



Resetting After Conflict



A 3-day Bible study for couples who've argued and need to reconnect. Heal, forgive, and realign with God's love at the center of your relationship.

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Introduction

Every couple argues. Even strong, Christ-centered relationships experience moments of tension, misunderstanding, and frustration. In those moments, it's easy to forget the love you share and instead focus on what went wrong—what was said, what wasn't said, and how hurt you feel. But when we stay in that place too long, bitterness can begin to grow, and distance replaces intimacy.

This short Bible Study is designed to help couples reset—spiritually and emotionally—after a fight. Whether your argument was minor or more intense, this 3-day journey will guide you both back to the foundation of your relationship: **grace, forgiveness, humility, and Christ**. You'll learn how to take responsibility, extend mercy, and heal in a way that makes your bond stronger than before.

This is not just about smoothing things over or avoiding hard conversations. It's about letting God meet you in your brokenness and teach you both how to love each other like He loves you—with patience, gentleness, and unshakable grace.

You can do this together, one day at a time, with open hearts and honest prayer. God is with you in the conflict, and He's already working to bring beauty from the tension.





Day 1: Owning Your Part



Your Verse

Matthew 7:3–5 (NIV)

“Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye?

How can you say to your brother, ‘Let me take the speck out of your eye,’ when all the time there is a plank in your own eye?

You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother’s eye.”

Supporting Scriptures

- *James 1:19–20 (NIV)*

“Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.”



Devotional: Start with Yourself

Conflict hurts, especially when it's with someone you deeply love. Words fly, emotions boil, and connection feels broken. But before healing can happen, there must be humility.

Jesus reminds us in Matthew to **examine our own hearts first**. When we're in the heat of an argument, it's easy to focus on what the other person said or did. But true maturity—and reconciliation—starts by asking, “What did I contribute to this? Where did I fall short?”

Taking ownership doesn't mean you take all the blame. It means you **honestly reflect** and lead with repentance, not accusation. You slow down. You get quiet before God. You admit where your tone, attitude, or reaction strayed from love.

This posture opens the door for God to do a healing work in both hearts. It breaks down defensiveness and paves the way for grace.



Journaling Prompts

1. In what ways did I contribute to this conflict, even unintentionally?

2. What did I assume or misunderstand that may have escalated the tension?

3. What do I need to apologize for—sincerely and specifically?



Prayer for Today

Lord, I come to You with a humbled heart. I know I didn't handle everything perfectly. Help me see clearly where I went wrong—not to feel shame, but to grow. Give me the courage to take responsibility and the grace to lead with love. May my humility invite healing in this relationship. In Jesus' name, amen.





Day 2: Extending Grace and Forgiveness



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

- *Ephesians 4:31–32 (NIV)*

“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.”



Devotional: Love That Forgives

It's one thing to admit your own faults. It's another to extend grace when you've been wounded. But this is where healing deepens. **Forgiveness is not a feeling—it's a choice.**

When your partner hurts you, everything in your flesh wants to stay angry. To protect yourself. To keep a record of the wrong. But Scripture calls us to something higher—to **forgive as Christ forgave** us. That means not holding the offense over their head. It means not bringing it back up as a weapon in the future. It means choosing peace over punishment.

Forgiveness doesn't erase consequences or minimize pain. It's not pretending like nothing happened. Instead, it's trusting God with your hurt and choosing to love anyway. Real love is sacrificial. It's rooted in grace. And when both partners embrace this grace, restoration becomes possible.

In these tender moments, **you mirror the heart of Jesus**—not because the other person earned it, but because He gave it to you first.



Day 2: Extending Grace and Forgiveness

Journaling Prompts

1. What would it look like for me to truly forgive my partner today?

2. Is there anything I'm still holding onto in my heart that I need to release?

3. How can I communicate forgiveness in a way that builds trust and closeness?



Day 2: Extending Grace and Forgiveness

Prayer for Today

Father, You've shown me what true forgiveness looks like through the cross. Help me extend that same grace to the one I love. Heal the wounds between us and soften my heart. Remove any bitterness that lingers and fill me with compassion. Help us both grow in mercy and move forward with love that reflects You. In Jesus' name, amen.





Day 3: Rebuilding Connection Through Christ



Day 3: Rebuilding Connection Through Christ

Your Verse

Ecclesiastes 4:12 (NIV)

“Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.”

Supporting Scriptures

- *John 15:5 (NIV)*
- *“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.”*



Day 3: Rebuilding Connection Through Christ

Devotional: Stronger Together with God at the Center

After a fight, it's not just about fixing the surface. It's about **rebuilding connection**—emotionally, spiritually, and relationally. And that connection is strongest when **God is woven into the middle** of your relationship.

The Bible describes a “cord of three strands”—you, your partner, and the Lord. When He's the third strand, **you're no longer striving alone** to love, forgive, and reconnect. His Spirit empowers your words, softens your hearts, and draws you closer together than before.

Rebuilding doesn't mean returning to “normal.” It means growing into something better. It means using the fight as a launching point for more understanding, deeper compassion, and renewed intimacy.

This final day is your invitation to recommit to one another **with Christ as your foundation**. Invite Him into your communication. Into your routines. Into your laughter and your pain. Let Him be the vine, and let your love be the fruit that flows from Him.



Day 3: Rebuilding Connection Through Christ

Journaling Prompts

1. How can we keep Christ at the center of our relationship every day—not just during conflict?

2. What habits or routines can we create to stay spiritually connected as a couple?

3. In what ways has God already helped us grow stronger through this disagreement?



Day 3: Rebuilding Connection Through Christ

Prayer for Today

Jesus, we want You at the center of our relationship—not just when things are hard, but every day. Help us rebuild our connection through Your love. Teach us to seek You together, to pray together, and to grow together. Where there was tension, let there be peace. Where there was distance, let there be closeness. Thank You for being our third strand. In Your holy name, amen.





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