create a safe place in our marriage. Heal the wounds caused by harsh words, and fill our hearts with Your love and grace. May our communication honor You and draw us closer as one. *In Jesus' name, Amen.* Amen.







Day 2: Value of Words









Day 2: V Understanding the Impact of Words

Your Verse

James 3:5-6 - "Consider what a great forest is set on fire by a small spark. The tongue also is a fire... It corrupts the whole person."

Supporting Scriptures

- Proverbs 12:18 "The tongue has the power of life and death."
- Matthew 12:36 "You will give account on the day of judgment for every careless word you speak."







Day 2: V Understanding the Impact of Words

Devotional: Recognizing the Weight of Our Speech

Words carry incredible weight and consequences, especially within marriage. James vividly compares the tongue to a small fire that can ignite a vast forest, illustrating how a few harsh words can inflame wounds beyond the moment.

Understanding this impact is vital in the healing journey. Proverbs 12:18 further emphasizes that words can bring life or death — they can uplift the spirit or crush it. When verbal abuse happens, the damage is not just immediate but often long-lasting.

The gravity of our speech is underscored in Matthew 12:36 where Jesus says we will give account for every careless word. This truth invites humility, reflection, and responsibility as every word shapes the atmosphere of marriage.

Today, reflect on the power your words have had in your marriage — for better or worse. Pray for discernment to choose words carefully, and for healing where damage has been done. God's grace can redeem even the most painful moments through honest repentance and loving restoration.







Day 2:

O Understanding the Impact of Words

Reflect and Apply

	How have words spoken in your marriage influenced your emotional and spiritual well-being?
	What does taking accountability for your words look like in your relationship?
	How can recognizing the weight of your speech motivate positive changes?







Day 2:

O Understanding the Impact of Words

Journaling Prompts

1.	Write about a time when words deeply hurt you or your spouse. Describe the emotions that surfaced.
2.	List words or phrases you feel tempted to use but want to change for healthier communication.
3.	Journal your commitment to be more intentional with your speech in
	your marriage.







Day 2: Vunderstanding the Impact of Words

Prayer for Today

Father God, we acknowledge the power of our words and ask for Your grace to use them wisely. Help us to tame our tongues and speak life into our marriage. Heal the wounds caused by careless speech and teach us to honor You by honoring each other with gentle and truthful words. Fill our hearts with Your peace as we seek to rebuild trust. *In Jesus' name, Amen.* \(\bigce\)

















Day 3: 🐯 Seeking God's Healing Grace

Your Verse

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

Supporting Scriptures

- Isaiah 61:1 "He has sent me to bind up the brokenhearted..."
- Jeremiah 30:17 "I will restore you to health and heal your wounds," declares the Lord.







Day 3: 🐯 Seeking God's Healing Grace

Devotional: God's Tender Healing for Marriage Wounds

Healing begins when we invite God into our pain. Verbal abuse leaves wounds that often feel invisible but deeply affect the heart. The psalmist assures us that God is the Healer of the brokenhearted, tenderly binding our wounds with care.

Allow this truth to comfort you today. Isaiah 61 echoes this promise, revealing God's mission to heal and restore hurting souls. The restoration of marriage often parallels healing broken hearts — it requires divine intervention beyond human effort.

Jeremiah 30:17 encourages us with the promise of health and wholeness. God desires to bring restoration not only physically but emotionally and relationally too. Your journey toward renewal is not in vain; it is embraced by God's loving hands.

Today, surrender the pain caused by verbal abuse into God's care. Trust that He is working even in the darkest places of your relationship to bring healing and hope.







Day 3: W Seeking God's Healing Grace

Reflect and Apply

	How can you open your heart to receive God's healing in your marriage pain?
2.	What areas of your relationship need God's restorative touch most?
3.	How does trusting in God's grace alter your perspective on healing?







Day 3: W Seeking God's Healing Grace

Journaling Prompts

1.	Write a letter to God expressing your pain and your desire for healing.
	Describe what healing looks like for you and your spouse moving forward.
	Journal ways you can trust God daily to work in your marriage restoration.







Day 3: 😂 Seeking God's Healing Grace

Prayer for Today

Heavenly Father, thank You for Your promise to heal the brokenhearted and bind our wounds. We bring before You the pain caused by harsh words and ask for Your tender care to mend our hearts and marriage. Restore hope where it feels lost and renew our spirits with Your loving presence. Help us to lean on Your grace as we walk this healing journey together. *In Jesus' name, Amen.*









Day 4: 🂝 Embracing Forgiveness









Day 4: 🌣 Embracing Forgiveness

Your Verse

Ephesians 4:32 – "Be kind and compassionate to one another, forgiving each other, just as in Christ God 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."
- Colossians 3:13 "Forgive as the Lord forgave you."







Day 4: 🌣 Embracing Forgiveness

Devotional: The Freedom Found in Forgiveness

Forgiveness is essential for healing in any marriage. When verbal abuse has fractured trust and created wounds, forgiveness can feel impossible. Yet, Scripture calls us to forgive each other just as God forgives us — fully and freely.

Forgiveness does not mean ignoring the pain or excusing wrong behavior. Instead, it is a deliberate choice to release bitterness and resentment to God, allowing His peace to take root.

Ephesians 4:32 encourages kindness and compassion along with forgiveness, reminding us of the grace we've received through Christ. Matthew 6:14 further teaches that forgiving others releases us to receive God's forgiveness.

Choosing to forgive invites restoration and opens doors for genuine reconciliation. It is a journey requiring humility and courage, but the freedom it brings can transform your marriage and your hearts.







Day 4: 🎔 Embracing Forgiveness

Reflect and Apply

1.	What does forgiveness mean to you personally in your marriage context?
	Are there any barriers you feel standing in the way of forgiving or being forgiven?
3.	How can forgiving your spouse begin to heal your own heart?







Day 4: 🂢 Embracing Forgiveness

Journaling Prompts

	Write about someone in your marriage whom you need to forgive or seek forgiveness from.
	Describe how holding onto unforgiveness affects your emotions and your relationship.
3.	Journal your prayer asking God to help you forgive from the heart.







Day 4: 🎔 Embracing Forgiveness

Prayer for Today

Lord Jesus, thank You for the forgiveness You have extended to us. Teach us to forgive one another as You have forgiven us completely. Remove any bitterness or hurt from our hearts so that healing can take place. Help us to walk in kindness and compassion, restoring our marriage and honoring You with our love. *In Your precious name, Amen.*

















Day 5: Cultivating Healthy Communication

Your Verse

James 1:19 – "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."
- Ephesians 4:25 "Speak truthfully to your neighbor..."







Day 5: Cultivating Healthy Communication

Devotional: Listening and Speaking with Love

Healthy communication is the lifeblood of a restored marriage. After verbal abuse, learning to listen deeply and speak with intentionality is vital. James 1:19 encourages us to be quick to listen and slow to speak or anger.

Listening well honors your spouse's feelings and fosters understanding. Proverbs reminds us that answering prematurely leads to folly. Taking time to truly hear each other reduces misunderstandings and eases conflicts.

Equally important is speaking truthfully and lovingly. Ephesians 4:25 calls us to honest communication, balanced with grace. Speaking truth doesn't mean harshness but courageous honesty paired with kindness.

Developing these habits will require patience and practice but lay a foundation for renewed intimacy and trust in your marriage.







Day 5: 💬 Cultivating Healthy Communication

Reflect and Apply

1.	How well do you currently listen to your spouse before responding?
2.	What prevents you from speaking calmly and truthfully during conflict?
3.	What steps can you take to become a better listener and communicator?







Day 5: 💬 Cultivating Healthy Communication

Journaling Prompts

Recall a recent conversation where listening helped or hurt your connection. Write about that experience.
Identify common communication pitfalls in your marriage and ways to improve.
Journal your commitment to practice slow speaking and quick listening each day.







Day 5: Cultivating Healthy Communication

Prayer for Today

Father, help us to listen with open hearts and respond with wisdom and love. Teach us to slow down our words and control our anger during conflicts. Fill our communication with truth wrapped in kindness that honors You and strengthens our marriage bond. Guide us daily in healthy dialogue. *In Jesus'* name, Amen.







Day 6: Beauting Humility in Marriage









Day 6: B Embracing Humility in Marriage

Your Verse

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

Supporting Scriptures

- James 4:6 "God opposes the proud but shows favor to the humble."
- Romans 12:10 "Honor one another above yourselves."







Day 6: 💋 Embracing Humility in Marriage

Devotional: Humility Paves the Way for Healing

Humility is a foundational attitude that can transform marriage relationships. Verbal abuse often involves pride, defensiveness, and self-protection. Choosing humility means setting aside selfish ambition to truly value your spouse.

Philippians 2:3 reminds us to esteem others highly, creating space for empathy and reconciliation. God honors humility and grants favor to the meek.

James 4:6 warns against pride, which can harden hearts and fuel conflict. Adopting humility fosters honor and respect as Romans instructs, helping the couple recognize each other's worth beyond their past mistakes.

When both partners embrace humility, walls come down, and healing begins.







Day 6: BEmbracing Humility in Marriage

Reflect and Apply

1.	How can humility change the way you approach conflicts in your marriage?
2.	Are there areas where pride prevents you from seeking forgiveness or giving grace?
3.	What does valuing your spouse above yourself look like in daily life?







Day 6: B Embracing Humility in Marriage

Journaling Prompts

	Write about moments when choosing humility led to peace in your relationship.
2.	Identify personal prideful attitudes you need to surrender to God.
3.	Journal a plan to show honor and value to your spouse this week.







Day 6: BEmbracing Humility in Marriage

Prayer for Today

Lord, teach us to walk in humility and to put each other's needs before our own. Help us to surrender pride and to honor our spouse as You have called us to. Soften hearts that need healing and create unity through Your Spirit. May humility be our strength as we rebuild trust. *In Jesus' name, Amen.* 💍 💍 💙

















Day 7: O Setting Boundaries with Love

Your Verse

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

Supporting Scriptures

- Matthew 18:15 "If your brother or sister sins, go and point out their fault..."
- Galatians 6:1 "Restore them gently..."







Day 7: Setting Boundaries with Love

Devotional: Healthy Boundaries Protect and Restore

Setting boundaries within marriage fosters safety and respect. After verbal abuse, it's necessary to guard your heart and communicate limits that prevent repeated harm.

Proverbs 4:23 urges vigilance over what influences your inner being. Boundaries act as safeguards against destructive patterns that keep wounding cycles alive.

Jesus teaches confrontation with care in Matthew 18:15 and restoration with gentleness in Galatians 6:1. Boundaries should not be about punishment or control but mutual honoring and healing.

As you set and respect these limits, you create a container where brokenness can be addressed honestly with compassion and safety.







Day 7: O Setting Boundaries with Love

Reflect and Apply

	What boundaries need to be established or reinforced in your marriage to promote healing?
2.	How can boundaries be communicated lovingly rather than as ultimatums?
3.	What helps you personally protect your heart without isolating your spouse?







Day 7: Setting Boundaries with Love

Journaling Prompts

Reflect on situations where boundaries were unclear or violated. How did that affect trust?
Write out healthy boundaries you desire in your communication and actions.
Journal your feelings about setting boundaries and how you hope they will help your relationship.







Day 7: O Setting Boundaries with Love

Prayer for Today

God of peace, help us to set clear, loving boundaries that protect our hearts and our marriage. Guide us in gently addressing wrongs and restoring one another with grace. Let boundaries be a gift of respect and safeguard our love as we heal. *In Jesus' name, Amen.* ()

















Your Verse

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

Supporting Scriptures

- Philippians 2:4 "Look not only to your own interests, but also to the interests of others."
- 1 Corinthians 13:4 "Love is patient, love is kind..."







Devotional: Walking in Each Other's Shoes

Empathy builds bridges where hurt once lay. To heal from verbal abuse, couples need to won't just hear words but feel the pain behind them.

Romans 12:15 calls us to celebrate joys and share sorrows as one body. Practicing empathy means engaging emotionally with your spouse's experiences, even when difficult.

Philippians encourages us to consider the interests of others alongside our own. Empathy nurtures patience and kindness, qualities of love described beautifully in 1 Corinthians 13.

Each day offers opportunities to practice understanding your spouse's heart, which softens wounds and fosters intimacy.







Reflect and Apply

	How often do you truly put yourself in your spouse's position during conflict?
	What challenges do you face when trying to empathize with your spouse's feelings?
3.	In what ways can empathy transform your daily interactions?







Journaling Prompts

	Write about a time when you felt deeply understood by your spouse — what made that possible?
	Reflect on a recent situation where you could have shown more empathy. What might you do differently?
3.	Journal ways you can intentionally practice empathy in your marriage this week.







Prayer for Today

Lord Jesus, fill our hearts with empathy so we can deeply understand and care for one another. Help us rejoice and mourn together, reflecting Your love and kindness. Teach us patience and inspire us to put our spouse's needs alongside our own. Renew our connection through compassionate hearts. *In Your name, Amen.* 💝 🎾 🙏

















Your Verse

James 1:5 – "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault."

Supporting Scriptures

- Proverbs 3:5-6 "Trust in the Lord with all your heart... He will make your paths straight."
- Ecclesiastes 4:12 "A cord of three strands is not quickly broken."







Devotional: Inviting God Into Decisions and Healing

Making wise choices in marriage requires reliance on God. Often, verbal abuse situations involve confusion and emotional turmoil that can cloud judgment.

James 1:5 encourages us to seek God's wisdom boldly. He gives generously—without judgment—to guide us through difficult circumstances.

Proverbs reminds us to trust the Lord fully and follow His direction carefully. When couples invite God together into their decisions, healing and unity deepen.

The metaphor in Ecclesiastes about a three-stranded cord highlights the strength found when both spouses and God work together—making the marriage resilient and restored.







Reflect and Apply

1.	How do you involve God in the decisions affecting your marriage?
2.	What areas of your relationship need God's wisdom most right now?
3.	How can seeking God together strengthen your bond?







Journaling Prompts

1.	Describe how God's wisdom has helped in past marriage challenges.
2.	Write prayers together asking for guidance and healing.
3.	Journal specific decisions you need God's help to navigate.







Prayer for Today

Father, we ask for Your wisdom to guide our hearts and decisions. Teach us to trust You fully as we seek healing and restoration in our marriage. Strengthen our relationship as we invite You into every step, weaving Your power into our bond. *In Jesus' name, Amen.*







Day 10: C Affirming Each Other's Worth









Day 10: Day 10: Affirming Each Other's Worth

Your Verse

Proverbs 31:28 - "Her children arise and call her blessed; her husband also, and he praises her."

Supporting Scriptures

- Song of Solomon 4:7 "You are altogether beautiful, my darling."
- 1 Thessalonians 5:11 "Encourage one another and build each other up."







Day 10: Affirming Each Other's Worth

Devotional: The Healing Power of Affirmation

Words of affirmation are nourishment for the soul and marriage. After verbal abuse, affirming your spouse's worth can help mend bruised spirits.

Proverbs 31 illustrates a husband's blessing expressed through praise. Such honor lifts and restores dignity once diminished by hurtful words.

The Song of Solomon beautifully depicts affectionate admiration—reminding couples to see beauty in one another. Encouragement, as urged in 1 Thessalonians 5:11, strengthens bonds and fosters a positive atmosphere.

Be intentional today to speak affirmations that uplift, validate, and heal your spouse's heart.







Day 10: 💬 Affirming Each Other's Worth

Reflect and Apply

1.	What affirmations has your spouse needed to hear but didn't?
2.	How can regular affirmations rebuild trust and love?
3.	What might be holding you back from openly praising your spouse?







Day 10: 💬 Affirming Each Other's Worth

Journaling Prompts

	Write a letter of encouragement to your spouse highlighting their strengths.
2.	Journal your feelings when you receive affirming words.
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	Plan three specific affirmations you want to speak over your spouse this week.







Day 10: Day 10: Affirming Each Other's Worth

Prayer for Today

Gracious God, teach us to build each other up with words that heal and affirm. Help us to see the beauty and worth You have placed in our spouse. Fill our hearts with encouragement so our marriage flourishes in love and respect. *In Jesus' name, Amen.*















Your Verse

1 John 1:9 - "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 51:10 "Create in me a pure heart, O God..."
- Acts 3:19 "Repent, then, and turn to God, so that your sins may be wiped out."







Devotional: Turning Back Toward Healing

True healing includes repentance — the honest acknowledgment of wrong and the turning toward God. Verbal abuse scars can only be healed when both partners are willing to confess their faults and embrace renewal.

1 John 1:9 assures us of God's faithfulness to forgive and cleanse. This promise is a foundation for restoring trust and hope.

The psalmist's plea for a pure heart calls us to renewed intentions and transformation. Acts 3:19 reminds us repentance wipes away past sins, opening doors for fresh beginnings.

Today, consider what needs confessing in your marriage and commit to walking the path of restoration with God's help.







Reflect and Apply

1.	What unspoken sins or attitudes are affecting your marriage?
2.	How does repentance open space for God's transformative healing?
3.	What steps can you take to confess and turn from past harmful habits?







Journaling Prompts

1.	Write a prayer of confession for yourself and your relationship.
2.	Reflect on the freedom that repentance can bring to your heart.
3.	Journal how you can support your spouse in their repentance journey.







Prayer for Today

Merciful Father, we confess the wrongs and pains caused in our marriage. We ask for Your cleansing and mercy to purify our hearts. Help us to repent sincerely and to embrace renewal through Your grace. Lead us into deeper healing and restored love. *In Jesus' name, Amen.*









Day 12: A Renewing Commitment









Your Verse

Ruth 1:16 - "Where you go I will go, and where you stay I will stay."

Supporting Scriptures

- Ecclesiastes 4:9-10 "Two are better than one..."
- Matthew 19:6 "What God has joined together, let no one separate."







Devotional: Choosing Commitment Over Past Hurts

Renewing your commitment is a powerful act of faith and love. After suffering from verbal abuse, choosing to stay and work through pain reflects God's steadfast covenant.

Ruth's words embody loyalty and devotion that inspire couples to recommit despite challenges. Ecclesiastes highlights the strength found in partnership — vital for healing and growth.

Jesus' teaching in Matthew affirms the sacredness of marriage bonds. Renewing vows inwardly or outwardly strengthens the intention to overcome hurt together with God's grace.

Allow God to rekindle your love today as you intentionally choose hope and healing over separation.







Reflect and Apply

1.	What does commitment mean to you after pain and struggle?
2.	How can recommitting to your spouse transform your future?
3.	Are there fears you need to surrender to fully embrace renewed vows?







Journaling Prompts

Write a renewal of commitment letter to your spouse expressing hope and love.
Reflect on God's role in your marriage journey and what keeps you united.
Journal your personal promises to grow and heal together.







Prayer for Today

Lord God, we choose to commit afresh to each other and to You. Strengthen our vows and fill us with hope as we build anew. Help us to trust Your hand in our marriage and to walk forward with courage and love. *In Jesus' precious name, Amen.*

















Your Verse

Matthew 18:20 - "For where two or three gather in my name, there am I with them."

Supporting Scriptures

- 1 Thessalonians 5:17 "Pray continually."
- Philippians 4:6 "Do not be anxious about anything, but in every situation, by prayer... present your requests to God."







Devotional: Building a Prayerful Partnership

Prayer unites hearts and invites God's power into marriage. Healing verbal abuse wounds is difficult, but praying together cultivates spiritual intimacy and strength.

Matthew 18:20 promises Jesus' presence when couples gather in His name. Consistent prayer fosters connection and mutual dependence on God's guidance.

Paul urges us to pray continually and bring all concerns to God. Philippians reminds us prayer removes anxiety and invites peace.

Make time daily to pray with your spouse, sharing burdens and hopes openly before God. This shared practice nurtures trust and healing.







Reflect and Apply

1.	How comfortable are you praying openly with your spouse?
2.	What changes might regular shared prayer bring to your relationship?
3.	Are there barriers to praying together that you want to address?







Journaling Prompts

1.	Write about your experiences of praying with your spouse.
2.	List prayers or concerns you want to lift up together regularly.
3.	Journal your hopes for prayer to deepen your marriage healing.







Prayer for Today

Jesus, thank You for the promise of Your presence when we gather in Your name. Help us to pray continually and unite our hearts before You. Bless our marriage with peace, healing, and spiritual closeness as we seek You together each day. *In Your holy name, Amen.* \bigwedge \bigcirc \bigcirc







Day 14: **%** Working Through Conflicts Biblically









Day 14: K Working Through Conflicts Biblically

Your Verse

Matthew 5:23-24 - "First be reconciled to your brother or sister... then come and offer your gift."

Supporting Scriptures

- Proverbs 15:18 "A hot-tempered person stirs up conflict..."
- Ephesians 4:26 "Do not let the sun go down while you are still angry."







Day 14: K Working Through Conflicts Biblically

Devotional: Healthy Conflict Resolution in Marriage

Conflict is inevitable but resolving it biblically restores peace. After verbal abuse, couples must intentionally pursue reconciliation quickly.

Jesus teaches us to seek reconciliation before worship or offerings. This reorientation shows God's priority for restored relationships.

Proverbs warns against hot tempers that escalate disputes. Ephesians reminds us to resolve anger swiftly and not let bitterness fester.

Navigating conflict with humility, patience, and grace honors God and strengthens marriage







Day 14: **%** Working Through Conflicts Biblically

Reflect and Apply

1.	How do you currently handle conflict in your marriage?
2.	What biblical principles could improve how you resolve disputes?
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3.	Are there unresolved conflicts causing division or pain?







Day 14: **%** Working Through Conflicts Biblically

Journaling Prompts

1.	Write about a recent conflict and how you might approach it differently.
2.	Reflect on emotional triggers and how to manage them better.
3.	Journal practical steps for timely and peaceful reconciliation.







Day 14: K Working Through Conflicts Biblically

Prayer for Today

Father, guide us in resolving conflicts with Your wisdom and grace. Help us to seek reconciliation promptly and with humility. Protect our hearts from anger that destroys and lead us to peace that heals. Unite us through Your love. *In Jesus' name, Amen.*

















Your Verse

Galatians 5:22 - "But the fruit of the Spirit is... patience..."

Supporting Scriptures

- Colossians 3:12 "Clothe yourselves with compassion, kindness, humility, gentleness and patience."
- James 5:8 "Be patient and stand firm, because the Lord's coming is near."







Devotional: Patience as a Healing Virtue

Healing does not happen overnight; patience is key. The fruit of the Spirit includes patience that sustains couples through setbacks and struggles.

Paul encourages believers to clothe themselves with patience and other virtues daily. Growing these qualities helps soften hearts and create space for transformation.

James exhorts us to stand firm in patience, trusting God's timing. This perspective helps couples persevere, believing restoration is possible in God's strength.

Embrace patience today as an active expression of love and faith in the healing process.







Reflect and Apply

1.	How patient are you with your spouse and the healing process?
2.	In what areas do you struggle to exhibit patience?
3.	How can trusting God's timing ease frustration?







Journaling Prompts

1.	Write about a time when patience led to breakthrough in your marriage.
2.	List ways to cultivate greater patience in daily interactions.
3.	Journal your faith journey related to waiting and trusting God.







Prayer for Today

Spirit of God, fill us with patience as we heal together. Help us to embody compassion, kindness, and gentleness in every moment. Strengthen our faith to trust Your perfect timing and remain steadfast in hope. *In Jesus' name, Amen.*

















Your Verse

Proverbs 3:3 - "Let love and faithfulness never leave you..."

Supporting Scriptures

- Psalm 34:18 "The Lord is close to the brokenhearted and saves those who are crushed in spirit."
- Luke 16:10 "Whoever can be trusted with very little can also be trusted with much."







Devotional: Rebuilding Trust Through Faithfulness

Trust fractured by verbal abuse must be rebuilt intentionally. Proverbs encourages us to hold onto love and faithfulness as anchors.

Psalm reminds us God heals broken hearts and is near when we feel crushed. Restoring trust begins by inviting God's presence into the process.

Jesus' teaching in Luke challenges us to be trustworthy in small things, growing faithfulness in every act. Consistent integrity and patience renew confidence and security.

Take small but meaningful steps daily to rebuild trust, supported by God's grace.







Reflect and Apply

1.	What areas of trust have been damaged in your marriage?
2.	How can you demonstrate faithfulness consistently moving forward?
3.	What role does God's presence play in restoring trust?







Journaling Prompts

1.	Write about practical ways to rebuild trust with your spouse.
2.	Reflect on feelings of brokenness and hope for restoration.
3.	Journal your commitment to consistent faithfulness.







Prayer for Today

Lord, help us to rebuild trust through Your love and faithfulness. Heal our broken hearts and enable us to demonstrate integrity in all our ways. Restore security and peace in our marriage as we rely on You. *In Jesus' name, Amen.*



















Your Verse

2 Corinthians 12:9 – "My grace is sufficient for you, for my power is made perfect in weakness."

Supporting Scriptures

- Philippians 1:6 "He who began a good work in you will carry it on to completion."
- Romans 8:28 "In all things God works for the good of those who love Him."







Devotional: God's Grace Empowers Growth

Healing is a journey marked by God's grace and empowerment. Paul reminds us that God's power is strongest in our weaknesses.

Celebrate every step of growth and progress in your marriage. Philippians assures that God who began this work in you will complete it — giving confidence to persevere.

Romans reinforces that even struggles serve God's good purposes. Recognizing this truth brings hope and joy despite setbacks.

Today, acknowledge how far you have come. Trust God's sustaining grace to carry you forward.







Reflect and Apply

1.	What progress have you noticed in your marriage healing journey?
2.	How can you celebrate and encourage further growth?
3.	In what ways has God's grace been evident amid struggles?







Journaling Prompts

Write about a breakthrough or positive change recently experienced.
Reflect on moments when God's grace felt most powerful.
Journal ways to express gratitude for progress and hope.







Prayer for Today

Gracious God, thank You for Your sufficient grace that empowers us in our weakness. We celebrate the healing You have begun in our marriage and trust You will complete it. Help us to remain hopeful and grateful for Your continuous work in our lives. *In Jesus' name, Amen.*









Day 18: 6 Growing in Mutual Respect









Your Verse

1 Peter 3:7 - "Husbands, treat your wives with respect as the weaker partner..."

Supporting Scriptures

- Ephesians 5:33 "Each one must love his wife as himself, and the wife must respect her husband."
- Romans 12:10 "Honor one another above yourselves."







Devotional: Respect as the Cornerstone of Love

Mutual respect nurtures dignity and safety in marriage. Scripture instructs husbands and wives to love and respect one another, forming a foundation for healthy relationships.

1 Peter calls husbands to honor their wives thoughtfully. Ephesians balances this by calling wives to respect as well.

Romans encourages honoring each other above oneself. Respect creates an environment where love flourishes, and old wounds begin to heal.

Reflect today on ways you can grow in honoring and respecting your spouse daily.







Reflect and Apply

1.	How is respect currently shown and received in your marriage?
2.	What disrespectful behaviors need to be changed?
3.	How does honor build trust and healing over time?







Journaling Prompts

1.	Write about ways you have experienced respect or disrespect in marriage
2.	Identify habits you want to cultivate that demonstrate respect.
3.	Journal how respect relates to your expression of love.







Prayer for Today

Lord, teach us to honor and respect one another deeply. Help us to build a marriage founded on mutual dignity and love, reflecting Your design. Heal wounds caused by disrespect and lead us in kindness and understanding. *In Jesus' name, Amen.* \$\varphi\$ \mathcal{L}\$

















Day 19: 🗱 Renewing Hope for the Future

Your Verse

Jeremiah 29:11 – "For I know the plans I have for you... plans to prosper you and not to harm you."

Supporting Scriptures

- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in Him."
- Isaiah 43:19 "See, I am doing a new thing!"







Day 19: 🗱 Renewing Hope for the Future

Devotional: Hope Anchored in God's Promises

Hope is a vital anchor for couples healing from verbal abuse. God's promises assure us He has good plans for our marriage and future.

Jeremiah 29:11 offers assurance of God's prospering purpose. Even when past hurts cloud the present, God sees beyond with redemption and newness.

Romans prays for God to fill us with joy and peace as we trust Him. Isaiah proclaims God's power to make all things new.

Cling to this hope today, trusting God to bring forth a renewed and flourishing marriage.







Day 19: 🎇 Renewing Hope for the Future

Reflect and Apply

1.	How does God's promise of hope inspire you in your marriage journey?
2.	What new things do you sense God doing in your relationship?
3.	How can focusing on hope help you overcome fear or discouragement?







Day 19: 🎇 Renewing Hope for the Future

Journaling Prompts

1.	Write about your hopes and dreams for your marriage's future.
2.	Reflect on scripture promises that encourage you most.
3.	Journal ways to cultivate hope daily, even during setbacks.







Day 19: 🗱 Renewing Hope for the Future

Prayer for Today

Faithful God, thank You for the hope You give us through Your plans and promises. Fill our hearts with joy and peace as we trust in You. Help us to see the new things You are doing in our marriage and to walk boldly toward the future with confidence in Your love. *In Jesus' name, Amen.*







Day 20: Find Embracing God's Unending Grace









Day 20: @ Embracing God's Unending Grace

Your Verse

Lamentations 3:22–23 – "Because of the Lord's great love we are not consumed, for His compassions never fail. They are new every morning."

Supporting Scriptures

- Hebrews 4:16 "Let us then approach God's throne of grace with confidence."
- 2 Corinthians 12:9 "My grace is sufficient for you."







Day 20: Fembracing God's Unending Grace

Devotional: Daily Newness Through God's Grace

God's grace is a limitless source of renewal for hurting marriages.

Lamentations reminds us that His mercies are new every morning — offering fresh starts daily.

Hebrews invites us to come boldly before God's throne of grace, knowing we will receive mercy. In our weakness and sin, grace sustains us.

Paul quotes God's assurance that His grace is sufficient. No matter the depth of hurt, God's grace exceeds what we need to heal and grow.

Embrace God's unfailing compassion each day and let it shape your marriage anew.







Day 20: 🌈 Embracing God's Unending Grace

Reflect and Apply

1.	How have you experienced God's grace during your healing journey?
2.	What does it mean to approach God boldly for mercy and help?
3.	How can daily reliance on grace transform your marriage dynamics?







Day 20: 🌈 Embracing God's Unending Grace

Journaling Prompts

Write about a moment when God's grace felt overwhelmingly real.
Journal how to remind yourself daily of God's new mercies.
List ways to extend grace to your spouse mirroring God's love.







Day 20: 6 Embracing God's Unending Grace

Prayer for Today

Lord of mercy, we thank You that Your grace is new every morning and sufficient for all our needs. Help us to approach You confidently and receive Your healing love. Teach us to extend that grace to each other, restoring our marriage daily. *In Jesus' name, Amen.* \triangle \diamondsuit \curlywedge







Day 21: 🥕 Celebrating Redemption and Unity









Day 21: 🥕 Celebrating Redemption and Unity

Your Verse

Psalm 133:1 - "How good and pleasant it is when God's people live together in unity!"

Supporting Scriptures

- John 17:21 "May they all be one... so that the world may believe."
- Ephesians 4:3 "Make every effort to keep the unity of the Spirit through the bond of peace."







Day 21: 🏂 Celebrating Redemption and Unity

Devotional: Unity as God's Gift and Goal

Today marks the culmination of a healing journey toward redemption and unity. Psalm 133 celebrates the beauty and blessing when couples live in harmony.

Jesus prayed fervently for unity among His followers in John 17. Unity in marriage reflects the heart of God's design and serves as a testimony to the world.

Ephesians urges us to make every effort to keep peace and unity. Healing demands ongoing commitment but yields deep joy and strength.

Celebrate the progress made and commit to sustaining unity through God's ongoing presence.







Day 21: 🏂 Celebrating Redemption and Unity

Reflect and Apply

1.	How has your marriage changed through this healing process?
2.	What does unity in marriage look like for you now?
3.	How can you continue to nurture peace and oneness daily?







Day 21: 🏂 Celebrating Redemption and Unity

Journaling Prompts

	Write a gratitude letter highlighting how God has moved in your marriage.
2.	Journal your vision for a united future together.
3.	Reflect on ways to guard your unity and peace consistently.







Day 21: 🥕 Celebrating Redemption and Unity

Prayer for Today

Gracious God, we celebrate the unity and redemption You have brought into our marriage. Thank You for Your faithfulness and peace that surpasses understanding. Help us to treasure and protect this oneness as a sacred gift. May our unity glorify You and bless others. *In Jesus' name, Amen.*







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