



Rebuilding Trust in Marriage



A 7-day study guiding couples through healing and reconciliation, focusing on trust restoration through Scripture and prayer.



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Introduction

Marriage is one of the most profound relationships God designed, meant to reflect His love and faithfulness. Yet, when emotional hurt enters, it can feel like a deep wound that fractures trust and intimacy. If you find yourself longing to rebuild trust after such pain, this study invites you to take intentional, scripture-based steps toward healing and reconciliation.

Over the next seven days, you will journey through *God's Word*, discovering truths about forgiveness, patience, communication, and restoration. Trust is rebuilt not merely by time, but by consistent and humble actions rooted in love and grace. As you reflect and pray, you'll be empowered to confront hurts honestly yet gently, seek God's wisdom, and extend grace both to yourself and your spouse.

Remember, restoration is a process and God is the ultimate healer. Through these days of study, open your heart to His presence and guidance. Embrace the hope that, even in brokenness, God's design for marriage is resilient and redemptive. This plan encourages you to practice vulnerability, listen deeply, and walk with courage — leaning on Scripture for strength and prayer for intimacy. May your marriage be renewed as you take these intentional steps together.





Day 1: Understanding the Hurt



Day 1: ❤️ Understanding the Hurt

Your Verse

Psalm 34:18 - "The LORD is close to the brokenhearted and saves those who are crushed in spirit."

Supporting Scriptures

- *Isaiah 61:1 - "He has sent me to bind up the brokenhearted..."*
- *Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."*



Day 1: ❤️ Understanding the Hurt

Devotional: God Comforts the Brokenhearted

When emotional hurt disrupts marriage, it often leaves spouses feeling isolated, misunderstood, or even betrayed. The first step toward rebuilding trust is acknowledging the pain and inviting God into the brokenness. **Psalm 34:18** reminds us that God is near to those who are shattered inside — He does not turn away but lovingly holds each wounded heart.

Before rushing to fix or push past the hurt, take time to process the emotions honestly. Denying pain can deepen wounds and delay healing. God's Word assures us that He understands our suffering deeply and provides a safe refuge. This safety creates the foundation for restoration.

Reflect on what feelings the emotional hurt has stirred in your heart. Do you experience anger, sadness, confusion, or fear? Let God's presence comfort you as you prepare to take the next step: choosing to forgive and seek reconciliation. Your healing journey starts with inviting God's peace into the pain.



Day 1:  Understanding the Hurt

Reflect and Apply

1. How has the hurt affected your view of your spouse and yourself?

2. In what ways can you invite God to heal the broken parts of your heart?

3. What barriers are there to acknowledging your pain honestly?



Day 1:  Understanding the Hurt

Journaling Prompts

1. Describe the emotions you are feeling related to the emotional hurt.

2. Write a letter to God sharing your heart's pain and asking for His comfort.

3. List ways you can create space for honest conversations with your spouse.



Day 1: ❤️ Understanding the Hurt

Prayer for Today

Lord, You know the depth of my heartache and see my brokenness. I ask You to draw close and comfort me in this difficult season. Help me to honestly face my pain and begin to heal by relying on Your strength and love. Teach me to extend grace to myself and my spouse as we seek restoration. Fill my heart with peace and courage for this journey. *In Jesus' name, Amen.* ❤️ 🙏 ❤️





Day 2: ✂ Choosing 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

- *Colossians 3:13 - "Bear with each other and forgive one another..."*
- *Matthew 6:14 - "For if you forgive other people when they sin against you, your heavenly Father will also forgive you."*



Devotional: The Power and Process of Forgiveness

Forgiveness is a cornerstone for rebuilding trust, yet it is often one of the most challenging steps after emotional hurt. **Ephesians 4:32** calls us to kindness and compassion, reminding us that forgiveness flows from the grace God has extended to us in Christ.

Choosing to forgive doesn't mean forgetting or excusing the hurt. Instead, it means releasing the hold that bitterness and resentment have on your heart. This act opens the door for healing and restoration. The process may be slow and require daily recommitment, but it sets the foundation for renewed intimacy.

Ask God to soften your heart and help you see your spouse with compassion. Recognize your own need for forgiveness and receive God's mercy anew. As you forgive, you mirror God's love and invite His peace into your marriage.



Reflect and Apply

1. What does forgiveness look like in your marriage right now?

2. What fears or doubts do you have about forgiving your spouse?

3. How can God's forgiveness toward you shape your willingness to forgive others?



Journaling Prompts

1. Write about what forgiveness means to you and what might be holding you back.

2. Identify specific ways you can show kindness and compassion toward your spouse.

3. Reflect on God's forgiveness and how it impacts your view of your marriage.



Prayer for Today

Father, Teach me to forgive as You have forgiven me. Help me release hurt and bitterness and fill my heart with kindness and compassion. Give me the grace to extend forgiveness to my spouse, even when it feels difficult. Heal my wounds and restore our relationship through Your mercy. *In Jesus' name, Amen.* 🧡💗🙏





Day 3: Speaking Truth in Love



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

- *James 1:19 – "Everyone should be quick to listen, slow to speak and slow to become angry."*
- *Proverbs 15:1 – "A gentle answer turns away wrath, but a harsh word stirs up anger."*



Devotional: Communicating with Grace and Honesty

Open and honest communication is essential to rebuilding trust after emotional hurt. **Ephesians 4:15** encourages us to speak the truth, but with love as our motive and manner. This balance nurtures understanding and closeness.

It can be tempting to avoid painful topics or to speak harshly out of hurt or frustration. But Scripture calls us to be quick listeners and slow to anger, showing gentleness even in difficult conversations (James 1:19; Proverbs 15:1).

Today, practice communicating your feelings with transparency and grace. Listen well to your spouse's perspective, seeking to understand rather than to defend. Speaking truth in love lays the groundwork for trust to grow stronger and for wounds to begin mending.



Reflect and Apply

1. How have your communication patterns been affected by emotional hurt?

2. In what ways can you improve listening and reduce defensiveness?

3. What does 'speaking truth in love' look like practically in your marriage?



Journaling Prompts

1. Describe a recent conversation that was difficult and how you responded.

2. List practical ways you can show love even while addressing hard topics.

3. Reflect on how listening more can transform your relationship.



Day 3: 💬 Speaking Truth in Love

Prayer for Today

Lord, Help me to be honest yet loving in my words. Teach me to listen well and control my anger. Bring peace to our conversations and open our hearts to true understanding. May our communication rebuild trust and honor You in our marriage. *In Jesus' name, Amen.* 💬 ❤️ 🙏





Day 4: 🕊 Embracing Patience



Your Verse

Psalm 27:14 - "Wait for the LORD; be strong and take heart and wait for the LORD."

Supporting Scriptures

- *Galatians 5:22 - "But the fruit of the Spirit is... patience..."*
- *Romans 12:12 - "Be joyful in hope, patient in affliction, faithful in prayer."*



Devotional: Strengthening Through Patience and Hope

Rebuilding trust is rarely instant. It requires patience—a willingness to walk through uncertainty and setbacks while remaining committed to the healing process. **Psalm 27:14** encourages us to wait on the Lord, gaining strength and courage as we trust His timing.

God's Spirit cultivates patience in our hearts, enabling us to endure difficulties without giving up or growing bitter (Galatians 5:22). Being patient does not mean passivity but an active, hopeful perseverance in love.

Today, consider where impatience or frustration may be hindering your progress. Invite the Holy Spirit to grow this fruit in you and your spouse, that together you might gently navigate the road toward restoration with grace and hope.



Reflect and Apply

1. Where do you find it hardest to be patient in your marriage healing journey?

2. How can you rely more on God's timing and less on your own?

3. What role does hope play in staying committed to restoration?



Journaling Prompts

1. Write about a time when patience helped you overcome a challenge.

2. List ways you can encourage patience in your marriage daily.

3. Reflect on how hope for God's work impacts your attitude toward healing.



Prayer for Today

Father, I ask for Your strength to wait patiently as You work in our hearts and marriage. Help us to trust Your perfect timing and to remain hopeful through every trial. Grow Your fruit of patience within us and teach us to be faithful in prayer as we look to You for restoration. *In Jesus' name, Amen.* ⌚ 🕊 🙏





Day 5: Extending Grace and Compassion



Day 5: 🧡 Extending Grace and Compassion

Your Verse

Colossians 3:12 - "Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience."

Supporting Scriptures

- *Luke 6:36 - "Be merciful, just as your Father is merciful."*
- *1 Peter 4:8 - "Above all, love each other deeply, because love covers over a multitude of sins."*



Day 5: 🧡 Extending Grace and Compassion

Devotional: Walking in Grace to Heal Together

Grace is the unearned favor that reflects God's heart toward us and lies at the heart of restoration. **Colossians 3:12** urges us to intentionally clothe ourselves with compassion and kindness, recognizing our own need for mercy as we extend it to others.

When rebuilding trust, it's vital to avoid a spirit of judgment or harshness. Instead, pursue understanding and gentleness, remembering that love covers many faults (1 Peter 4:8). Compassion invites healing where hurt once ruled.

Reflect on how you can actively offer grace this day—to your spouse and yourself. God's merciful heart is a model and power source for genuine reconciliation and renewed intimacy.



Day 5: 🧡 Extending Grace and Compassion

Reflect and Apply

1. How can showing compassion transform your marriage dynamics?

2. Where might humility and gentleness soften tension or fear?

3. In what ways do you need to receive God's grace yourself?



Day 5: 🧡 Extending Grace and Compassion

Journaling Prompts

1. Jot down specific acts of grace you can extend to your spouse today.

2. Write about a moment when grace changed a difficult interaction.

3. Reflect on God's mercy toward you and how it inspires your love.



Day 5: 🧡 Extending Grace and Compassion

Prayer for Today

Lord, Clothe me with compassion and kindness as I seek to heal and restore. Help me extend grace and mercy, mirroring Your loving heart. Teach me humility and gentleness in my words and actions, so our marriage may reflect Your redemption and peace. *In Jesus' name, Amen.* 🧡 💖 🙏





Day 6: Building Commitment anew



Day 6:  Building Commitment anew

Your Verse

Ecclesiastes 4:12 - "Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken."

Supporting Scriptures

- *Matthew 19:6 - "What God has joined together, let no one separate."*
- *Romans 8:37 - "In all these things we are more than conquerors through him who loved us."*



Devotional: Unity and Commitment Strengthened by God

Rebuilding trust includes renewing commitment—not only to each other but also to God’s purposes for your marriage. **Ecclesiastes 4:12** beautifully illustrates how unity with Christ at the center strengthens bonds beyond what either alone can withstand.

When emotional hurt threatens your relationship, reaffirm that your marriage is a sacred covenant designed by God. Stand together, remembering that with God you can overcome the hardest challenges (Romans 8:37). Reflect on *Matthew 19:6*, which reminds us of the enduring spiritual bond formed in marriage.

Today, take concrete steps to recommit—whether through prayer, conversation, or shared goals. Inviting God into this sacred space invites His power to rebuild what was broken and bring renewed joy.



Day 6:  Building Commitment anew

Reflect and Apply

1. What does commitment mean to you now, after experiencing hurt?

2. How can including God as the third strand strengthen your marriage?

3. What practical ways can you show renewed commitment daily?



Day 6:  Building Commitment anew

Journaling Prompts

1. Write a personal vow of renewed commitment to your spouse and God.

2. List challenges you face and how relying on God helps overcome them.

3. Reflect on how God has been present in your marriage through trials.



Day 6: 🗝️ Building Commitment anew

Prayer for Today

God, Help us to renew our commitment to each other and to You. Bind us tightly with Your love and strength, making our marriage resilient and whole. Teach us to stand united under Your guidance and peace, confident that we are more than conquerors through Christ. *In Jesus' name, Amen.* 🌀 🙏 ❤️





Day 7: Moving Forward in Hope



Your Verse

Jeremiah 29:11 – "For I know the plans I have for you, declares the LORD, plans to prosper you and not to harm you, plans to give you hope and a future."

Supporting Scriptures

- *Romans 15:13 – "May the God of hope fill you with all joy and peace as you trust in him."*
- *Philippians 1:6 – "He who began a good work in you will carry it on to completion."*



Devotional: Hope-Filled Steps Toward Future Restoration

As this study concludes, look forward with hope and confidence in God's promises. **Jeremiah 29:11** assures us that God's plans for your marriage include hope and a future filled with His goodness. Trust in His divine design even when the path is challenging.

God, the source of all hope, promises joy and peace as you continue to trust Him (Romans 15:13). Remember, the work of healing and rebuilding is ongoing. Yet, God who began this good work in you also promises to bring it to completion (Philippians 1:6).

Carry these truths in your heart as you move forward intentionally in love, commitment, and faith. With God's help, your marriage can emerge stronger, healed, and full of renewed trust.



Day 7:  Moving Forward in Hope

Reflect and Apply

1. How can you hold onto hope during difficult moments in your marriage?

2. What are practical ways to keep trusting God's plan together?

3. How can you support each other as God completes His work in you both?



Day 7:  Moving Forward in Hope

Journaling Prompts

1. Write a prayer of hope and confidence for your marriage's future.

2. List hopes and dreams God is stirring in your heart for your relationship.

3. Reflect on ways you can encourage continued healing beyond this study.



Day 7: 🌱 Moving Forward in Hope

Prayer for Today

Heavenly Father, Thank You for the hope You give us even amidst pain. Strengthen our faith in Your good plans and fill our hearts with joy and peace. Continue Your healing work in our marriage, and help us walk forward daily with trust and love. May our future together reflect Your grace and glory. *In Jesus' name, Amen.* 🌱 🙏 ❤️





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