# Restoring Broken Bonds: A Journey to Reconciliation



Explore God's wisdom for healing distant relationships and embracing restoration through grace over this 7-day journey.





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### Introduction

**Relationships** shape our lives profoundly, yet time and distance can create barriers that seem impossible to overcome. When years have passed without connection, *reconciliation* often feels daunting. However, the Bible offers timeless guidance and hope for restoring broken bonds.

In this 7-day study, you will walk through scriptures and reflections designed to encourage healing, forgiveness, and renewed trust. Whether the distance was caused by misunderstandings, hurt, or neglect, God's Word is rich with invitations to reconciliation, reminding us of His desire to restore peace where there was conflict.

Each day focuses on practical and spiritual elements—starting with understanding God's heart for relationships, embracing humility, seeking forgiveness, and extending grace. You will be encouraged to reflect deeply, journal your thoughts, and pray intentionally as you approach the challenge of rebuilding what was lost.

Remember, restoring relationships after years apart requires patience, openness, and above all, dependence on God's transforming power. May this study refresh your spirit as you take courageous steps to mend and renew the precious bonds God has placed in your life.

















### Your Verse

Matthew 18:15 – 'If your brother or sister sins, go and point out their fault, just between the two of you.'

### **Supporting Scriptures**

- 2 Corinthians 5:18 'All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation.'
- Psalm 34:18 'The Lord is close to the brokenhearted and saves those who are crushed in spirit.'







### Devotional: God's Heart Calls Us to Reconcile

Reconciliation begins with recognizing God's heart for restored relationships.

In Matthew 18:15, Jesus teaches us to approach even difficult situations with love and directness. Though distance and time make reconciliation complicated, God invites us to start with honest communication.

It is important to remember that all reconciliation flows from God's initiative. As 2 Corinthians reminds us, God first reconciled us to Himself, empowering us to extend that same grace to others. Trusting that God is near to the brokenhearted (Psalm 34:18) encourages us that even painful divides can begin to heal.

Today is about seeing reconciliation not as merely human effort but as a divine calling and opportunity to display God's love to others.







# Reflect and Apply

1.	How do I feel about the idea that God desires reconciliation through me?
2.	What fears or barriers might I have about initiating reconciliation?
	In what ways might God already be preparing the heart of the other person?







# **Journaling Prompts**

1.	Write about the current state of your relationship with the person you want to reconcile with.
2.	Describe what God's desire for reconciliation means to you personally.
3.	List any emotions or thoughts that hold you back from reaching out.







### Prayer for Today

Heavenly Father, thank You for Your unending love and the perfect example of reconciliation we see in Jesus. I ask for courage to begin healing the distance in my relationships. Help me to approach with humility and grace, trusting that You are working even when I cannot see it. Draw near to my heart and soften the hearts of those I desire to reconcile with. May Your peace rule in the midst of uncertainty. *Amen.*  $\bigwedge$ 







# Day 2: W Embracing Humility and Grace









Day 2: "S Embracing Humility and Grace

### Your Verse

Ephesians 4:2 - 'Be completely humble and gentle; be patient, bearing with one another in love.'

### **Supporting Scriptures**

- Colossians 3:13 'Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.'
- James 4:6 'God opposes the proud but shows favor to the humble.'







Day 2: W Embracing Humility and Grace

### Devotional: The Power of Humility and Forgiveness

Humility and grace are foundational attitudes for reconciliation. Ephesians 4:2 urges us to be patient and gentle, recognizing that healing takes time and compassion. Rebuilding trust requires us to yield our pride and place love above our need to be right.

Forgiveness is inseparable from grace (Colossians 3:13). Sometimes, the deepest wounds are not easily forgotten, yet God commands us to forgive as He forgave us—freely and wholeheartedly.

Humility opens the door for God's favor (James 4:6), inviting His power to soften hearts and mend what has been broken. Embracing these attitudes today prepares us for the challenges ahead and aligns us with God's transforming love.







Day 2: 😂 Embracing Humility and Grace

# Reflect and Apply

1.	What pride or stubbornness might be hindering my ability to reconcile?
	How can I practice patience and gentleness with myself and others in this process?
3.	What does forgiving as the Lord forgave me look like in my situation?







Day 2: 🖏 Embracing Humility and Grace

# **Journaling Prompts**

	Reflect on a time when humility changed an outcome in your relationships.		
2.	Write about the challenges you face in extending forgiveness.		
3.	List specific ways you can show grace in your upcoming conversations.		







Day 2: 🖏 Embracing Humility and Grace

### **Prayer for Today**

**Lord,** teach me to walk in humility and gentleness toward others, especially those I've been distant from. Help me to bear with their weaknesses and forgive as You have forgiven me. Remove all pride and fill my heart with Your grace, so that healing can begin. Let Your favor rest upon me as I yield to Your will. *Amen.*  $\bigwedge$   $\heartsuit$ 















### Your Verse

James 1:19 - 'Everyone should be quick to listen, slow to speak and slow to become angry.'

### **Supporting Scriptures**

- Proverbs 15:1 'A gentle answer turns away wrath, but a harsh word stirs up anger.'
- Ephesians 4:29 'Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up.'







### Devotional: Building Bridges with Words

Healthy communication is key to reconciliation. James 1:19 reminds us to listen attentively before speaking, slowing down emotions like anger that can derail peace. When years have passed and wounds linger, it is especially important to approach each conversation with a calm and open heart.

Proverbs highlights how gentle words can defuse tension, while harsh speech fuels conflict. Let us seek to build others up—choosing words that encourage rather than criticize (Ephesians 4:29).

By cultivating godly communication habits, we create space where trust can be restored and relationships healed.







# Reflect and Apply

1.	How do I usually respond when difficult topics arise in relationships?
2.	What can I do better to listen without judgment or defensiveness?
3.	How might my words either build up or break down this relationship?







# **Journaling Prompts**

1.	Recall a conversation where communication led to healing—what made it successful?
2.	Write down phrases or approaches you want to practice in upcoming talks.
3.	Describe feelings you experience when preparing to reconnect.







### Prayer for Today

**Gracious God,** help me to listen more than I speak, and to speak with love and gentleness. Teach me to choose words that build rather than break down. Calm my heart in moments of frustration and guide my tongue to be an agent of peace. May Your Holy Spirit work through every conversation to restore broken bonds. *Amen.*  $\bigwedge$ 

















Day 4: **B** Patience Through the Process

### Your Verse

Romans 12:12 - 'Be joyful in hope, patient in affliction, faithful in prayer.'

### **Supporting Scriptures**

- Galatians 6:9 'Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.'
- Ecclesiastes 7:8 'The end of a matter is better than its beginning, and patience is better than pride.'







Day 4: 💋 Patience Through the Process

### Devotional: Waiting with Hope and Faithfulness

**Reconciliation is rarely quick or easy.** Romans 12:12 calls us to patience and faithfulness, reminding us that hope sustains us through challenges. Healing emotional distance does not happen overnight; it's a journey marked by highs and lows.

Galatians encourages perseverance even when progress feels slow or invisible, offering assurance that persistence will bear fruit. Ecclesiastes highlights the value of patience over pride, recognizing that waiting and trusting God often leads to the best outcomes.

Today, embrace the process with hope, waiting on God's timing without growing weary or discouraged.







Day 4: 💋 Patience Through the Process

# Reflect and Apply

1.	In what ways have I struggled with impatience in reconciling?
2.	How can I maintain hope even when progress is slow?
3.	What practices help me stay faithful in prayer during difficult seasons?







Day 4: 💋 Patience Through the Process

# **Journaling Prompts**

1. Journal abou	ıt past experiences whe	ere patience yielded pos	itive results.
2. List ways yo	u can remain joyful and	d hopeful through this p	rocess.
3. Write a praye	er committing your reco	onciliation journey to G	od's timing.
3. Write a praye	er committing your reco	onciliation journey to G	od's timing.







Day 4: **B** Patience Through the Process

### Prayer for Today

**Father God,** grant me patience as I navigate the process of reconciliation. Help me to rejoice in hope, remain steady in prayer, and persevere without growing weary. Teach me to wait humbly on Your perfect timing and to trust that You are working all things together for good. *Amen.*  $\bigwedge$ 















#### Your Verse

Luke 17:3-4 - 'If your brother or sister sins against you, rebuke them; and if they repent, forgive them.'

### **Supporting Scriptures**

- Matthew 6:14 'For if you forgive other people when they sin against you, your heavenly Father will also forgive you.'
- Psalm 103:12 'As far as the east is from the west, so far has he removed our transgressions from us.'







# Devotional: The Freedom of Forgiving and Being Forgiven

**Forgiveness lies at the heart of true reconciliation.** Luke 17:3–4 teaches us that forgiveness is to be readily extended when repentance is shown. It is not always easy, especially after years of hurt, but forgiveness releases both parties from the prison of bitterness.

Matthew reminds us that forgiving others impacts our own relationship with God, emphasizing the spiritual importance of mercy. Psalm 103 poetically illustrates how fully God removes our sins when we repent—inviting us to do likewise.

Whether offering or receiving forgiveness, lean into God's grace and let His healing power flow through your heart.







# Reflect and Apply

1.	Who do I need to forgive and what holds me back?
2.	Am I willing to ask for forgiveness where I have caused hurt?
3.	How have I experienced God's forgiveness personally?







# **Journaling Prompts**

	Write a letter of forgiveness to yourself or the other person (you may choose whether or not to share it).
2.	Describe feelings that come up when thinking about forgiveness.
3.	Journal about how forgiveness aligns with God's grace in your life.







### **Prayer for Today**

**Merciful Lord,** help me to extend forgiveness as freely as You have forgiven me. Heal the wounds caused by past hurts and empower me to ask for forgiveness where I have wronged others. May Your grace wash away bitterness and create a new beginning. Teach me to walk in freedom and peace. *Amen.*  $\bigwedge$   $\heartsuit$ 







# Day 6: X Rebuilding Trust Step by Step









Day 6: K Rebuilding Trust Step by Step

### Your Verse

Proverbs 3:3 – 'Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart.'

### **Supporting Scriptures**

- 1 Corinthians 13:7 'Love always protects, always trusts, always hopes, always perseveres.'
- Psalm 27:14 'Wait for the Lord; be strong and take heart and wait for the Lord.'







Day 6: K Rebuilding Trust Step by Step

### Devotional: Faithfulness Builds Lasting Trust

**Trust is fragile but essential for lasting reconciliation.** Proverbs calls us to clothe ourselves daily in love and faithfulness, making them constants in our character. After years apart, rebuilding trust requires consistent, deliberate actions demonstrating love and reliability.

Paul reminds us in 1 Corinthians that love is patient and perseveres, continuing to hope and protect even when vulnerable. Psalm 27 encourages strength and courage as we wait on God's timing for trust to grow.

Commit today to small steps grounded in God's love, knowing that true restoration is a journey marked by faithfulness and endurance.







Day 6: 🚜 Rebuilding Trust Step by Step

# Reflect and Apply

	What steps can I take today to demonstrate faithfulness in this relationship?
2.	How does God's love inspire me to persevere in rebuilding trust?
3.	Where do I currently feel strongest or weakest in trusting others?







Day 6: 🚜 Rebuilding Trust Step by Step

# **Journaling Prompts**

1.	Write about how trust was broken and how it might be restored.
2.	List practical ways to show love that protects and hopes.
3.	Reflect on God's faithfulness in your life and how it guides you.







Day 6: K Rebuilding Trust Step by Step

### Prayer for Today

**Lord Jesus,** teach me to walk in love and faithfulness every day. Help me to nurture and rebuild trust step by step with patience and hope. Strengthen my heart to wait on You and to remain steadfast through challenges. May Your perfect love be the foundation of every restored relationship. *Amen.*  $\nearrow$ 







# Day 7: 🥕 Celebrating Renewal and Hope









Day 7: 🏂 Celebrating Renewal and Hope

### Your Verse

Isaiah 43:19 - 'See, I am doing a new thing! Now it springs up; do you not perceive it?'

### **Supporting Scriptures**

- 2 Corinthians 5:17 'Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!'
- Philippians 1:6 'He who began a good work in you will carry it on to completion until the day of Christ Jesus.'







Day 7: 🕭 Celebrating Renewal and Hope

### Devotional: God's Promise of New Beginnings

**Reconciliation is a beautiful new beginning.** Isaiah assures us that God is continually doing new things, including renewing broken relationships. The journey you have taken this week prepares your heart to perceive and embrace God's work in restoration.

2 Corinthians reminds us that in Christ, we are new creations—old wounds and divisions are replaced by fresh hope and unity. Philippians offers encouragement that God will faithfully complete this good work in your relationship as you trust Him.

Celebrate the progress made, and continue to advance with hope, knowing that God delights in making all things new.







Day 7: 🥕 Celebrating Renewal and Hope

# Reflect and Apply

1.	What new things do I see emerging in my heart or relationship?
2.	How can I continue to nurture and protect this renewed connection?
2.	
3.	What hope do I hold for the future of this relationship?







Day 7: 🏂 Celebrating Renewal and Hope

# **Journaling Prompts**

1.	Write about moments of progress in the reconciliation process.
2.	List ways God has surprised you during this study.
3.	Envision what this relationship could look like one year from now.







Day 7: 🏂 Celebrating Renewal and Hope

### Prayer for Today

**Gracious God,** thank You for doing a new thing in my relationships and in my heart. Help me to perceive and embrace the renewal You bring. May I continue to trust Your faithfulness to complete the good work You've begun. Fill me with hope and joy as I celebrate this fresh start. *Amen.*  $\bigwedge$ 







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