Restoring Friendships: Biblical Steps to Healing



Explore God's guidance on repairing broken friendships through forgiveness, humility, and love in this 7-day Bible study.





Table of contents

<u>Introduction</u>	3
Day 1: S Embracing God's Peace	4
<u>Day 2: Practicing Humility</u>	10
Day 3: The Art of Forgiveness	16
Day 4: A Honest Communication	22
Day 5: SExtending Grace and Patience	28
Day 6: A Seeking God's Guidance	34
Day 7: Twalking Forward in Love	40







Introduction

Friendships are among God's precious gifts, offering companionship, encouragement, and love. But even the deepest friendships can sometimes suffer pain, misunderstanding, or distance. When a friendship is broken, it can feel overwhelming and painful. Yet the Bible offers profound wisdom and hope on how to restore relationships with grace, honesty, and humility.

This 7-day Bible study is designed to help you reflect on God's heart for restoration, learn key biblical principles for repairing friendships, and take practical spiritual steps to heal the wounds. Each day we will explore Scripture passages and reflect on ways to rebuild trust, seek forgiveness, and extend grace.

Throughout this study, you will discover that repairing a friendship is not only about reconciliation with another person, but also about how God transforms our character through humility and love. **Embracing God's guidance enables you to become a peacemaker and a source of healing in broken relationships.** Whether you are the one who has been hurt or the one seeking to restore, this journey can bring renewal and hope.

As you spend time in prayer, Scripture reading, and reflection each day, be open to what God will reveal to you about yourself, the other person, and the power of grace to mend what was once broken. May this study encourage you with the peace and courage to take steps toward healing your friendship in God's love.

















Your Verse

Matthew 5:9 - "Blessed are the peacemakers, for they will be called children of God."

Supporting Scriptures

- Romans 12:18 "If it is possible, as far as it depends on you, live at peace with everyone."
- Hebrews 12:14 "Make every effort to live in peace with everyone and to be holy."







Devotional: God Calls Us to Be Peacemakers

Peace is the foundation to repair any broken relationship. In today's verse, Jesus calls us blessed when we act as peacemakers. This means actively seeking to restore calm and unity where there has been conflict or separation.

Sometimes we wait for the other person to change first or apologize, but God invites us to take the first step in peace. Romans 12:18 reminds us that as much as it depends on us, we should live peaceably with everyone. This requires humility and willingness to extend grace unconditionally.

Healing starts with a heart committed to peace, not hostility or bitterness. Ask God to soften any anger or hurt and empower you to pursue reconciliation with a gentle spirit. Restoring friendships is a sacred work where God's spirit leads, inviting us to mirror His love and mercy.







Reflect and Apply

1.	What barriers to peace exist in this broken friendship?
2.	How can I be a peacemaker even if the other person hasn't reached out?
3.	What fears or hesitations do I have about pursuing peace?







Journaling Prompts

	Write about the feelings you experience when you think about this broken friendship.
2.	List ways God has shown you peace in difficult situations before.
3.	Describe how you can actively pursue peace in your relationships today.







Prayer for Today









Day 2: 🂝 Practicing Humility









Your Verse

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

Supporting Scriptures

- Proverbs 15:33 "The fear of the Lord teaches a man wisdom, and humility comes before honor."
- James 4:6 "God opposes the proud but shows favor to the humble."







Devotional: The Power of Humility in Healing

Humility is a key ingredient in repairing friendships. Philippians 2:3 challenges us to set aside selfish desires and esteem others highly. When friendships break, pride can keep us from admitting wrong or reaching out.

Choosing humility means valuing the other person before ourselves, willing to listen and admit mistakes even when it's hard. Proverbs reminds us that humility leads to honor and wisdom, while James warns that pride sets us against God.

Humility doesn't mean weakness but strength under control, following Christ's example. It opens the heart toward empathy and forgiveness, restoring what was lost. Today, ask God to help you surrender pride and embrace humility as you move toward healing your friendship.







Reflect and Apply

1.	In what ways might pride be blocking reconciliation?
2.	Are there areas where I need to admit fault or ask forgiveness?
3.	How can humility change the dynamic in this broken friendship?







Journaling Prompts

1.	Recall a time when humility helped you resolve conflict.
2.	Write about specific attitudes or behaviors you need to change.
	Describe what valuing the other person above yourself looks like practically.







Prayer for Today

Father, teach me humility. Strip away pride and help me put others first. Give me the strength to admit mistakes and the grace to forgive. May my heart reflect Christ's humility as I seek to mend this friendship by Your power. *Thank You for Your gentle guidance.* Amen.

















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 if any of you has a grievance against someone."
- Matthew 6:14–15 "For if you forgive other people when they sin against you, your heavenly Father will also forgive you."







Devotional: Forgiveness Frees and Restores

Forgiveness is central to repairing broken friendships. Ephesians 4:32 reminds us to be kind and compassionate, choosing to forgive just as God forgave us through Christ.

Forgiveness doesn't mean forgetting or excusing hurtful actions, but releasing the power they hold over our hearts so healing can begin. It creates space for restoration and reflects God's grace toward us.

Colossians directs us to bear with one another's imperfections with patience and forgiveness. Jesus also emphasizes that forgiving others is essential to experiencing God's forgiveness. When you forgive, you align your heart with God's mercy and open doors for renewed friendship.







Reflect and Apply

1.	Is there any resentment or bitterness I need to release?
2.	How can I practice forgiveness even if I don't feel ready?
3.	What might forgiveness look like in this friendship context?







Journaling Prompts

1.	Write about any barriers you have toward forgiving this friend.
2.	List the benefits forgiveness could bring to your heart and the relationship.
3.	Describe a prayer asking God to help you forgive fully.







Prayer for Today

Lord, help me to forgive as You have forgiven me. Soften my heart to release any bitterness or pain I carry. Teach me to show kindness and compassion, reflecting Your grace in my friendship. Heal my soul and restore this relationship according to Your will. *I trust in Your mercy. Amen.* \heartsuit \clubsuit

















Your Verse

Ephesians 4:15 – "Speak the truth in love, growing in every way more and more like Christ."

Supporting Scriptures

- James 1:19 "Everyone should be quick to listen, slow to speak and slow to become angry."
- Proverbs 25:11 "A word fitly spoken is like apples of gold in a setting of silver."







Devotional: Truth with Love Restores Connection

Open and honest communication is vital to healing a broken friendship. Ephesians 4:15 instructs us to speak truth with love, balancing honesty and grace.

Often, misunderstandings or past hurts arise from poor communication.

James offers practical advice: quick to listen, slow to speak, and slow to anger
—attitudes that create a safe space for dialogue and deeper understanding.

Proverbs encourages us with the beauty and value of well-timed, thoughtful words. Sharing your heart honestly, while honoring the other person's feelings, brings restoration and trust.

Pray for wisdom and courage to communicate openly with kindness, enabling healing and renewed closeness.







Reflect and Apply

1.	How can I ensure my words build up rather than tear down?
2.	Am I more inclined to listen or speak in this relationship?
3.	What truth needs to be shared gently for healing to begin?







Journaling Prompts

1.	Practice writing a heartfelt, honest message to your friend.
2	D. C
2.	Reflect on times when communication either hurt or healed your relationship.
3.	List ways to become a better listener in your friendships.







Prayer for Today

God, give me wisdom to speak truth with love. Help me listen well and control my words, that I may foster healing through communication. Open my heart to understand and be understood, so this friendship can be restored in grace and honesty. *Thank You for guiding my speech.* Amen.

















Day 5: W Extending Grace and Patience

Your Verse

1 Corinthians 13:4 – "Love is patient, love is kind. It does not envy, it does not boast, it is not proud."

Supporting Scriptures

- Galatians 5:22 "But the fruit of the Spirit is love, joy, peace, patience, kindness..."
- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."







Day 5: W Extending Grace and Patience

Devotional: Love is Patient and Full of Grace

After the initial steps of seeking peace and forgiveness, extending grace and patience is crucial. 1 Corinthians 13 beautifully describes love as patient and kind—qualities we must nurture in ourselves and our relationships.

Rebuilding trust and healing takes time. The fruit of the Spirit includes patience and kindness, helping us endure hardships without frustration or giving up.

God's grace sustains us through weakness, enabling us to love imperfectly and forgive repeatedly. As you continue your journey to restore this friendship, lean on God's grace and be patient with both yourself and the other person.







Day 5: 👽 Extending Grace and Patience

Reflect and Apply

1.	Where is patience most needed in this process?
2.	How can I offer grace when the healing feels slow or difficult?
3.	Do I trust God's power to work through my weakness?







Day 5: 🞾 Extending Grace and Patience

Journaling Prompts

1.	Write about times when patience deepened your relationships.
2.	List practical ways to show grace during difficult moments.
3.	Describe how God's grace has helped you in past struggles.







Day 5: **S** Extending Grace and Patience

Prayer for Today

Lord, teach me to love with patience and grace. When wounds are slow to heal, help me be kind and tenderhearted. Fill me with Your strength to persevere and Your Spirit to love like You do. Let Your grace flow through me towards my friend and myself. *Thank You for Your unfailing love. 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

- Psalm 32:8 "I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you."
- Proverbs 3:5-6 "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."







Devotional: Wisdom Comes from the Lord

Repairing a broken friendship can raise many questions and uncertainties. James encourages us to ask God for wisdom, who gives generously to those who inquire.

Seeking God's guidance through prayer and Scripture opens our eyes to His perfect plan. The Psalmist promises God's instruction and loving counsel. Proverbs reminds us to trust fully in God rather than our limited understanding.

Pray boldly for insight on how and when to move forward with your friend. Let God's wisdom shape your heart and actions, trusting His timing and direction. He is faithful to lead you in the way of peace and reconciliation.







Reflect and Apply

1.	What decisions do I need God's wisdom for regarding this friendship?
2.	Am I willing to trust God's timing even if it differs from my own?
3.	How can I better seek God's guidance daily?







Journaling Prompts

1.	Write a prayer asking God for wisdom about your relationship.
2.	Describe a time when God gave you clarity in a difficult situation.
3.	List practical ways to stay connected to God's guidance.







Prayer for Today

Father, I ask for Your wisdom and guidance. Help me discern the right words, actions, and timing to restore this friendship. Teach me to trust Your plan beyond my understanding. Lead me in Your ways of peace and love. *Thank You for always being near and faithful. Amen.* 🎇 🛴 🗀

















Day 7: " Walking Forward in Love

Your Verse

1 John 4:7 - "Dear friends, let us love one another, for love comes from God."

Supporting Scriptures

- John 13:34 "A new command I give you: Love one another. As I have loved you, so you must love one another."
- Romans 13:10 "Love does no harm to a neighbor. Therefore love is the fulfillment of the law."







Day 7: " Walking Forward in Love

Devotional: Love Is the Path to Restoration

The final step in mending broken friendships is to walk forward daily in love. Love originates from God and defines how we relate to others.

Jesus commands us to love as He has loved us—sacrificially, patiently, and unconditionally. This love does no harm but seeks the other's good, creating space for genuine restoration.

Romans reminds us that love fulfills God's law perfectly. As you move ahead, commit to living out this love consistently in attitude and action. Celebrate the healing begun, and continue trusting God to strengthen your friendship.

May God's love knit your hearts together anew, bringing lasting peace and joy.







Day 7: 7 Walking Forward in Love

Reflect and Apply

1.	How can I demonstrate God's love to my friend daily?
2.	What does loving unconditionally look like in this friendship?
3.	How has God's love transformed your heart through this study?







Day 7: 🍞 Walking Forward in Love

Journaling Prompts

1.	Write about ways you can show love beyond words in this relationship.
2.	Reflect on how God's love has shaped your understanding of friendship.
3.	Make a commitment statement to practice love moving forward.







Day 7: " Walking Forward in Love

Prayer for Today

Lord, help me to love others as You love me. Let love be the foundation of my friendships and the motivation for healing. Teach me to be patient, kind, and forgiving daily. May Your love shine brightly through me, restoring broken bonds and bringing peace. *I trust in Your everlasting love. Amen.*







Where God's Word Meets Your Daily Life

A Personal Invitation from HolyJot

We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a <u>free HolyJot account</u>. No spam. No gimmicks. Just God's Word.

- * www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at info@holyjot.com.



☐ Connect with us at:
Facebook • Instagram • YouTube • TikTok

You are welcome to share this PDF with others. ase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.