



# Pursuing Deep Connections in Relationships



Explore how to cultivate meaningful, God-centered relationships that transcend superficial bonds in this 7-day Bible study.

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## Introduction

**Relationships** are one of the most significant parts of our human experience. Yet, in our fast-paced world, it is easy to find ourselves surrounded by many acquaintances but few deep connections. *“Pursuing Deep vs. Shallow Connections”* calls us to evaluate the quality of our relationships through the lens of Scripture. This study invites you to reflect on how God designed relationships for genuine intimacy, mutual growth, and love that goes beyond surface-level interactions.

Across these seven days, we will explore biblical principles that help us cultivate relationships marked by trust, honesty, sacrifice, and empathy. Instead of settling for fleeting interactions or superficial conversations, we will be challenged to open our hearts, deepen our commitment, and embrace vulnerability as a path towards spiritual and emotional richness.

God’s Word is filled with profound insights and examples of authentic relationships. Whether it’s the friendship of David and Jonathan, the community life of the early church, or Jesus’ intimate fellowship with His disciples, the Bible teaches us the importance of walking closely with others in ways that honor both God and each individual.

This journey is not only about improving how we relate to others but also about cultivating the kind of love that God demonstrates to us. As you engage with this study, may you be encouraged and equipped to build bonds that are not just plentiful but meaningful—relationships that nurture your soul and



glorify God. Let us open our hearts to God's transformative power in the sphere of our connections and pursue deeper, richer relationships starting today.





## Day 1: The Value of True Friendship



Day 1: 🧡 The Value of True Friendship

## Your Verse

*Proverbs 18:24 NIV - "One who has unreliable friends soon comes to ruin, but there is a friend who sticks closer than a brother."*

## Supporting Scriptures

- *Ecclesiastes 4:9-10 NIV - "Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up."*
- *John 15:13 NIV - "Greater love has no one than this: to lay down one's life for one's friends."*



Day 1: 🧡 The Value of True Friendship

# Devotional: Discovering the Treasure of True Friends

**Friendship is a gift from God.** The Proverbs remind us that a true friend is more than just someone we share good times with – they are anchors in life’s storms. In a world where relationships can be fleeting and superficial, true friends stick closer than family, offering loyalty, love, and support.

Jesus sets the highest standard for friendship: sacrificial love. He demonstrated this by laying down His life for us, showing that deep connection involves vulnerability and choosing the good of the other above self. It challenges us to reflect: are our relationships surface-level or do they go beyond convenience and appearances?

Examine your circle of friends honestly. Are these connections built on trust and a mutual desire for growth, or are they simply social engagements? Deep relationships require investment, openness, and time. They bear fruit through encouragement, accountability, and shared burdens.

As you start this study, ask God to reveal how He wants to deepen your friendships. Pray for courage to be a true friend who loves sincerely, speaks truth, and walks beside others through all seasons of life.



Day 1: 🧡 The Value of True Friendship

## Reflect and Apply

1. How do I define a true friend versus a casual acquaintance?

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2. In what ways have I been a friend who ‘sticks closer than a brother’?

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3. What fears or barriers keep me from deeper friendships?

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4. How can Jesus’ model of sacrificial love shape my relationships today?

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Day 1: 🧡 The Value of True Friendship

# Journaling Prompts

1. List three qualities you value most in a deep friendship.

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2. Write about a time when a friend supported you in a difficult season.

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3. Reflect on ways you can be a better friend this week.

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Day 1: 🧡 The Value of True Friendship

## Prayer for Today

**Lord, thank You for the blessing of friendship.** Help me to recognize and cherish the true friends You have placed in my life. Give me a heart that loves deeply and faithfully. Teach me to be the kind of friend who reflects Your sacrificial love, who listens well, and who supports others through good times and struggles. *Open my eyes* to new opportunities for authentic connection, and remove any walls I have built around my heart. May my relationships honor You and bring joy and healing to those around me. **In Jesus' name, Amen.** 🙏❤️🧡





## Day 2: 🔍 Identifying Shallow Bonds



## Your Verse

*Matthew 7:21-23 NIV - "Not everyone who says to me, 'Lord, Lord,' will enter the kingdom of heaven..."*

## Supporting Scriptures

- *James 2:14 NIV - "What good is it, my brothers and sisters, if someone claims to have faith but has no deeds? Can such faith save them?"*
- *2 Timothy 3:5 NIV - "Having a form of godliness but denying its power. Have nothing to do with such people."*



## Day 2: 🔍 Identifying Shallow Bonds

## Devotional: Recognizing When Relationships Lack Substance

Sometimes, relationships appear meaningful on the surface but lack true depth. Jesus warned of the danger in having a mere form of connection without genuine heart engagement. It's possible to be surrounded by people and still feel deeply isolated when those connections don't reflect love, faith, or commitment.

**Shallow bonds often focus on convenience, appearance, or mutual benefit without sacrifice or vulnerability.** They can leave us longing for more and pose a risk of spiritual and emotional emptiness. It's important to discern whether our relationships consistently foster growth, encouragement, and accountability, or if they hinder our walk with God and one another.

This day challenges us to honestly evaluate the nature of our connections. Do they reflect God's character? Are they life-giving or draining? Jesus invites us to step away from superficiality and pursue substance.

Pray for wisdom to see clearly and courage to make necessary changes in your relational landscape. Sometimes, saying no to shallow connections opens space to cultivate the deeper relationships God desires for us.



## Reflect and Apply

1. Are any of my current relationships marked by superficiality or pretense?

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2. How do shallow relationships affect my faith and emotional well-being?

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3. Am I allowing anyone who consistently denies God's power in their life to influence me negatively?

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4. What steps can I take to reduce shallow connections and invest more in genuine ones?

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# Journaling Prompts

1. Identify any shallow connections you currently maintain and why.

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2. Write about how these shallow relationships impact your daily life.

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3. List ways you can gently distance from unfruitful relationships for your spiritual health.

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Day 2: 🔍 Identifying Shallow Bonds

## Prayer for Today

**Father, grant me clarity to recognize which relationships in my life lack true depth and godliness. Give me the courage to seek what is life-giving and aligned with Your will. Help me to let go of connections that hinder my walk with You, and instead embrace relationships that build me up in faith and love. Teach me to cherish substance over appearance and to pursue authentic bonds that glorify You. *Lead me, Lord, to connections rooted in Your truth.* In Jesus' name, Amen.** 🙏👉💡





## Day 3: ❤️ God's Model for Relationships



## Day 3: ❤️ God's Model for Relationships

## Your Verse

*1 Corinthians 13:4-7 NIV - "Love is patient, love is kind... It always protects, always trusts..."*

## Supporting Scriptures

- *Ephesians 4:2 NIV - "Be completely humble and gentle; be patient, bearing with one another in love."*
- *Colossians 3:14 NIV - "And over all these virtues put on love, which binds them all together in perfect unity."*



Day 3: ❤️ God's Model for Relationships

## Devotional: Embracing God's Definition of Love in Relationships

The foundation of any deep connection is love as God defines it. The famous passage from 1 Corinthians reminds us that **love is not simply an emotion but a series of intentional actions and attitudes**. It is patient, kind, trusting, and enduring. This love doesn't focus solely on feelings but makes choices to protect, hope, and persevere.

Such love challenges us to overcome selfishness and impatience that so often breed shallow ties. It calls us to humility and gentleness as we bear with others' flaws and mistakes. This is the love Jesus showed — reaching beyond the surface to the heart, offering grace and forgiveness.

Today, think deeply about how you can reflect this divine love in your relationships. It's not always easy but it is transformational. When love is the guiding principle, connections deepen, healing occurs, and unity flourishes.

Ask God to fill your heart with His love and empower you to express it actively in your relationships.



## Day 3: ❤️ God's Model for Relationships

# Reflect and Apply

1. How does my current expression of love align with God's description?

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2. Where might impatience or selfishness be hindering my relationships?

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3. How can I cultivate humility and gentleness even when relationships are challenging?

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4. What does it practically mean to 'put on love' each day?

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## Day 3: ❤️ God's Model for Relationships

# Journaling Prompts

1. Describe a relationship where you have experienced God's love in a powerful way.

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2. Write about a difficult relationship and how you can apply 1 Corinthians 13 love to it.

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3. Make a personal commitment to one action that reflects God's love today.

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Day 3: ❤️ God's Model for Relationships

## Prayer for Today

**Lord, thank You for showing me what true love looks like.** Help me to embody Your patience, kindness, and humility in every relationship. Teach me to bear with others in love, to forgive, and to seek unity and peace. When I am tempted to be selfish or impatient, fill me with Your Spirit to choose love instead. May my love reflect Yours so that others see Your grace through me. *Guide me to be an ambassador of Your perfect love. In Jesus' name, Amen.* 🙏





## Day 4: The Power of Honest Communication



## 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

- *Proverbs 27:6 NIV - "Wounds from a friend can be trusted, but an enemy multiplies kisses."*
- *James 1:19 NIV - "Everyone should be quick to listen, slow to speak and slow to become angry."*



## Devotional: Building Trust Through Transparent Conversations

Deep relationships are nurtured by honesty and open communication. The Apostle Paul encourages us to "speak the truth in love," which means sharing our hearts clearly but with kindness and respect. Without honest dialogue, misunderstandings accumulate and walls grow.

**True connection requires us to listen well, be slow to anger, and respond with grace.** Proverbs reminds us that a friend's truthful rebuke is precious; it shows care and a desire for growth, not division. When we avoid tough conversations, relationships remain shallow and fragile.

This day challenges you to evaluate your communication style. Are you open and vulnerable? Do you communicate with sincerity and love, even when it's difficult? Practice listening attentively and expressing yourself in ways that build up rather than tear down.

Ask God to help you communicate in a way that reflects His truth and love, fostering trust and deeper bonds.



## Reflect and Apply

1. How comfortable am I with sharing my true feelings with close friends?

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2. Do I listen as much or more than I speak in my relationships?

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3. Have I experienced growth through a friend's honest correction?

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4. What changes can I make today to improve transparency in my communication?

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# Journaling Prompts

1. Write about a recent conversation that deepened a relationship.

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2. Identify a situation where speaking truth in love was difficult for you.

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3. Plan a loving, honest conversation you need to have this week.

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Day 4: 💬 The Power of Honest Communication

## Prayer for Today

**Gracious God, teach me to communicate with honesty and love.** Help me to listen attentively and speak truth gently so that my words build up those I care about. Remove pride or fear that hinders my transparency. Give me wisdom to know when to speak and the humility to receive correction. May my relationships be strengthened by open hearts and genuine dialogue. *Fill me with Your Spirit so my words reflect Your grace.* **In Jesus' name, Amen.** 🙏❤️







## Day 5: 🕊️ Forgiveness: Restoring Broken Bonds



## Your Verse

*Colossians 3:13 NIV - "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 6:14-15 NIV - "For if you forgive other people when they sin against you, your heavenly Father will also forgive you."*
- *Ephesians 4:32 NIV - "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."*



## Devotional: The Healing Power of Forgiveness

Broken relationships weigh heavily on our hearts, but God invites us to bring healing through forgiveness. Forgiveness is not merely forgetting; it is an intentional choice to release bitterness, anger, and the desire for revenge.

**As God has forgiven us lavishly through Christ, we are called to extend that same grace to others.** Carrying grudges builds walls that prevent deep connection, but forgiving restores trust and paves the way for reconciliation and peace.

Forgiveness can be difficult, especially when wounds are deep. Yet, it is essential for cultivating enduring relationships. It frees both parties and allows God's love to flow more fully between us.

Today, examine any broken bonds in your life and seek God's strength to forgive as He forgives. Even if restoration is not immediate, releasing others from debt in your heart honors God and promotes your own healing.



## Reflect and Apply

1. Who do I need to forgive to move toward deeper relationships?

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2. How has God's forgiveness changed my understanding of relationships?

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3. What feelings or fears make forgiveness difficult for me?

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4. What steps can I take to begin the process of forgiveness today?

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## Journaling Prompts

1. Write about a relationship impacted by unforgiveness.

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2. Describe how forgiving someone has affected your spiritual walk.

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3. List practical ways you can practice forgiveness in daily life.

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Day 5: 🕊️ Forgiveness: Restoring Broken Bonds

## Prayer for Today

Heavenly Father, thank You for forgiving me through Jesus. Help me to forgive others as You have forgiven me, even when it is hard. Soften my heart toward those I struggle to forgive. Remove bitterness and fill me with Your peace. Heal the brokenness in my relationships and restore trust where needed. May Your love be the foundation of all my connections, bringing freedom and reconciliation. *I surrender my hurts to You today. In Jesus' name, Amen.* 🙏





## Day 6: 🌱 Growing Together in Faith





## Your Verse

*Hebrews 10:24-25 NIV - "Let us consider how we may spur one another on toward love and good deeds, not giving up meeting together..."*

## Supporting Scriptures

- *Ecclesiastes 4:12 NIV - "Though one may be overpowered, two can defend themselves... a cord of three strands is not quickly broken."*
- *Galatians 6:2 NIV - "Carry each other's burdens, and in this way you will fulfill the law of Christ."*



# Devotional: Building Spiritual Depth Through Community

One of the richest ways to experience deep relationships is by growing together in faith. The author of Hebrews encourages believers not to neglect gathering but to encourage one another actively. Spiritual growth thrives in community, where love, accountability, and shared struggles are embraced.

**Like a three-stranded cord, relationships connected by God's presence are stronger and more resilient.** Supporting one another and bearing burdens reflect Christ's love practically. It pushes us beyond shallow connections focused on convenience to profound bonds that shape character and faith.

Consider ways you can engage more intentionally with your faith community or close friends. Are you spurring others on toward love and good deeds? Are you open to receiving support and challenge?

Prayerfully seek out trusted companions who will walk with you in both joy and difficulty, allowing your relationships to mature beyond the surface.



Day 6:  Growing Together in Faith

## Reflect and Apply

1. How actively am I pursuing spiritual growth in community?

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2. Who encourages and challenges me in my faith journey?

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3. Am I also intentionally encouraging and supporting others?

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4. What barriers prevent deeper spiritual fellowship for me?

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Day 6: 🌱 Growing Together in Faith

## Journaling Prompts

1. Write about a moment when community helped you grow spiritually.

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2. List people you can invite to walk with you deeper in faith.

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3. Reflect on how spiritual growth impacts other areas of your life.

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Day 6: 🌱 Growing Together in Faith

## Prayer for Today

**Lord, thank You for the gift of community.** Help me to be an encourager and supporter within my faith family. Give me courage to seek out fellowship that promotes love, good deeds, and spiritual maturity. Teach me to carry others' burdens as You would, and to welcome support when I need it. May my relationships reflect the strength and beauty of a cord of three strands woven with You at the center. *Draw me closer to others and deepen our bonds through You.* **In Jesus' name, Amen.** 🙏😊📖





## Day 7: ✨ Committing to Deeper Connections



## Your Verse

*Romans 12:9-10 NIV - "Love must be sincere. Hate what is evil; cling to what is good. Be devoted to one another in love. Honor one another above yourselves."*

## Supporting Scriptures

- *1 John 4:18 NIV - "There is no fear in love. But perfect love drives out fear..."*
- *Philippians 2:3 NIV - "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves."*





## Devotional: Choosing Commitment for Lasting Relationships

As we conclude this study, the call is to intentionally commit to pursuing deeper, more genuine relationships. Paul urges us toward sincere love—free from selfishness, filled with devotion, and marked by honor.

**This kind of love casts out fear and builds trust, connections strong enough to withstand challenges.** When we choose to value others above ourselves, we create fertile ground for relationships that glorify God and bless all involved.

Committing to deep connections requires courage and perseverance but yields a rich harvest of joy, support, and growth. Reflection on Romans and 1 John inspires us to replace fear with love and self-interest with humility.

Ask God to empower you to take deliberate steps in your relationships going forward. Decide today to cultivate bonds that are authentic, sacrificial, and rooted in God's love.



## Reflect and Apply

1. Am I ready to prioritize deeper connections in my life?

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2. How can I demonstrate sincere love and devotion to others?

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3. What fears might I need to surrender to love more fully?

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4. How does humility change the way I relate to others?

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# Journaling Prompts

1. Make a list of relationships you want to deepen and steps to take.

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2. Reflect on what sincere love looks like in your daily interactions.

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3. Write a commitment prayer dedicating yourself to pursuing authentic connections.

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Day 7: ✨ Committing to Deeper Connections

## Prayer for Today

Father, today I commit to pursuing deep, sincere relationships grounded in **Your love**. Help me to put aside selfishness and fear, and to value others above myself. Fill me with humility, patience, and devotion so that my connections will honor You. Strengthen me to be faithful in love, even when it is challenging. May my relationships reflect Your perfect love, bringing glory to Your name and blessing to those around me. *Use me to build lasting bonds that reflect Your heart.* In Jesus' name, Amen. ✨ ❤️ 🙌 🙏





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